

DIY FACE MASK TUTORIAL

MATERIALS:

You will need:

1. 2 pieces of 100% cotton fabric 7" x 9"
2. 2 pieces of 100% cotton fabric 1 ½" x 6"
3. 2 pieces of 100% cotton fabric 1 ½" x 40"
4. Ruler
5. Pins
6. Scissors
7. Sewing machine & thread

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 pillowcases.

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:

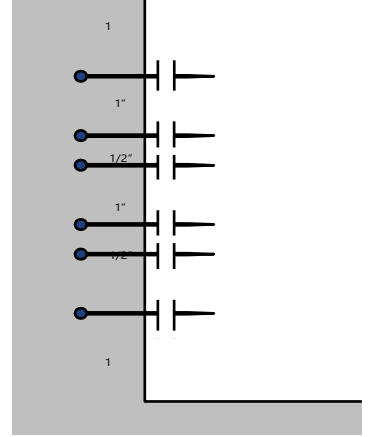
1. Lay main mask pieces wrong sides together. Sew



around edges at 1/4" to secure. **HEALTH TIP:** whenever possible use 2 different colors for front and back.



2. To create pleats: place pins or mark along 7" edges as illustrated.
3. Bring first mark to second mark and pin to create pleat. Repeat, bringing third mark to fourth mark, fifth mark to sixth mark, pinning each to create the pleats.
4. Sew along previous stitching on each side to secure pleats



5. Press in 1/4" on one of the long sides of both 1 1/2" x 6" binding pieces

6. Lay the un-pressed side along pleated edge of mask, stitching at a 1/4" seam allowance





7. Fold binding around seam allowance & 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 & press long edges to center
- 10. Fold the mask in half along the long edge & 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 & 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

