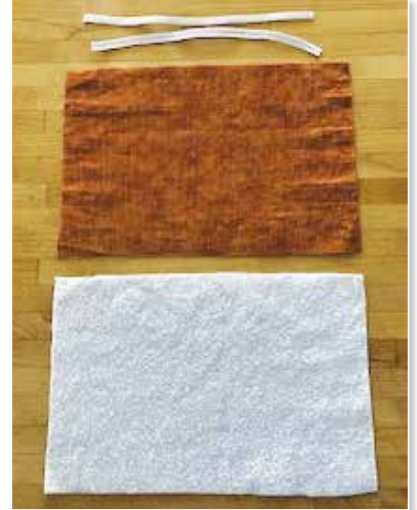# Sew good GOODS

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

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.

Iron the two long sides together. Sew across the end and down the long edge.

Pin the unfinished ends of the ties in each corner between the two pieces of fabric, about 1/2 inch away from, and parallel to the long edge of the fabric. Keep the remaining length of the ties away from the edges of the fabric so they don't get caught in the stitching that happens in the next step.

2

2. Sew around the mask using a ¼ inch seam allowance, leaving the 2- inch space open on one long side.

3

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

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

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

6

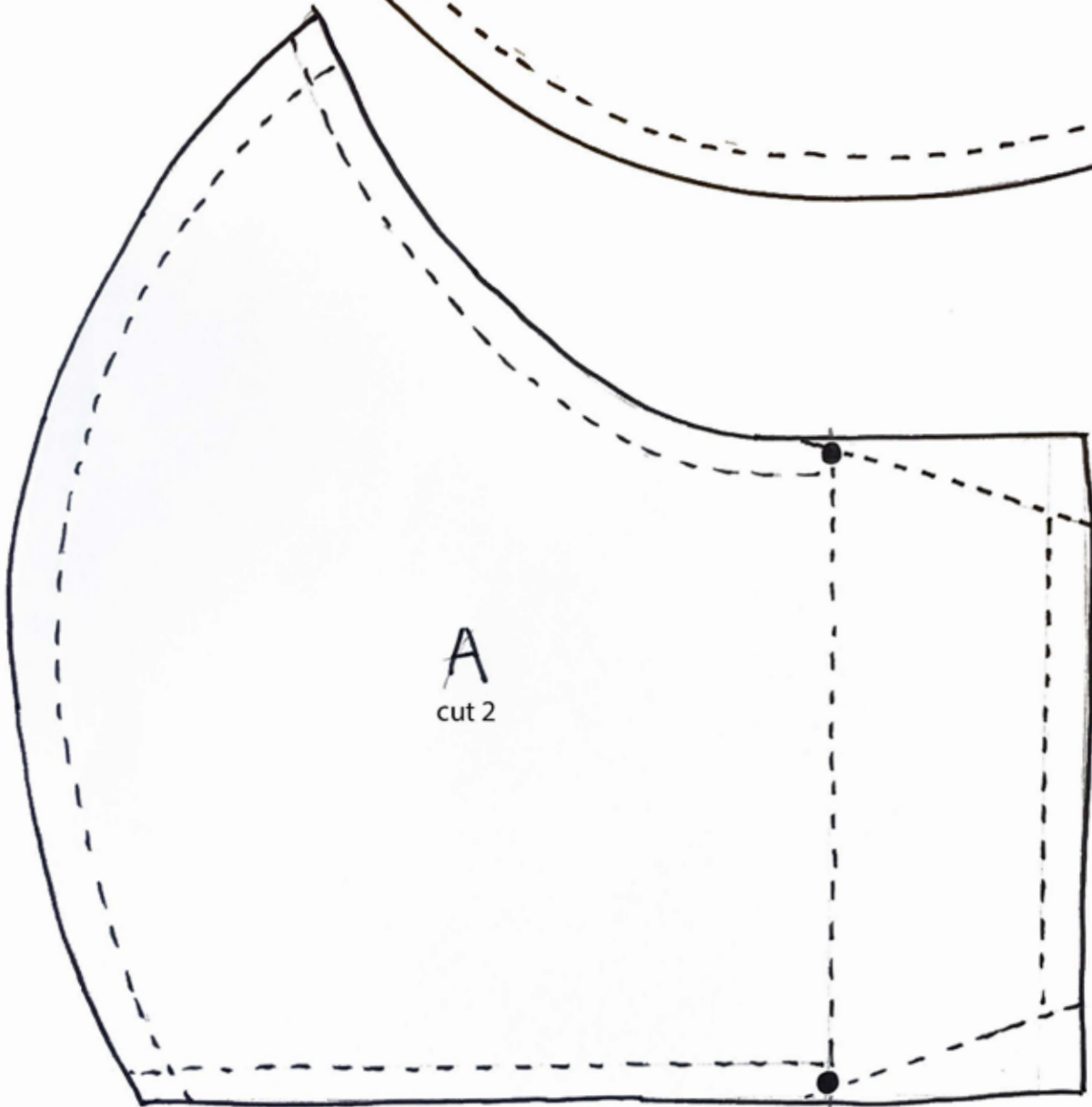6. Sew all the way around the mask again, right on top of the previous stitching.
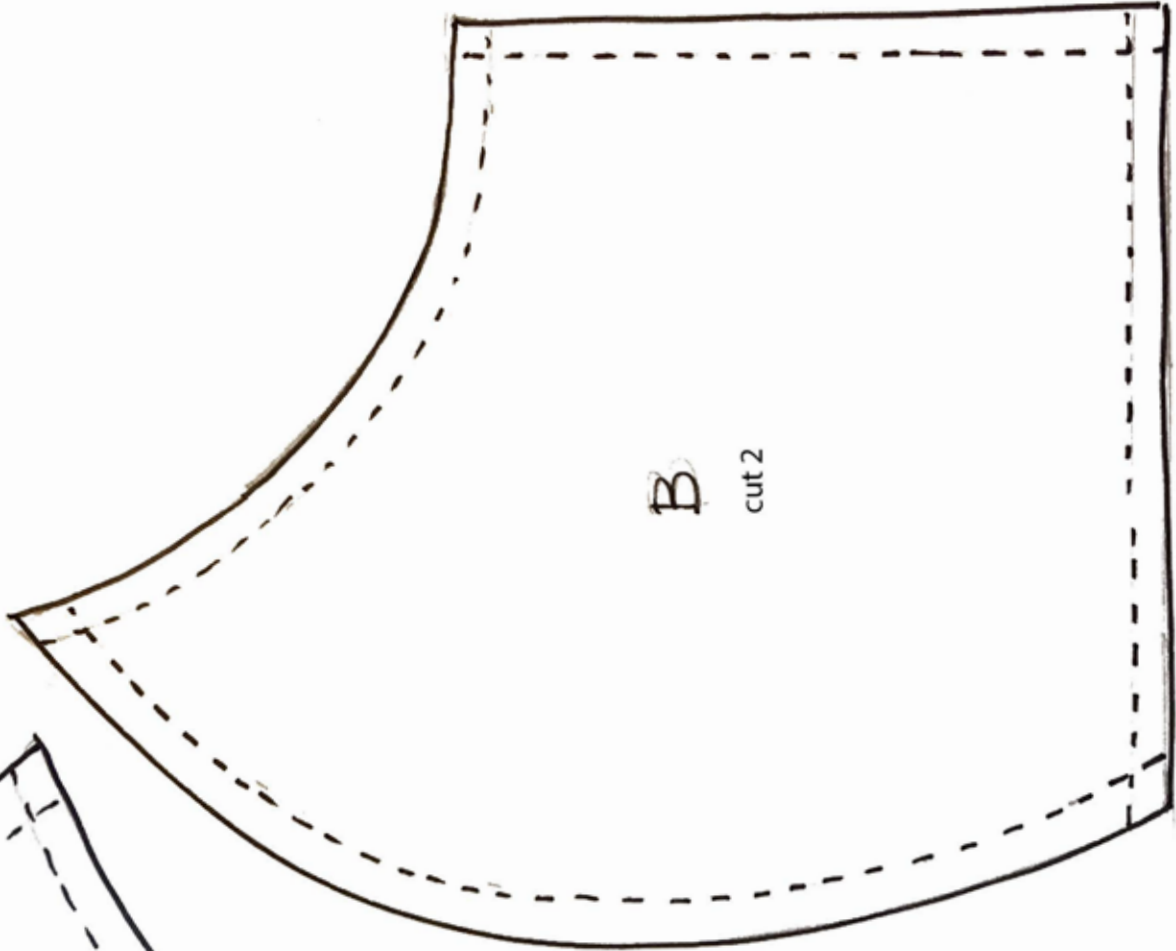
THAT'S IT!

