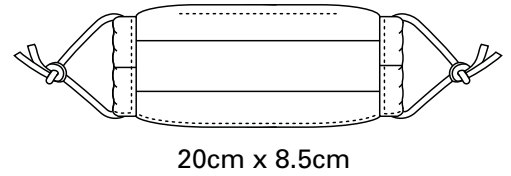
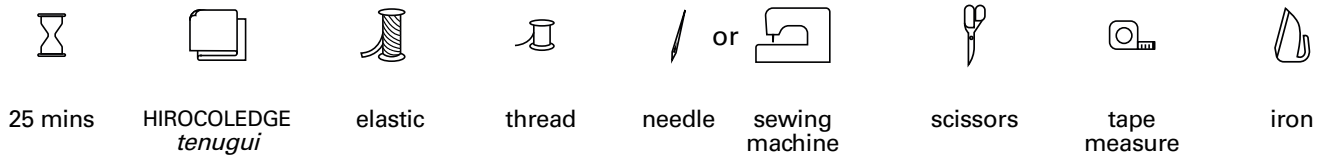


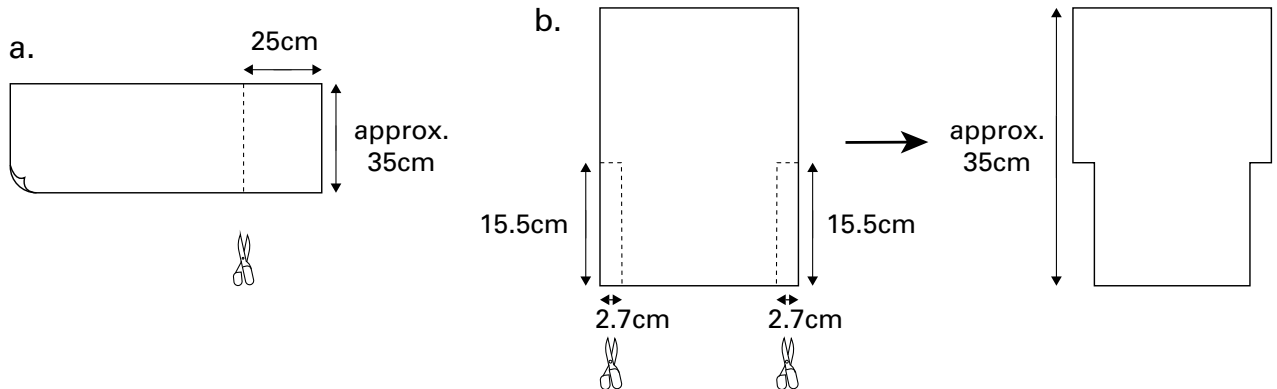
Make a HIROCOLEDGE *Tenugui* Face Covering in 7 Steps



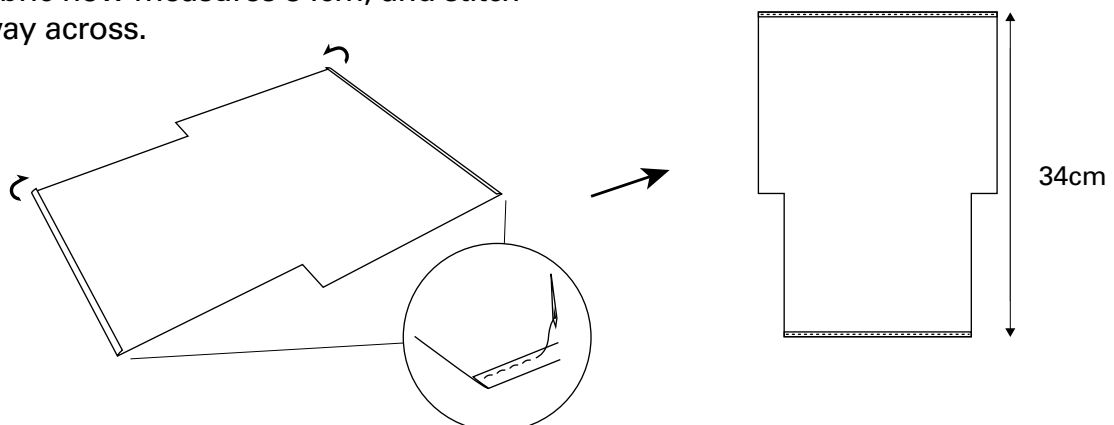
You will need:



