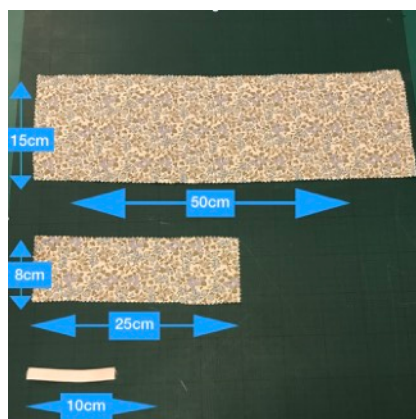
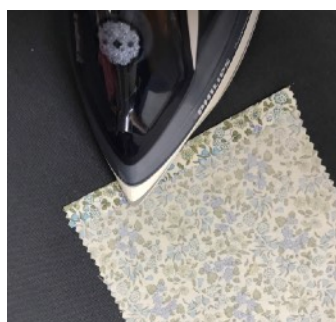


Instructions for headbands with buttons to be used with surgical face masks.

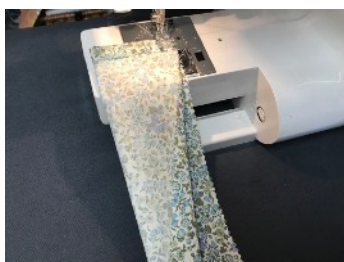


You will need : Fabric - which can be washed at 60* eg cotton, patterned and plain, used for both male and female staff.
Two buttons, preferably 2cm, elastic.

1. Cut a piece of fabric 50cm x 15cm for headband.
Cut another piece 25cm x 8cm to cover the elastic.
Cut a piece of elastic 10cm



2. Fold and iron in one cm of both short edges of the headband.



3. With right sides together sew the long edge together to make a tube then turn the right way round.



4. Fold and iron both of the long edges of the short piece of fabric which will cover the elastic, then fold in half right side out and iron.



5. Sew down the long edge to form a tube. This won't need to be turned as it will already be the right way round.

Edited April 2020.



6. Using a safety pin thread the elastic through the small tube of fabric. Then sew each of the short sides to secure the elastic.



7. Put the fabric covered elastic into one of the open ends of the headband with the headband seam uppermost.



8. Fold both edges in and sew to secure the elastic and fabric into the middle of the headband tube. Go over this a few times to ensure it is secure. Repeats on the other side.



9. Sew a button onto each side of the headband. This will be roughly 7.5cm from the elastic/headband seam.

Thank you for making this headband and supporting our N.H.S. and key workers. For information about current requests for these headbands please contact me on julie@makingforcharity.com



www.makingforcharity.co.uk



www.facebook.com/makingforcharity



@makingforcharity



@making4charity

Edited April 2020.