Revised Directions for Making Face Mask (This mask secures at the back of the head rather than around the ears.) Revised by June Varner 3/30/2020

- Prewash fabric and press if needed. (Cotton or flannel)
- Cut 2 pieces of fabric, each 9 x 8 inches.
- Cut ties:
  2 pieces of elastic Each 13 inches in length. (1/4 or 1/8 inch wide)
  4 fabric ties (same fabric as mask, bias tape with edges sewn together, grosgrain ribbon, shoes laces) each 18 inches in length.

Sandwich and Pin Elastic Ties

- With right side facing up, pin the elastic ties to the 9 inch side of fabric. Be sure to leave a ½ inch seam allowance on 8 inch side so ties will not be sewn into seam allowance. See diagram. Pin second piece of fabric, right sides together, to piece with elastic ties.
- Stitch 2 layers together, using ½ inch seam allowance, leaving on opening to turn mask right side out.
- Turn right side out. Press and top stitch all 4 sides.

Sandwich and Pin Fabric Ties

- With right side facing up, pin the fabric ties to each corner of the right side of the fabric. Place it at a diagonal in corner. See diagram. Pin second piece of fabric, right sides together, to piece with fabric ties.
- Stitch 2 layers together, using ½ inch seam allowance, leaving on opening to turn mask right side out.
- Turn right side out. Press and top stitch all 4 sides.

Pin and Sew Pleats

- Fold the pleats on the 9 inch length of the mask.
- Fold the fabric to make 3 evenly spaced pleats and pin. (I found it easier to pin across the length of the pleat.) All folds of the pleats should be in the same direction. Each pleat will be about 1 inch on the front and ½ inch on the back. Pleat side may vary but finished mask when measuring on sides where stitched should be about 3 ½ inches tall. Only stitch the sides of the mask, not across the entire pleat.

Additional Sizing

<table>
<thead>
<tr>
<th>Size</th>
<th>Fabric (in)</th>
<th>Elastic (in)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small Adult</td>
<td>9 x 8 (20 x 20 cm)</td>
<td>12 (30.5 cm)</td>
</tr>
<tr>
<td>Teen</td>
<td>9 x 8 (20 x 20 cm)</td>
<td>11.5 (29 cm)</td>
</tr>
<tr>
<td>Child</td>
<td>7.7 (19 x 18 cm)</td>
<td>11.5 (29 cm)</td>
</tr>
</tbody>
</table>

Additional Ideas

To help the mask mold better around your nose, you may insert a pipe cleaner, floral wire, or small piece of flat bendable metal to the top inside of the mask before forming the pleats. Sew a topstitch next to it, to hold it in place.

Notes

Please check with your local support centers before making large quantities of masks. To ensure they can accept and use them.

Healthcare Industry Note: This material was developed by the community for educational purposes only and is not intended to be used for clinical care. This material should not be used for any clinical care. This material should not be used for any clinical care. This material should not be used for any clinical care. This material should not be used for any clinical care.