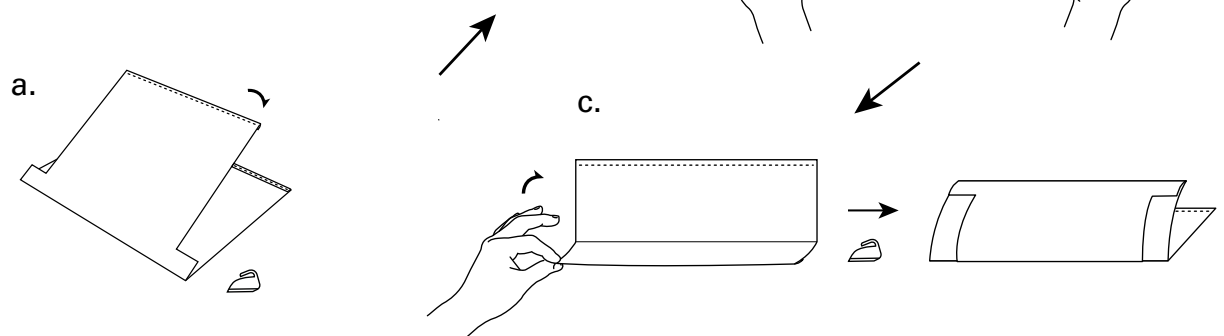
- 1
 - a. Cut a 25cm long piece of *tenugui* fabric to make one face covering (the width of the *tenugui* should be approx. 35cm).
 - b. Cut out two 2.7cm x 15.5cm rectangles as below.



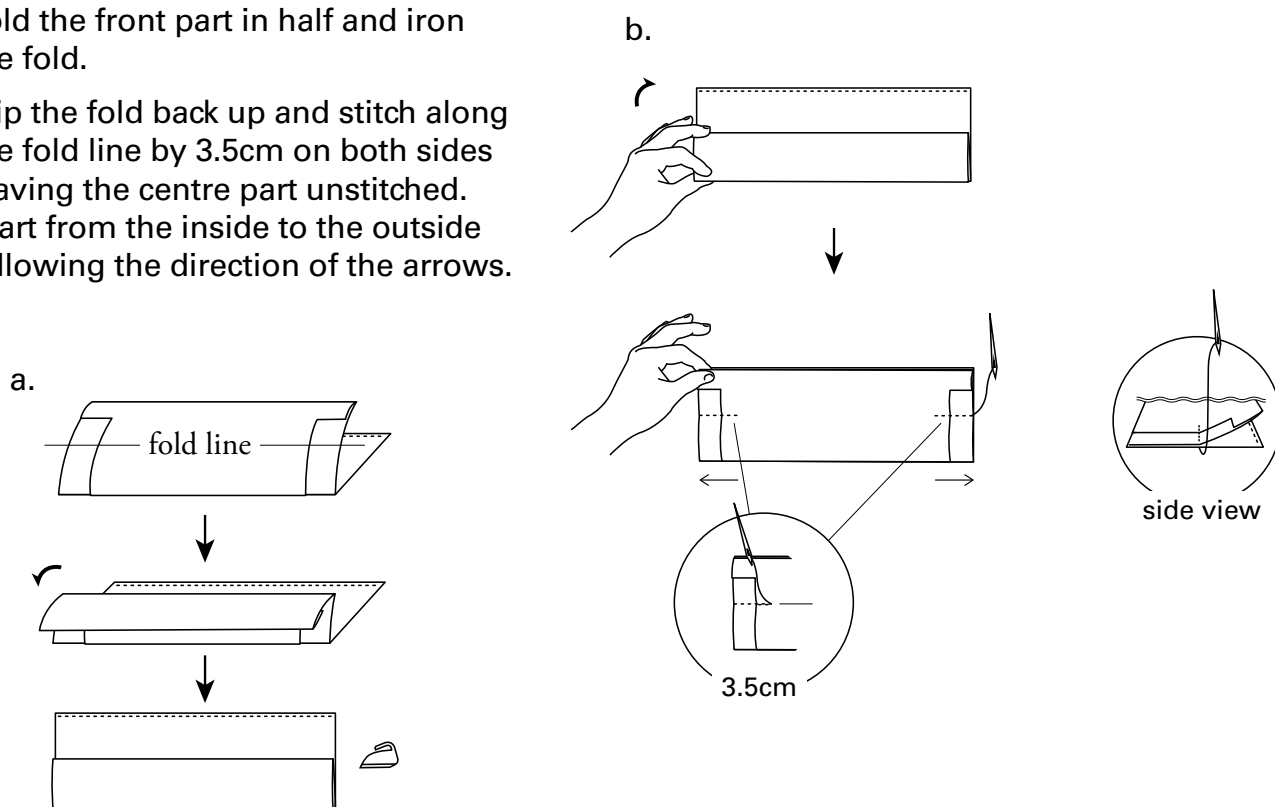
- 2 Hem the top and bottom edges of the fabric: fold each over sufficiently so that the length of the fabric now measures 34cm, and stitch all the way across.



