HOW TO MAKE A FACE MASK

SUPPLIES:
Two pieces of fabric, each 9” x 6”
• 100% tightly woven cotton for the front
• 100% high-quality cotton flannel or other soft 100% cotton for the back
Two 7-inch pieces of elastic (1/8, ¼, 3/8 flat, or thin cord)
(*see step #1 for instructions on using ties if elastic is unavailable)

STEPS:

1. Pin the unfinished ends of the two pieces of fabric right sides together, anchoring the ends of the elastic in the corners of the fabric on the short sides. Please note: if you are using cord elastic, be sure to knot it on both ends so that it securely attaches when sewn. Leave a 2-inch opening on one long side for turning.

If elastic is not available, you can use four fabric ties (each with finished dimensions of 18 inches long and 1/4-1/2 inches wide). You can use cotton twill tape or make your own fabric ties. To make a fabric tie, cut a strip of 100% cotton 1 to 1-1/2 inches wide, and 18 inches long. Iron down 1/2 inch on one end, then iron the fabric strip in half the long way. Next, open the fold and iron both long edges to meet in the middle.

2. Sew around the mask using a ¼ inch seam allowance, leaving the 2-inch space open on one long side.
3. Turn the mask right side out. Iron flat, pressing the seam allowances from the 2-inch opening to the inside. Pin the opening closed.

4. Make 3 small pleats (folds) across the length of the mask. Make sure they are all going in the same direction. Pin each pleat on both sides.

5. Sew all the way around the mask using a ¼ inch seam allowance.

6. Sew all the way around the mask again, right on top of the previous stitching.

THAT’S IT!

Thank you for helping to ensure the safety of our health care workers and community!
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What you will need
- Cotton fabric, a pretty print is best.
- Rope Elastic, beading cord elastic will work (you may also use 1/8” flat elastic)
- Cut the elastic 7” long and tie a knot at each end (DO NOT knot the ends of the flat)

You can make two sizes: Adult or Child

1. Put right sides of cotton fabric together
   - Cut 9x6 (Adult) or 7.5 x 5 (Child)
2. Starting at the center of the bottom edge, sew to the first corner, stop. Sew the elastic with the edge out into the corner. A few stitches forward and back will hold this.
3. Sew to the next corner, stop, and bring the other end of the same elastic to the corner and sew a few stitches forward and back.
4. Now sew across that top of the mask to the next corner. Again put an elastic with the edge out.
5. Sew to the next corner and sew in the other end of the same elastic.
6. Sew across the bottom leaving about 1.5” to 2” open. Stop, cut the thread. Turn inside out.
7. Pin 3 tucks on each side of the mask. Make sure the tucks are the same direction
8. Sew around the edge of the mask twice.

It is so easy to make this.

Be sure any fabric design is placed horizontally.