

How to Sew a Face Mask

Please follow these guidelines to ensure the masks are CDC-compliant and acceptable alternatives for us to use.

SUPPLIES:

- Cotton fabric—please make sure it is 100% cotton.
 - **Please do not use flannel.**
 - Use a different color/pattern so that staff can distinguish between the inside and outside of the mask.
 - Please make sure that any design is placed **horizontally.**
- Elastic or elastic cord: 1/8 inch or 1/4 inch
- Standard pipe cleaners

Please remember that both men and women in a variety of roles will be wearing/using these masks when choosing your fabric(s).

DIRECTIONS:

Based on the pattern provided by “the Turban Project”

Two sizes available: Adult or Child; for adult masks, pay attention to ear loops for a difference between sizing for men and women

- For **MEN'S adult mask**: Cut the elastic **7 inches long** and tie a knot at each end
- For **WOMEN'S adult mask**: Cut the elastic **6.5 inches long** and tie a knot at each end
- For **CHILDREN'S mask**: Cut the elastic **6 inches long** and tie a knot at each end
 - **DO NOT** knot the ends of the flat piece.

1. Cut two different pieces of fabric for each mask.
Cut **9x6 (Adult—men and women)** or **7.5x5 (Child)**.
2. With right sides together, sew 1/4" seam along the top edge. Sew again 1/2" below this seam to make a casing for a pipe cleaner.
3. Insert pipe cleaner that has been folded in half into casing. This allows the mask to fit snugly around the nose.
 - Do not worry if you sew over the pipe cleaner; it will not break your needle.
4. Starting at the center of the bottom edge, sew to the first corner, stop. Sew the elastic with the edge out into the corner. A few stitches forward and back will hold this.
5. Sew to the next corner, stop. Bring the other end of the same elastic to the corner and sew a few stitches forward and back.
6. Now sew across that top of the mask to the next corner. Again, put an elastic with the edge out.
7. Sew to the next corner and sew in the other end of the same elastic.
8. Sew across the bottom, leaving about 1.5—2 inches open. Stop, cut the thread. Turn inside out.
9. Pin 3 tucks on each side of the mask. Make sure the tucks are the same direction.
10. Sew around the edge of the mask twice.

For completed masks:

- Please put your finished masks in clear, Ziploc bags.
- Please separate the masks for men, women, and children based on sizing and ear loop elastic differences.
- Call ahead to (574) 753-1414 to arrange for drop-off at the hospital.