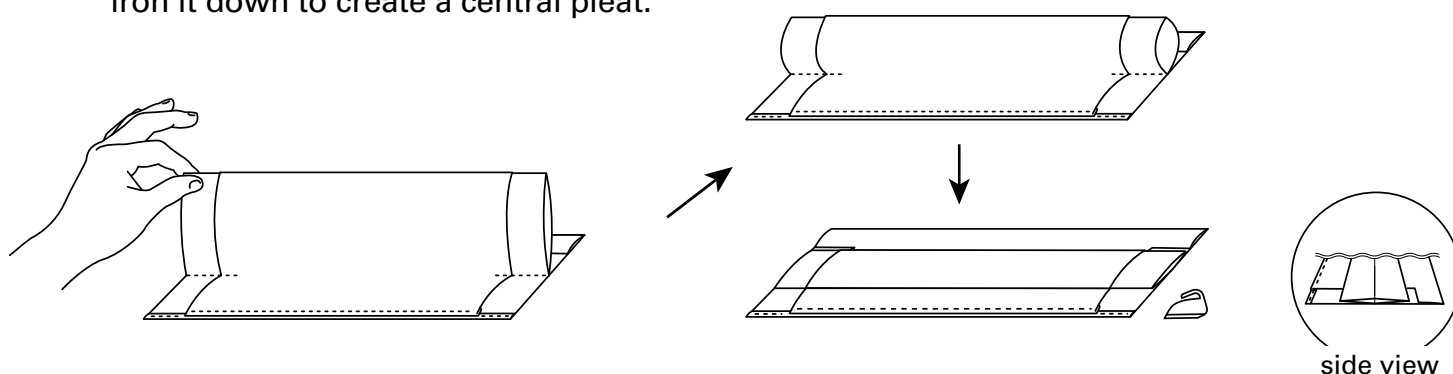
- 3**
- Fold the fabric in half and iron flat.
 - Turn over.
 - Fold the fabric in half again and iron flat.



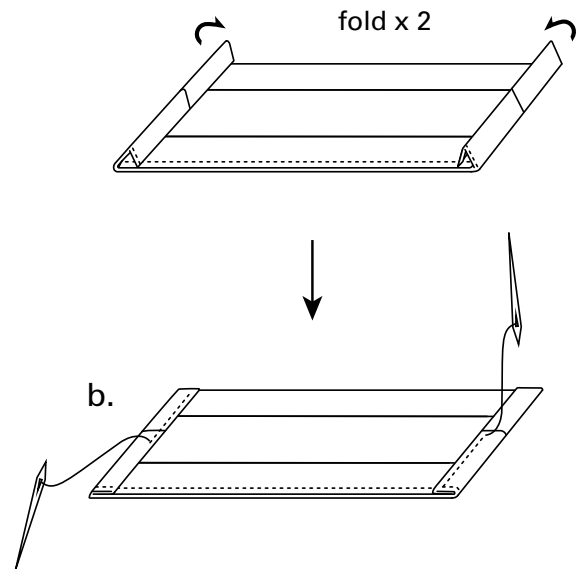
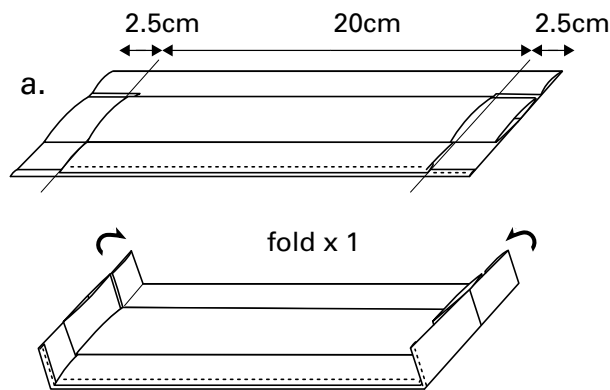
- 4**
- Fold the front part in half and iron the fold.
 - Flip the fold back up and stitch along the fold line by 3.5cm on both sides leaving the centre part unstitched. Start from the inside to the outside following the direction of the arrows.



