



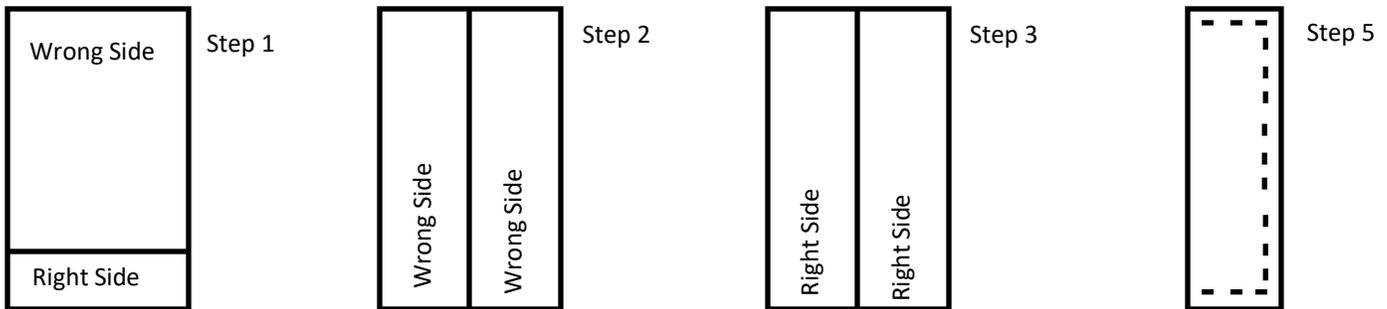
How to make a Face Mask

You will need:

- (1) piece cotton fabric
 - (1) piece flannel fabric
 - (2) 7' pieces braided elastic or (4) 1-1/2" x 14" fabric strips/pre-packaged bias tape
- Adult size: 9" x 6"
Child size: 7-1/2" x 5"

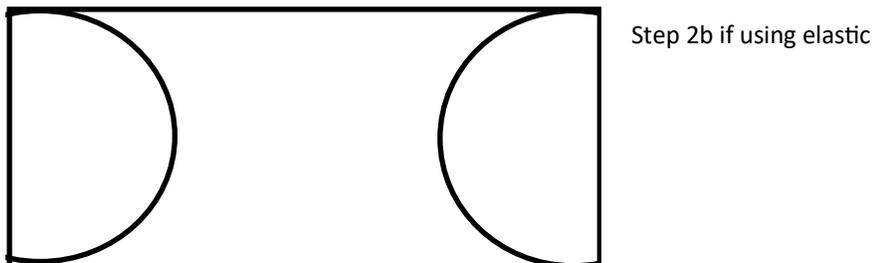
To make fabric straps using fabric strips or bias tape:

1. Fold (1) 1-1/2" end of your 1-1/2" x 14" strip a quarter inch into the wrong side of fabric. Press.
2. Fold strip in half on length, wrong sides together. Press, then open.
3. Fold raw edges, wrong side up, towards center. Press.
4. Fold strip in half on length with right sides out.
5. Sew around (3) open edges, backstitching your start and stop.
6. Repeat on (3) remaining 1-1/2" x 14" pieces.



To make mask:

1. Place right side of flannel up.
- 2a. **Using Fabric straps or bias tape:** Place raw edge of strap next to the raw edge of your flannel. Repeat on all (4) corner.
- 2b. **If using elastic:** place raw edge of (1) piece of elastic in each corner of the short side of your flannel. Each piece of elastic should make a C on the short sides.



3. Place cotton fabric on top, right side down.
4. Starting at the center of the bottom edge sew around sides, leaving a 1-1/2" opening at the bottom.
5. Turn right side out.
6. Pin (3) tucks into each side of mask, making sure tucks are all going in the same direction.
7. Sew around the edge of the entire mask, reinforcing the sides with straps or elastic.

Please reference How Sew a Medical Face Mask with Ties on Youtube if questions arise.