



How to Sew a Face Mask for Health Care.



Items Needed:

100% cotton fabric, different prints are nice.

Rope Elastic or beading cord elastic will work (you may also use 1/8" flat elastic)

Cut the elastic 7" long and tie a knot at each end (DO NOT knot the ends of the flat)

You can make 2 sizes: Adult or Child

Instructions:

1. Put right sides of cotton fabric together
 - Cut 9x6 (adult) or 7.5X5 (Child)
 2. Starting at the center of the bottom edge, sew to the first corner, stop. Sew the elastic with the edge out into the corner. A few stitches forward and back will hold this.
 3. Sew to the next corner, stop, and bring the other end of the same elastic to the corners and sew a few stitches forward and back.
 4. Now sew across the top to the mask to the next corner. Again, put elastic with the edge out.
 5. Sew to the next corner and sew in the other end of the same elastic.
 6. Sew across the bottom leaving about 1.5" to 2" open. Stop, cut the thread. Turn inside out.
 7. Pin 3 tucks on each side of the mask. Make sure the tucks are the same direction.
 8. Sew around the edge of the mask twice.
- **Be sure fabric design is placed horizontally.**