

Face Mask Instructions from Gretchen Jewell
Donations for Kaiser Oakland ICU

Materials:

- Two (2) pieces of 7" x 7" cotton fabric (tightly woven 100% cotton. The tighter the weave, the better)
- One (1) piece of 100% cotton batting
- Four (4) 1" x 20" strips to make ¼" double fold bias tape ties
- 2" x 28" binding for the mask

NOTE: Please pre-wash all fabric and batting before construction and do not use any fabric softener.

- 3-inch floral wire and floral tape
- 1-inch Bias Tape Maker (optional)

NOTE: Please don't use elastic as they do not wash and dry well. After washing and drying, the face mask with elastic falls off. Just use cotton bias tape which also helps with the difference in face structure.

Instructions:

1. To make the bias tape, cut strips of 1" and use the Bias Tape Maker to make ¼" double fold bias tape. If you do not have a Bias Tape Maker, fold in half length wise and fold each long side in towards the center fold. Fold again to make the double fold bias tape. Note: Since there are no curves, the tape does not have to be on the bias.



2. Create a "quilt sandwich" with the two pieces of cotton and the batting in the middle.



3. If you would like to stabilize the mask better, "quilt" the mask by stitching two lines down the center and across the center.
4. Make three half-inch pleats on either side of the mask and baste in place.



5. Bind the mask as you would a quilt, mitering the corners.

6. For the nose piece, cut the floral wire and wrap it in floral tape. Using a remnant from the binding piece, cover the nose piece and sew along the top of the mask.



7. Sew the ties and attach to the mask at the four corners.



For questions call: Gretchen Jewell RN BSN 5208209343

