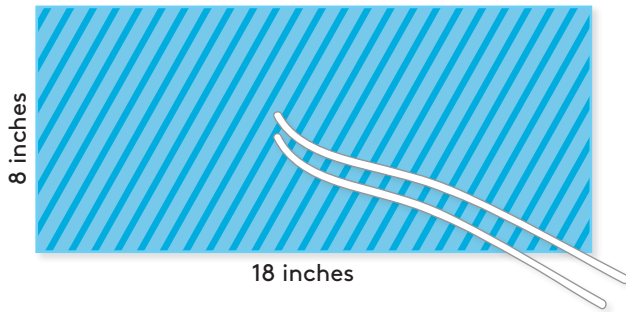


HOW TO MAKE A FABRIC FACE MASK

Mask that secures behind the head (This size is for an average adult. See additional sizing below.)

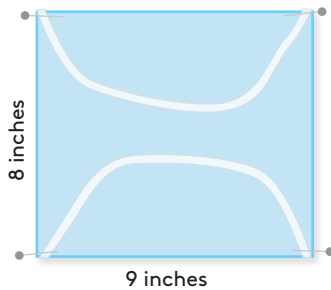


CUT FABRIC

18x8 in/46x20 cm (cotton or flannel, pre-washed and dry)

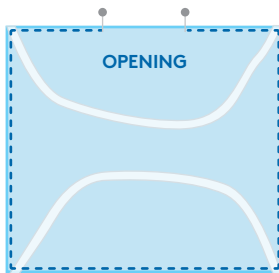
CUT 2 PIECES OF ELASTIC

13 in/33 cm (1/4 or 1/8 in wide)



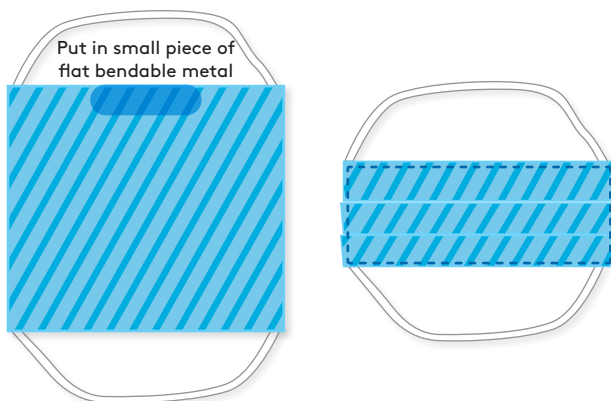
SANDWICH AND PIN ELASTIC

- Fold fabric in half with right sides of fabric together.
- Sandwich the two elastic pieces between the fabric layers.
- Pin each end to the longer fabric side corners.
- Make sure the elastic is not twisted!



SEW PIECES TOGETHER

- Sew around the mask with an 1/2 inches seam allowance, leaving a 2-3 inch opening.
- As you get to the corners, sew forward and back to secure the elastic in place. Make sure each elastic piece is angled into the corner of the fabric, and that you don't sew over other parts of the elastic as you go around.
- Remember to leave an opening to insert optional (foldable) metal piece.



PIN AND SEW PLEATS

- Turn mask right side out.
- Fold fabric to create 3 evenly spaced pleats and pin. Top stitch around, sewing pleats in place.
- Finished mask will be 3-3.5 inches tall.

YOU'RE DONE!

