

## How To Make a Face Mask

### MATERIALS:

- Cotton fabric: Prewash with a small amount of detergent and no fabric softener.
  - Cut 2 pieces either 9"x 6" (Adult) or 7.5" x 5" (Child)
- Straps: There are two ways that you can make straps...
  - Elastic
    - **Width:** Anywhere from 1/8"-3/8" - if the strap is too thick, it will not fit behind the ears. To avoid this, you can cut a piece of elastic that is too thick lengthwise.
    - **Length:** Cut the elastic 7" long and tie a knot at each end.
  - Ribbon or Bias tape
    - **Width:** Anywhere from 1/8"-3/8" - if the strap is too thick, it will not fit behind the ears.
    - **Length:** Cut 4 pieces at 10" to sew into all 4 corners OR cut 2 pieces about 25" long to center on sides and stitch it right over the pleats

## DIRECTIONS:

1. Put the right sides of the washed cotton fabric together. Try to use two different patterns so there is a distinct front and back.
2. Pin the elastic or ribbon to the corner so it can be stitched over.
3. Starting 2" from the corner of the 9" top edge, sew forward 3 stitches and reverse towards the closest corner.
4. Sew to the first corner, stop, needle down and pivot.
5. Incorporate the first end of the elastic so that the knot is placed directly outside of the corner of the fabric. A few stitches forward and back will hold this.
6. Sew to the next corner, stop, and bring the other end of the same elastic/ribbon to this corner and sew a few stitches forward and back.

\*\*\*when sewing along the 6" side, be sure not to sew over the length of the elastic/ribbon. It should just remain inside of the two pieces.

7. Sew across the bottom of the mask to the next corner.
8. Again, incorporate the next piece of elastic with the knot placed directly outside of the corner of the fabric.
9. Sew to the next corner and incorporate the other end of the same elastic.
10. Sew across the top 2" in. Stop, cut the thread.
11. Turn your mask inside out.
12. Close up the 2" opening that was left in the top.
13. Pin 3 pleats/folds on each side of the mask. Make sure they go in the same direction on both sides of the mask

### ALTERNATE:

- If you are sewing the long strips of ribbon or bias tape stitch them center them on the sides of the mask and stitch bias tape or ribbon over the pleats on both sides.