How to Make a Fabric Face Mask

<table>
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<th>MATERIALS:</th>
<th>Optional:</th>
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| • Cotton Fabric  
• Elastic – ⅛–¼” Flat or Rope Style  
• Needle  
• Thread  
• Scissors  
• Ruler  
• Pencil  
• Paper | • Fabric Cutter & Measuring Board  
• Sewing Pins  
• Sewing Machine  
• Iron & Ironing Board  
• Lightweight Fusible Interfacing |

INSTRUCTIONS:
These instructions can be used to make a simple rectangular face mask or a more “fitted” mask with pleats using the same basic pattern and materials. To make a child-sized mask, simply adjust your pattern down to a 7.5” x 5” rectangle and reduce the elastic length to 5.5”. These instructions are adapted from the JoAnn Fabric & Craft Stores’ YouTube tutorial.

1. MAKING A PATTERN
A. Mark 9” horizontally along the bottom of the paper
B. From each mark along the bottom, measure up 6” vertically
C. Draw in a top line to create 9” x 6” rectangle (child’s mask is 7.5” x 5”)
D. Mark on lower 9” edge that it will be placed on the fold  
   * If you’re making this out of scrap fabric and your scraps are less than 12” x 9”, you’ll need to make your rectangle pattern 6¼” vertically to allow for two seams on the long edges instead of one
E. Mark ¼” seam allowance along top 9” edge
F. Cut out paper pattern, or...

DISCLAIMER – Use of Homemade Masks: At this time, with Atrius Health’s current supply and our extended use and reuse policies, there are sufficient supplies of surgical and procedural masks. We are taking donation of cloth masks using this standard template, however consideration will be made for their use because non-healthcare grade do not offer the same standard of protection.

1. **Optional:**
   - G. If you plan to add pleats to the mask, line the top of the ruler up \( \frac{1}{8} \)" above the seam allowance line and begin adding primary pleat marks (solid lines) at 1¼", 3" and 4½" along a vertical edge.
   - H. Mark secondary pleats (dotted lines) every ½" between primary pleat marks.
   - I. Repeat all pleat markings along opposite vertical edge.
   - J. Cut out paper pattern.

2. **CUTTING FABRIC**
   - A. Place paper pattern on fold of fabric.
   - B. Cut the non-folded edges using scissors or fabric cutter (as shown) if you have one.
   - C. Optional: If you have iron-on fabric backing, repeat the process to cut out an identical rectangle from the backing material and iron it onto the inside (“wrong” or un-patterned side) of the cotton rectangle.

3. **PREPARING FABRIC & ELASTIC**
   - A. Fold fabric rectangle in half so the inside (“wrong” or un-patterned side) of fabric is exposed with the folded edge closest to you on your work surface.
   - B. Cut TWO 7” pieces of elastic (5.5” for child’s mask).
SEWING

A. First sew the 9” open edge of the fabric together starting from the outer edges inward but stop to leave 1½–2” opening at center.

B. Place one end of a cut elastic piece about ¼” in from each edge of the 6” fabric opening (you can fix the ends of the elastic in place with an sewing pin or staple)—if you’re using flat elastic, be sure it’s not twisted up inside the fabric opening.

C. Repeat process on the other 6” fabric opening.

D. Optional: Place additional pins along 6” openings.

E. Sew closed both of the 6” fabric openings, back-stitching over the elastic ends to be sure they’re firmly in place.

F. Once all edges are sewn, turn the fabric right-side out and

G. Tuck in edges of opening.

H. Optional: Iron the mask to make it flat and keep the edges of the opening tucked inside.

I. If you don’t plan to pleat the sides of the mask, stitch closed the 1½–2” opening and you’re done!
ADDING PLEATS (Optional)
While the mask can be used as completed in Step 4, adding pleats allows for a better fit over the nose, around the cheeks and beneath the chin.

A. Using your paper pattern, mark and pin the fabric at the primary and secondary pleat marks
B. For each primary pleat mark, fold the secondary pleat mark ½” below it up to the primary pleat mark and pin it in place
C. Repeat this for all 3 pleats on both of the 6” edges
D. If you have a sewing machine, sew around the entire perimeter of the mask to fix the pleats and make the long edges more sturdy (including closing the 1½–2” opening); if not, hand-stitch the pleated edges to fix them in place and stitch closed the 1½–2” opening—the “fitted” mask is now complete!