

## Mask straps

*With some hospital and care home staff needing to wear face masks for long periods of time, the elastic loops can become quite uncomfortable and made the backs of ears sore. Mask straps – knitted or crocheted bands with a button each end to hook the elastic ear loops takes the pressure off the back of the ear, while keeping the mask in place.*

### Knitted mask strap

*Thanks to Birmingham Mothers' Union for this pattern*

#### **You will need:**

A small amount of double knit or chunky knit yarn.  
2 buttons approximately 2 cms ( $\frac{3}{4}$  inch) in diameter  
4mm (size 8) knitting needles

#### **Method:**

*If using double knit, use 2 strands together.*

Cast on 20 sts.

Knit 6 rows.

Cast off and weave in the ends.

You should have a knitted strip approximately 10cm x 2.5cm (4 ins x 1 inch)

Stitch one button to each end of the strip.

### Crocheted mask strap

*Thanks to Ravelry.com for the free pattern*

#### **You will need:**

A small amount of double knit yarn.  
2 buttons approximately 2 cms ( $\frac{3}{4}$  inch) in diameter  
3.5mm crochet hook

Abbreviations

CH – Chain

DC – Double crochet

HTC – Half treble

#### **Method:**

Row 1: Chain 25

Row 2: DC in 2<sup>nd</sup> CH from hook, then DC in each CH across except for the last CH. 3DC in the last CH.

Row 3: You will now be going back along the bottom of the chain row. HTC in the next CH and in every CH across, except for the last CH. 2 HTC in the last CH.

Row 4: Going back along the DC row (from Row 2), 2 HTC in the first DC. HTC in every DC across, except for the last 3 DC. 2 HTC in the next DC; 1 HTC in the next DC; 2 HTC in the last DC of the row.

Row 5: DC into the next HTC stitch (from the beginning of Row 3). Slip stitch into the next stitch and finish off.  
Weave in the ends.

You should have a knitted strip approximately 10cm x 2.5cm (4 ins x 1 inch)

Stitch one button to each end of the strip.

### Helpful Tips

Use acrylic or cotton yarns that are washable. Cotton yarn can be cooler to wear.

If you don't have large buttons, then using two smaller buttons at each end of the strap can help.