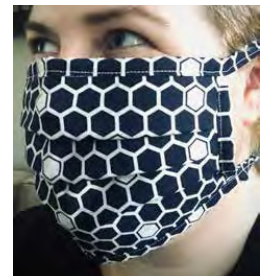


DIY Face Mask Tutorial

If using surgical wrap for the panels, use one piece for the front and one for the back. Long cotton piece is for the mask ties. Small cotton pieces are for the sides of the panels.

- Masks should be constructed from tightly woven, high thread count cotton fabrics. The fabric should not have any stretch, and should not be knit (i.e. t-shirt material).
- Recommended fabrics include: Poplin, Shirting, Sateen, and Percale in 100% cotton. A possible source of fabric is high thread count sheets and pillow cases.
- Wondering if your fabric will work? A simple way to check is to fold it into two layers. You shouldn't be able to see through the fabric, but you should still be able to breathe if you hold it over your mouth.
- **Before you start, fabrics should be washed and dried on hot in order to pre-shrink them.**



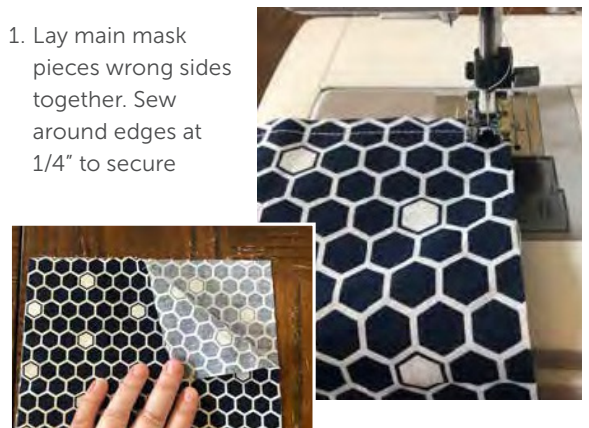
Instructions

Supplies Needed

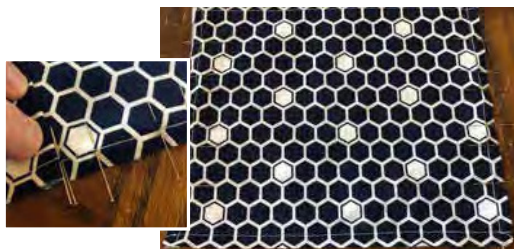
- 2 pieces of 100% cotton fabric 7" x 9"
- 2 pieces of 100% cotton fabric 1 1/2" x 6"
- 2 pieces of 100% cotton fabric 1 1/2" x 40"
- Ruler
- Pins
- Scissors
- Sewing machine and thread



1. Lay main mask pieces wrong sides together. Sew around edges at 1/4" to secure

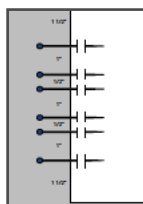


2. To create pleats: place pins along 7" edges as illustrated



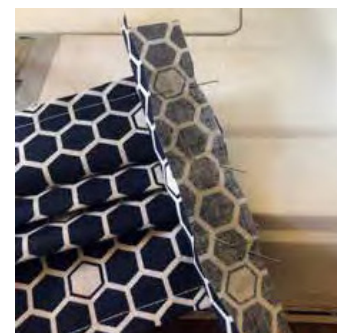
3. Bring first needle to second to create pleat. Repeat with third and fourth, fifth and sixth

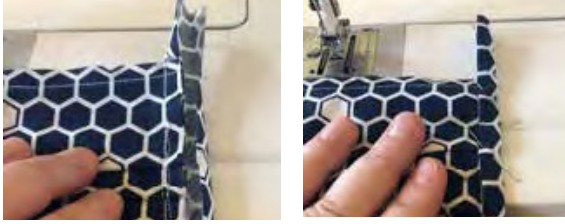
4. Sew along previous stitching to secure pleats



5. Press up 1/4" on both 1 1/2" x 6" binding pieces

6. Lay unfolded side along pleated edge of mask, stitch at 1/4"



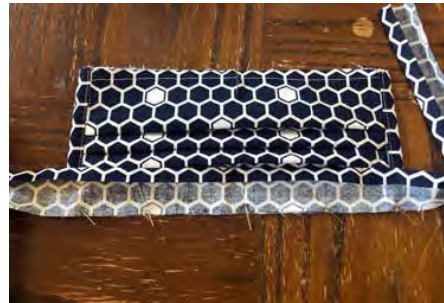


7. Fold binding around seam allowance and pin on opposite side, encasing raw edge. Topstitch in place.
8. Repeat for opposite side. Trim binding to match mask
9. On both 1 1/2" x 40" strap pieces, fold and press long edges to center



10. Fold the mask in half along the long edge and mark the center with a pin. Do the same with the strap

11. Matching centers, pin the strap in place. Stitch to mask body at 1/4"
12. Wrap strap around seam allowance as on binding and pin



13. Unfold strap ends. Fold in 1/4", then re-fold pressed creases. Pin to secure



14. Top stitch along entire strap, including mask. To finish, stitch across strap ends to secure, and press pleats flat