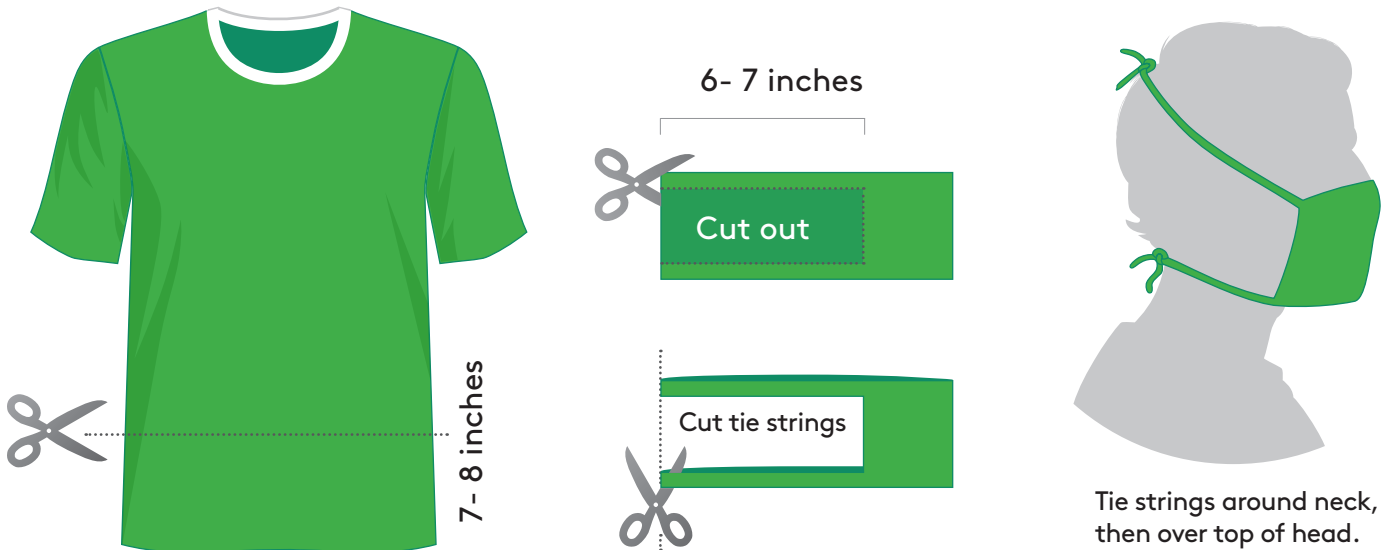
ADDITIONAL SIZING

	FABRIC	ELASTIC
Small Adult	8x8 in (20x20 cm)	12 in (30.5 cm)
Teen	8x8 in (20x20 cm)	11.5 in (29 cm)
Child	7x7 in (18x18 cm)	11.5 in (29 cm)

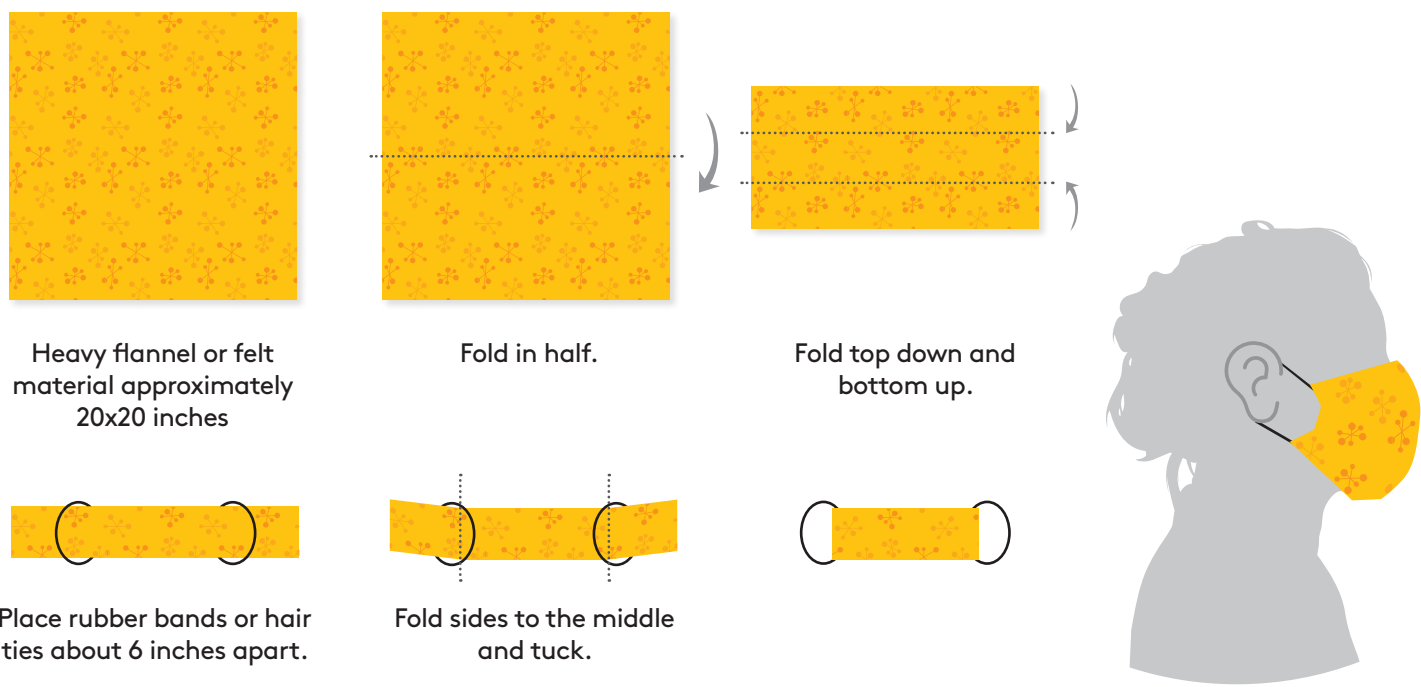
ADDITIONAL IDEAS

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 the mask before forming the pleats. Sew a topstitch next to it, to hold it in place. Instead of elastic, use T-shirt material to make 4 ties, each 15 in long.

QUICK CUT T-SHIRT CLOTH FACE COVERING (NO SEW METHOD)



Bandana cloth face covering (no sew method)



Homemade face masks are not a replacement for personal protective equipment. Wearing a homemade mask will not protect the user from contracting COVID-19, and is only one of many steps we can take to reduce transmission rates. The most important thing we can do to lessen the spread of COVID-19 is to practice social and physical distancing, and stay home. This is an educational tutorial only.