

HOW TO MAKE A FACE MASK

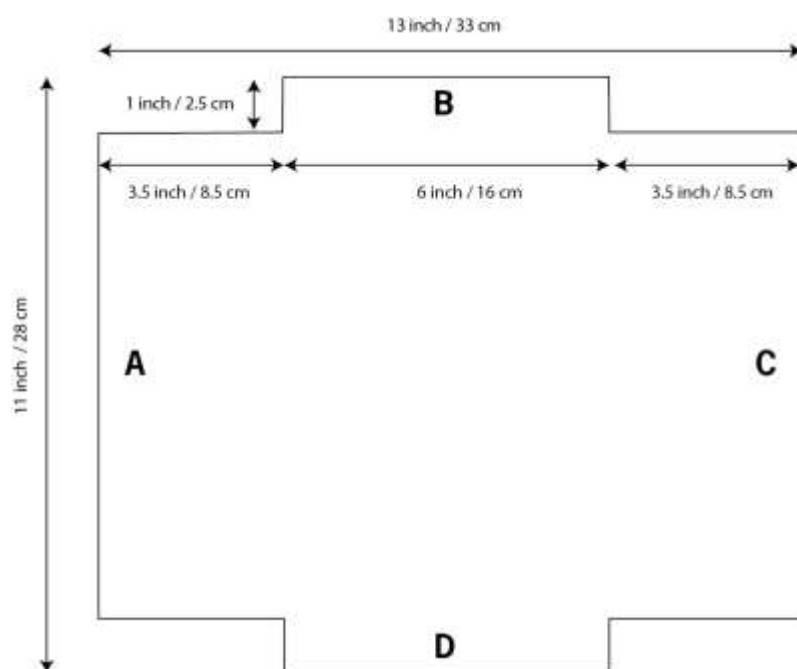
The most effective fabric face masks use two layers of tightly woven fabric and one “filter” layer (paper towel, paper handkerchief, etc.). The following instructions minimize the need for sewing and form a pocket to insert a removable filter layer.

What you need

- Cotton fabric (bed sheets, pillow cases, t-shirt, etc..)
- Elastic (beading cord elastic, 1/8” flat elastic, rubber bands) or ties (ruban, rope, shoe laces, etc.)
- Needle and thread
- Scissors
- Iron
- Optional: sewing machine, fabric glue



Template



Adjust size (except for corner notches depth) by minus 15% for young adults.

Step-by-step instructions

- (1) Fold over edges A and C about $\frac{1}{2}$ inch. Sew or glue down.



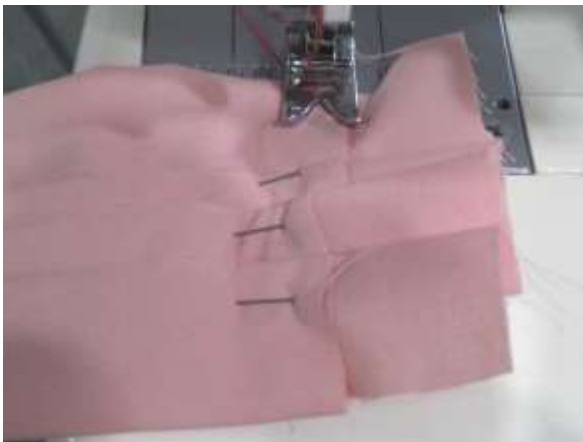
- (2) Bring edges A and C to the center slightly overlapping.



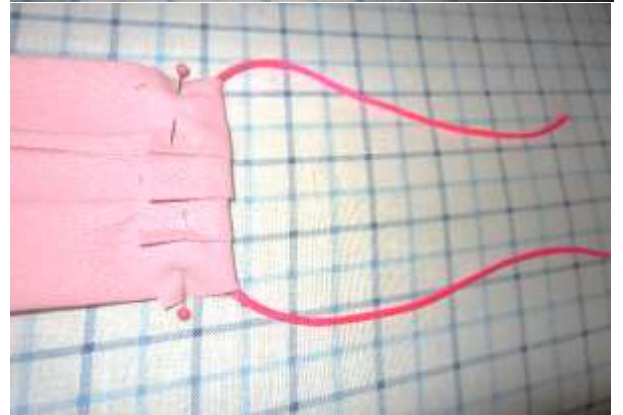
(3) Turn over. Make and pin three folds of about ½ inch. Then, iron them down.



(4) Sew the folds at each end using the edge as a guide.



- (5) Lay down rubber band (about 6 inch) or tie (at least 16 inch) near edges B and D. Fold over, pin, and sew at least ¼ inch from the edge.



- (6) Verify that a “filter” layer can be inserted in the pocket but do not include one before donating.