Thank you for helping to ensure the safety of our health care workers and community!

Sew good GOODS

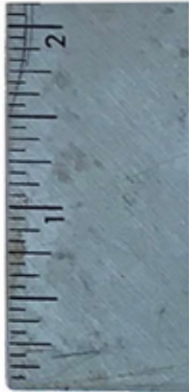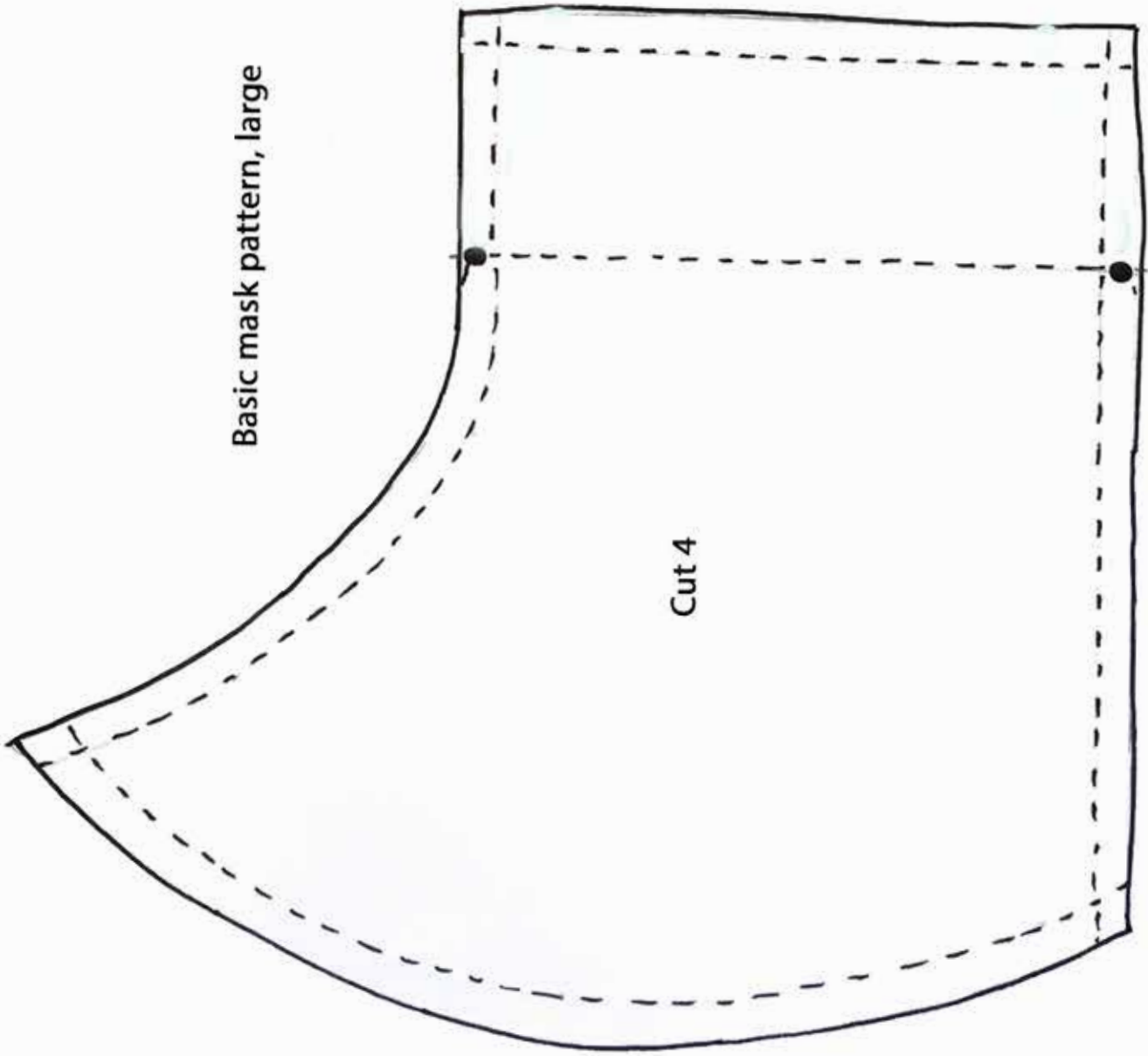Regular size face mask
with fiter pocket
pattern

B
cut 2

A
cut 2

Basic mask pattern, large

Cut 4

2 1

Basic mask pattern,
reg size

Cut 4