

How to Make a Facemask

SUPPLIES

- ◆ 100% cotton fabric, 16" x 9", prewashed
- ◆ ¼" elastic, 2 pieces 6.5" long
- ◆ Lightweight fusible interfacing
- ◆ Scissors
- ◆ Thread
- ◆ Pins



1



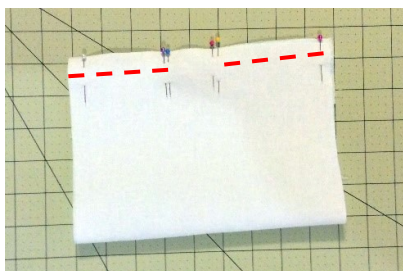
Place pattern on the fold of the fabric. Cut one. Place pattern on the fold of the interfacing. Cut one.

2



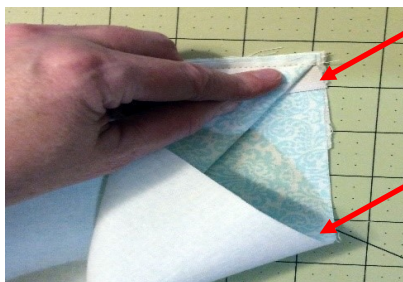
Adhere the interfacing to the wrong side of the fabric. Follow the interfacing instructions.

3



Fold the fabric with right sides together – the long way. Pin across the top leaving an opening to turn the mask later (the space in between the blue and red center pins). Sew a ¼" seam (red dash lines) across the top leaving an opening in the middle.

4



Place a piece of elastic inside the side opening and line up the edge of the elastic with the cut edge of the fabric. Pin in place. Reach into the side opening and grab the other end of the elastic. Take that end and line it up with the cut edge of the fabric at the bottom on the same side. Pin in place. The elastic should be tucked into the mask. Make sure that the elastic isn't twisted. Repeat with the other piece of elastic on the other side.

5



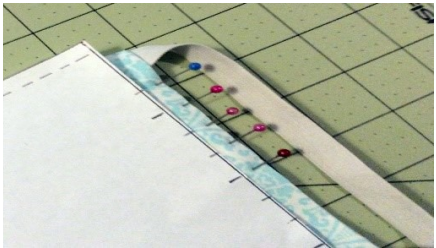
Sew a $\frac{1}{4}$ " seam down each side to secure the elastic in place. Back stitch over the elastic to add strength so that the elastic doesn't slip out. Using the opening at the top of the mask turn the mask right side out.

6



Press the mask flat.

7



To create 3 pleats, place the pattern on top of the pressed mask. Use pins (or a fabric marker) to mark the center, bottom and top of each pleat. You will have 9 points pinned or marked.

8



Fold the bottom line up to the top line; the crease should automatically fall at the center line. Pin in place. Repeat on the other side. Follow the same process for the 2nd and 3rd pleats. Top stitch a $\frac{1}{4}$ " around the outside of the entire mask.

The CDC guidelines on homemade masks state the following:

“(Health Care Professionals) HCP use of homemade masks: In settings where facemasks are not available, HCP might use homemade masks (e.g., bandana, scarf) for care of patients with COVID-19 as a last resort. However, homemade masks are not considered PPE, since their capability to protect HCP is unknown. Caution should be exercised when considering this option. Homemade masks should ideally be used in combination with a face shield that covers the entire front (that extends to the chin or below) and sides of the face.”



Face Mask Pattern – Adult Size

Stitch Line 1/4"

Top Line

Center Line

Bottom Line

Top Line

Center Line

Bottom Line

Top Line

Center Line

Bottom Line

Place on Fold