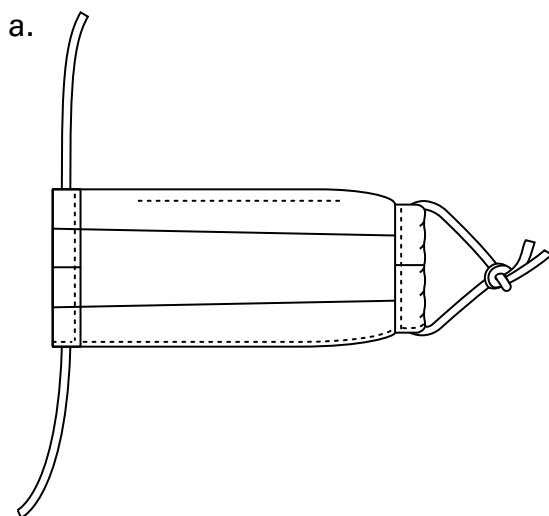
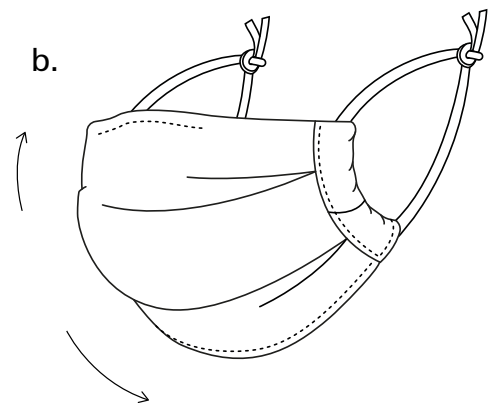
- 5**
- Pick up the bottom flap, push it flat and iron it down to create a central pleat.



- 6 a. Fold both edges of the fabric by 2.5cm so that the length of the fabric now measures 20cm. Then fold each folded edge in half.
- b. Stitch both sides in place; creating channels for the elastic band to go through.

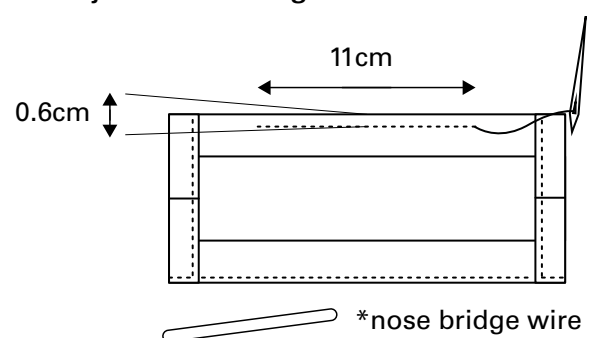


- 7 a. Run a 30cm length of elastic through the wider hem on each side and tie to make ear loops.
- b. Gently pull on the elastic to gather the sides of the face covering. Spread the pleats and make sure the face covering fits your face. Due to the double-layer structure of the face covering, there is space inside to insert a filter.



Optional

Make a pocket to insert a nose bridge wire by stitching as follows:
Adjust nose bridge wire to fit the face.



HIROCOLEDGE face covering design and instructions courtesy of HIROCOLEDGE / TAKAHASHIHIROKO INC. Not for commercial use.

Please note that the use of face coverings is encouraged as a way to reduce the risk of the wearer passing on viruses to others. They are not meant as a substitute for medical masks used as PPE by healthcare workers. Please see the UK government website for guidance on wearing face coverings effectively:

<https://www.gov.uk/government/publications/staying-safe-outside-your-home>