



## Sizing, Wearing, and Washing a Face Gaiter

If you are requesting a face gaiter or having a sewer make one for you, please review the following information on the Made By Britain face gaiter and its design, use and care.

### Background

Face gaiters are a part of the Made By Britain plan, found at [www.facegaiter.org](http://www.facegaiter.org), to protect our community from COVID-19.

1. Follow government guidelines: staying home as much as possible, practicing social distancing, following hand-washing instructions, avoiding touching your face, etc.
2. Pledge to cover your face
3. Make/accept/buy a mask or face gaiter but don't take away from healthcare's supply
4. Understand this threat, and the risks from inaction and your choices you make

The Made By Britain face gaiter enhances your efforts at "social distancing" during this COVID-19 virus outbreak. It is a comfortable, flexible, adjustable cover that creates a barrier from water droplets expelled in sneezing, coughing, speaking, and breathing.

Because the Made By Britain face gaiter shields other people, it is a courtesy – as well as a show of solidarity to the people around you - to use the face gaiter as an added precaution. A face gaiter is unlikely to provide significant protection to the wearer, but it provides added protection for people near you in case you are infected but not showing any symptoms.

The Made By Britain face gaiter is not a substitute for a medical-grade mask. It will not protect you from anyone showing signs of COVID-19. Also, if you are showing **ANY** symptoms of COVID-19, you should self-isolate and follow current government guidelines.

The Made By Britain face gaiter is an enhancement to, not a replacement for, the social distancing called for in government guidelines.

### Sizing the Made By Britain Face Gaiter

Please take care to follow these guidelines to ensure that there is a good fit at the top of the face gaiter – this will minimise leakage and make it more comfortable to wear. Fabric with a 30% or so stretch will easily accommodate the range of sizes shown below.

Measure the circumference of your head round the bridge of your nose, under your ears and around the nape of your neck. Using this dimension select the size from the Size Chart provided in this section.

**Tip:** If you do not have a fabric tape, use a piece of string or shoe lace to take the length and then transfer this to a tape measure or rule.

Know your size – as with shoes you want a face gaiter that fits you. Too large and it will keep slipping down. Too small and it will be uncomfortable to wear.

Most adults will be in the 5-8 size range.

If you are going to be very active when wearing it, moving your head a lot or bending down frequently, then selecting one size smaller will help it stay in place but it may be slightly less comfortable over long periods of time.

**Tip:** Larger sizes can be made smaller by taking the seam at the back in.

#### Size Chart

Measurement (cm)	44-46	46-48	48-50	50-52	52-54	54-56	56-58
(inches)	17 ½"- 18 ¼"	18 ¼" – 19"	19" – 19 ¾"	19 ¾" – 20 ½"	20 ½" – 21 ¼"	21 ¼" – 22"	22" – 22 ¾"
Size	3	4	5	6	7	8	9
Colour code to identify size	Red	Orange	Yellow	Green	Blue	White	Black



#### **Wearing the Made By Britain Face Gaiter**

The double layer section goes at the top, and the nose bridge's funnel-shaped stitching should be centred on your nose, pointing down to make breathing easier. Set the height for comfort, ensuring the mouth and nostrils are covered, similar to above, and so that it doesn't slip down when you move around.

The double layer of dense knit fabric at the mouth restricts the flow of air and the water droplets through it; this quality makes it effective but breathing is harder; the additional fabric in the neck area will ease this and also provides a basic seal around your neck.



Adjust the position on your nose to limit the leakage of air out of the top. You can check leakage at the top by putting on glasses: if there is a reasonable fit, they won't fog up.

**Tip:** If you chill them in the fridge first you will get a more sensitive result. Straighten the bottom edge so it sits smoothly on your clothes.



The face gaiter may be less effective if it is damp or soiled. Pulling the gaiter down and leaving it around your neck when you are on your own or outside away from other people will reduce the accumulation of water vapour from your breath. You should pull the gaiter back in place as you approach others.

### **Washing the Made By Britain Face Gaiter.**

It is important that you keep the Made By Britain face gaiter clean and remove traces of COVID-19 and any other viruses and bacteria that may have accumulated on it. The fabrics we recommend – e.g. stretchable polyester – are durable and withstand being washed hundreds of times.

The face gaiter should be washed at least once a day to keep it clean. Wash it in your domestic machine on a 40 degree wash with non-bio powder on a fast wash if available – you do not need bleach, adding bleach will damage the fabric. You can wash your face gaiter with other clothes items at the same time but limit the load to 50% of your drum capacity to ensure good rinsing. Wash your hands immediately after handling the face gaiter whenever you place it in the wash. A face gaiter will air dry but can also be tumbled dry on a low heat setting. The recommended fabric is 100% polyester so do not tumble on a high heat setting, iron it or expose it to any higher temperatures.

**Tip:** Do not add fabric conditioner when you wash it – you will not appreciate the smell when you are wearing it over your face.