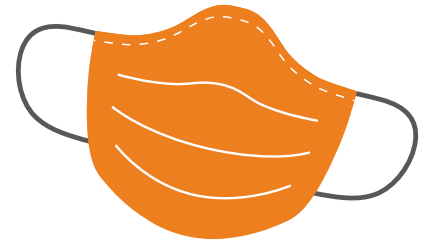# How to make a face mask

What you'll need

- Cotton fabric (non-elastic, non-stretchy)
  - *Please use two different fabric patterns to make each mask. This will help the wearer distinguish between the mask's front and back. Just be sure any fabric design is placed horizontally for best results.)*

- Rope elastic
  - *Beading cord elastic will work. You may also use 1/8" flat elastic. Cut the elastic to 7" long and tie a knot at each end (DO NOT knot the ends of the flat).*

Step-by-step instructions

1. Place right sides of cotton fabric together. Cut a rectangle for the size of mask you would like to make:

   Adult size: 9" x 6"
   Child size: 7.5" x 5"

2. Starting at the center of the bottom edge, sew to the first corner and stop. Sew the elastic with the edge out into the corner. A few stitches forward and back will hold this.

3. Sew to the next corner, stop, and bring the other end of the same elastic to the corner and sew a few stitches forward and back.

4. Now sew across the top of the mask to the next corner.* Again, place the elastic with the edge out.

5. Sew to the next corner and sew in the other end of the same elastic.

6. Sew across the bottom, leaving 1.5" to 2" open. Stop, cut the thread. Turn inside out.

7. Pin 3 tucks on each side of the mask. Make sure the tucks are in the same direction.

8. Sew around the edge of the mask twice.

Optional step: Place a filter between the front and back layers of the mask, creating a pocket between layers. Be sure the pocket can be closed while the mask is in use for maximum protection.

Adapted from instructions provided by Deaconess Health System

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