

How to make a Face Mask

that a health care worker or family member can use in the hospital (or for yourself)

It is very easy to make

What you will need

- Cotton fabric, any print will do, keep in mind your targeted user population.
- Fabric design should be horizontal.
- Rope Elastic, or beading cord elastic, or 1/8" flat elastic.

Adult size (9"x6")

1. Cut two pieces of fabric 9" x 6" each. Cut two pieces of elastic about 7" long each. Tie a knot at each end (however, do not knot the ends of the flat elastic)
2. Face the outside of each fabric piece (the side with the fabric design) toward each other and lay together (the fabric design is now on the inside – temporarily)
3. Starting at the center of the bottom edge, sew to the first corner, stop. Sew the elastic into the corner (keep the elastic on the outside of the fabric) A few stitches forward and back will hold this.
4. Sew to the next corner, stop, and bring the other end of the same elastic to that corner and sew a few stitches forward and back.
5. Sew across the top of the mask to the next corner. Sew the other elastic piece to the corner and keep the elastic on the outside of the fabric.
6. Sew to the final corner and sew the other end of the elastic to the outside of the fabric.
7. Sew across the bottom towards your starting point, but leave about 1.5" to 2" open. Stop, cut the thread.
8. Turn inside out. Now the fabric design is on the outside.
9. Pinch 3 tucks on each side of the mask. The tucks should all be made in the same direction
10. Sew around the edge of the mask twice.



That's it!