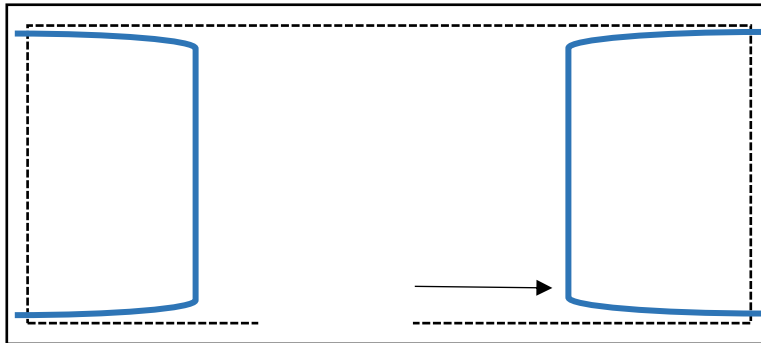


Supplies:

- **cotton fabric** – if possible, use 2 different patterns so that you know quickly which side should go against your face in case you are going in and out of stores, etc...
- **elastic**; cut to your correct fit, keeping in mind that you're going to put in a ¼ inch seam allowance (seam allowance is the space between the end of the fabric and your stitches in the picture below, it's the space between the dashed and solid lines)
- **needles, thread**

For video instruction, visit <https://nantuckethospital.org/how-to-make-a-face-mask/>

How To:



1. Tie a knot at each end of the elastic. This is optional but may help keep your elastic in place.
2. Using the enclosed pattern, cut a piece from each fabric.
3. Put right sides of the fabrics together. This means put the designs together. You're going to turn this inside out after you sew so you want the nice sides of the fabric facing each other so they'll be on the outside after you turn your mask out the right way.
4. Starting at the center of the bottom edge (see arrow in image above), sew to the first corner and stop. The dashed line in the image above is your stitches.
5. Place the elastic between the two layers of fabric with the ends sticking out as shown in the picture above. Sew into place - a few stitches forward and back will hold this. The elastic in the picture above is blue.
6. Sew to the next corner and stop. Bring the other end of the same elastic to the corner and sew it into the mask.
7. Sew across that top of the mask to the next corner and again put an elastic with the edge out.
8. Sew to the next corner and sew in the other end of the same elastic.
9. Sew across the bottom leaving about 1.5" to 2" open (see the gap in the dashed line in the picture above). Stop, tie a knot in the thread. Cut the thread.
10. Clip the corners being careful to not cut your stitches. This is optional so if you're not sure how to do it, it's okay to skip this step.

11. Turn your piece inside out through the 1.5"-2" inch opening. If you can, iron the mask flat.
12. Pin 3 tucks on each side of the mask. Make sure the tucks are the same direction.
13. Sew around the edge of the mask twice to secure.



Face Mask Pattern for Kids – 7.5"x5"

Face Mask Pattern for Adults – 9”x6”