

How to make a Face Mask

What you will need

- Woven 100% clean cotton fabric
- Elastic – ¼ flat, 1/8 flat, rope, OR beading cord – for each mask, 2 pieces each 7” long

Directions:

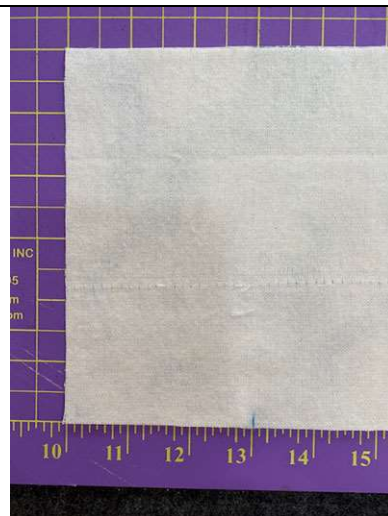
Adult size is 9” x 6”; Child size is 7.5” x 5”. Directions are given for adult size, but construction is the same if making child size.

1. Cut 2 pieces of fabric 9” by 6”. Fabric can be the same of 2 different fabrics. If using batik, use it on one layer only and choose a different fabric for the second layer. If your fabric has a directional design, be sure that the design is placed horizontally on the 9” side.



2. Put right sides together.

3. On one long edge, mark or pin 3” from the left corner. This edge will be the bottom of the mask.



4. Starting at the mark you made on the bottom edge, sew the two pieces together with a $\frac{1}{4}$ " seam. Stop an inch or two from the first corner. Fold back the top layer and insert the 7" elastic as shown.
5. Backstitch to secure the elastic at the corner. Continue on around to the 2nd corner.
6. Place the other end of the first piece of elastic in the 2nd corner making sure that the elastic is not kinked or turned. Backstitch at the corner.
7. Continue on to the 3rd corner. Place the second piece of 7" elastic in the corner between the two layers as before. Backstitch at the corner.
8. Place the other end of the second piece of elastic in the 4th corner making sure that the elastic is not kinked or turned. Backstitch at the corner.



9. Continue sewing within 2" of where you started at the bottom of the mask.
10. Stop. Cut the thread. Turn inside out and press.



11. On the shorter edge of the piece, mark or pin 1.5 inches from the top, 3 inches from the top and 4.5 inches from the top. Make the same marks on both short edges directly across from each other.
12. Using these marks, make 3 tucks about $\frac{1}{2}$ inch wide. Make sure that the tucks are all in the same direction and not overlapping each other. They should be pointing down toward the bottom of the mask. Pin or clip the tucks to hold in place and press.



13. Sew around the edge of the mask with a top stitch close to the edge.

14. Do this twice to secure



15. No need to launder. The hospital will sanitize them when they receive them.



Pattern courtesy of The Turban Project of Frazeyburg, OH and the Deaconess Hospital of Evansville, IN. Photo illustrations and comments by Nan Scott

According to the CDC, these fabric masks are a crisis response option when other supplies have been exhausted.

“Prior to modern disposable masks, washable fabric masks were standard use for hospitals,” said Dawn Rogers, MSN, RN, FNP-C, Patient Safety & Infection Prevention Office. “We will be able to sterilize these masks and use them repeatedly as needed. While it’s less than ideal, we want to do our best to protect our staff and patients during this pandemic.”