

# How to Make a Face Mask

(Created April 7, 2020)

## Materials

*Front:* 100% unused cotton fabric – no metallic fabrics

*Back:* 100% unused cotton or cotton flannel

*Attachment:* 1/8", 1/4", or 3/8" flat elastic (white is preferred, but black is OK) OR four 15" x 1/4" inch bias-tape style ties (no raw edges, white/light preferred, but black/dark is OK)

## How to Make a Face Mask

An informative video and instructions for making the masks can be [found here](#) thanks to the Turban Project and Deaconess Health System!

(Note: The instructions list three sizes: Small, Medium, and Large. Please make mostly Small and Medium sized masks, with a smaller number of Large masks.)

- 1) Cut two rectangles of fabric, one for the inside, one for the outside.
  - a. Small: 7.5 x 5 inches
  - b. Medium: 9 x 6 inches
  - c. Large: 10 x 7 inches
- 2) Cut elastic or ties. All ties can be 1/4" x 15". You will need 4 for each mask (one for each corner). Elastic should be cut as follows. You will need 2 pieces for each mask.
  - a. Small: 6.5 inches
  - b. Medium: 7 inches
  - c. Large: 7.5 inches
- 3) Put right sides of cotton mask fabric together.
- 4) Starting at the center of bottom (long) edge, sew to the first corner, stop. Sew a piece of elastic or a fabric tie into the corner. A few stitches forward and back will hold this.
- 5) Sew to the next corner, stop, and bring the other end of that same elastic to the corner and sew a few stitches forward and back. If you are using fabric ties, add a new tie.
- 6) Now sew across that top of the mask to the next corner. Again put a 7" length of elastic in the corner (or a new tie).
- 7) Sew to the next corner and sew in the other end of the same elastic (or a new tie).

8) Sew across the bottom leaving about 1.5" to 2" open. Stop, cut the thread.

9) Turn mask right-side out.

10) Pin 3 tucks on each side of the mask. Make sure the tucks are in the same direction. There must be 3 tucks to ensure a tight fit on the face.

11) Sew around the edge of the mask twice.

12) When you have finished your masks, please use a Sharpie marker to mark a: S, M, or L on the lower left corner of the inside of each mask to indicate the size. This will help providers select the correct size. If you do not have a Sharpie, please somehow designate size for the masks before you drop them off.

Thank you for your donation and hard work!