

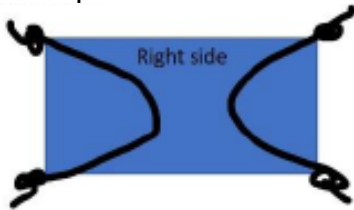
How to make a Face Mask

Supplies:

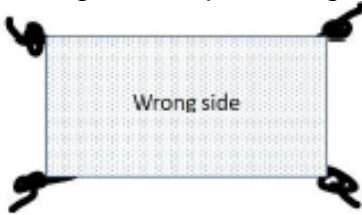
- Cotton fabric - Please use two different fabrics, nurses are asking for this because they can tell in an instant which side of the mask goes towards their face after previously using the mask.
- Thin flat elastic (rope elastic can also be used)

Instructions:

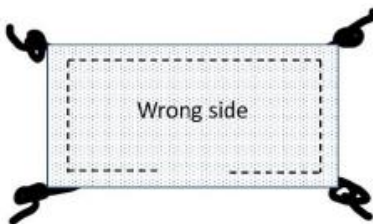
- Cut two rectangles of the fabric to 9"x6" for an adult (or 7.5" x 5" for a child).
- Cut 2 pieces of elastic 7" (if using rope elastic tie a knot at the ends - flat elastic needs no knots).



- Arrange fabric pieces right sides together with elastic on the inside.



- Begin at the center bottom edge and sew to the first corner, stop. Sew over the elastic. Stich back and forth over the elastic a few times to secure.
- Continue to sew around the mask, securing elastic by stitching back and forth a few times at each corner.



- Stop sewing at the middle bottom of the mask, leaving 1.5"-2" open for turning.
- Cut thread, turn mask right side out.
- Pin 3 tucks, half inch in size, on each side of the mask, making sure tucks are in same direction.



Note: If the bottom or the darts are 1 ½ apart, the tucks should fold flat.

- Sew twice around the edge of mask.