

Instructions for Homemade Cotton Face Mask

Care for Masks

- These masks may be worn until visibly soiled or damaged.
- Masks are to be routinely washed in hot soapy water.

Supplies

- Tight-weave cotton fabric (i.e. quilting cotton). Fabric should be newly purchased (within last 12 months), washed and dried without fragrance or dyes prior to sewing. Two contrasting fabrics are needed so that the front and back are distinguishable. Solid colors are preferred over patterns.
- One 6" piece of malleable stainless steel or brass wire that can be formed to the nose. (not aluminum as it is too soft). **Important: Metal must be rust resistant due to sterilization process.**
- Cutting mat, ruler, rotary cutter if available
- Sewing machine, thread, scissors, sewing clips/paperclips, seam ripper (NOTE: please use pins sparingly to avoid holes)
- Jewelry pliers or needle nose pliers and wire cutters

Directions

1. Prepare the wire. Make a small loop on each end of the wire and press flat. The loops should be facing the same way. Make sure there are no rough edges that could poke the wearer or damage the mask.



2. Cut one 7" x 8" (mask body) from each contrasting tight weave cotton fabric and two pieces to 2" x 36 1/2" (tie/binding fabric). The 7" sides will be the width across the top and the bottom of the mask. The 8-inch sides will be pleated. Three pleats will make the final mask 4" deep.
3. Layer the 2 mask body pieces of contrasting fabric right sides together. Sew a 1/4" seam on the 7" sides.
4. Turn the mask right side out. Finger press and clip seams; topstitch 1/4" from both edges on the sides you just clipped.
5. Insert the prepared wire into one of the 1/4" seam allowances. Center the wire. This is now the TOP of the mask.

6. Mark 2" down from the TOP edge of the mask on both sides. Make three ½" accordion-style pleats along the 8" side as follows:

Make the 3 half-inch pleats starting at the 2" mark and clip each pleat. Space the pleats one after the other and clip them to make the mask 4" wide. Adjust the pleats accordingly.

The pleats do not have to be perfect as long as the mask is 4 inches deep. This is VERY important because if the mask is too short, it won't go under the chin in some cases, and if the mask is too long, it could leave too much of a gap on the side of the face.



Do not change the number of pleats as the bottom pleat is especially important to the curvature of the mask under the chin.

7. Sew the pleats down using a 1/4" seam. Repeat on the other side. When finished, the pleats will all be going down.
8. Ties/Binding: Fold each end in 1/4" and press. Fold the two strips of fabric down middle and press to mark center. Open and fold raw edges on both sides to center, press and clip to hold it together along the length of the tie. This will eliminate the raw edges on the binding and no need for the yarn. Find the center of the tie and center of the pleat sides of mask. With centers together, insert mask into binding and clip into place.
9. Using a 3/8" seam, sew the length of the tie/binding, end to end making sure to catch the face mask. To reinforce, sew a second line of stitching on both sides of the mask where the pleats are.

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