



**在** 疫情影響下，很多家庭的生活方式與以前有著不少的改變。不少家長需要留在家裡工作，孩子們在疫情下亦無法在校上課，很多時候被逼待在家中，發呆的日子真不知道怎麼打發才好，「困獸鬥」是近期經常聽到用來形容家庭生活的寫照。

中信近期因著疫情，在縫製大批布口罩送給社區中有需要的人士，同時亦記掛著一班留家學習的孩子們。反正在家有空，不如鼓勵父母與孩子一起自製布口罩，一來讓孩子們可以製作口罩自用，可在疫情外出時保護自己之用，二來可讓父母與孩子來一個親子活動。

**T**he Coronavirus pandemic has caused big changes to the daily life of many families. A lot of parents have to work from home, children could no longer go to school. Many families felt stuck at home, driving each other up the walls, not knowing what to do with their time.

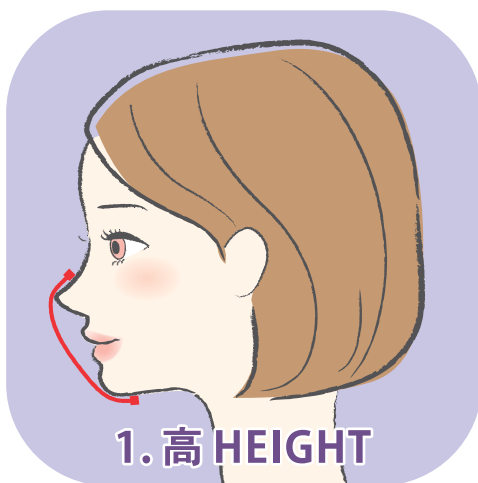
In response to the pandemic, CCM has recently sewn many cloth face masks for people in need in our community. At the same time, we remember the children who are learning at home. Since children now have more time at hand, we want to encourage parents and children to make cloth face masks together. In doing so, not only will children be able to make a mask for their own use, thus providing protection when they go outside; but this will also be a great parent child bonding activity.

**「願主耶穌基督的恩惠、（父）神的慈愛、聖靈的感動，常與你們眾人同在！」**

***"May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all."***

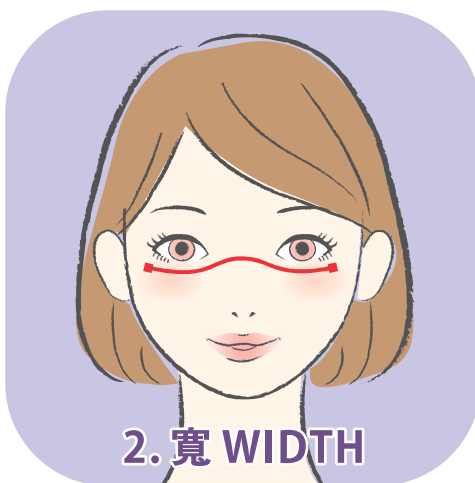
（聖經 Bible，哥林多後書 2 Corinthians 13:14）

## 如何量度需要尺碼 How to measure mask size



1. 高 HEIGHT

從眼睛下方的鼻樑開始測量，  
直到下巴下方  
Measure from bridge of nose  
under eyes, until just below the  
chin.



2. 寬 WIDTH

量度從左邊面頰至右邊面頰  
Measure from left  
cheekbones to right cheekbones

高 HEIGHT	尺碼 SIZE
≤ 13cm	S
≤ 15cm	M
≤ 16.5cm	L
≤ 17cm	XL

選定尺碼後，請按照以下尺寸把材料剪裁備用：  
After choosing a size, please cut the material according  
to the following measurements:

	細 S	中 M	大 L	加大 XL
布 (100% 綿) CLOTH (100% cotton)	16cm × 27cm	18cm × 31cm	20cm × 35cm	21cm × 36cm
紙樸 INTERFACING	13cm × 13cm	15cm × 15cm	17cm × 17cm	18cm × 17.5cm
橡皮帶 ELASTIC BANDS	17cm	17cm	17cm	20cm
鐵線 WIRE	8cm	8cm	9cm	10cm
完成尺寸 (寬×高) FINISHED SIZE (W×H)	14cm × 6.5cm	15cm × 7.5cm	18cm × 8cm	19cm × 8.5cm
拉開後高度 VERTICAL EXPANSION	≤ 13cm	≤ 15cm	≤ 16.5cm	≤ 17cm

製作口罩的詳細步驟請瀏覽以下網頁  
For detailed assembling procedures please visit this webpage  
[www.ccmcanada.org/hotline/#kidsfacemaskDIY](http://www.ccmcanada.org/hotline/#kidsfacemaskDIY)

布口罩可選擇用針線或縫紉機完成  
The cloth face masks can be sewn by hand with threads and needles or with a sewing machine