

Instructions for self-made facemasks

Materials:

- Good quality cotton flannel; this layer will go against the face
- Tightly woven cotton fabric (bed sheet or dress shirt type of fabric); *not stretchy!
- 1.5 cm wide ribbon; grosgrain ribbon is good; cotton folded bias tape can also be used
- About 5 mm wide elastic band
- Floral wire
- Sewing accessories: thread, long pins, sewing machine, scissors, ruler, etc.
- Fusible non-woven interfacing (optional)



Instructions:

1. Cut one rectangle each of the woven cotton, the cotton flannel, and the interfacing —> Note: if flannel is not available, cut two pieces of the woven cotton, but use two different colors so that it is clear which side is the outside.
2. Cut two lengths of the elastic band, about 18 cm long (depending on the size of the head).
3. Cut two lengths of the ribbon (or bias tape), one about 24 cm and one about 15 cm.

4. Pin the two fabric rectangles together, right sides facing (if you are using interfacing, attach it to the outer layer using a hot iron, attach it to the wrong side of the fabric).



5. Pin the elastic band in place. The elastic should be between the layers of fabric as close as possible to the seam allowance of $\frac{5}{8}$ ". A pin in the center of the assembled pieces helps provide stability while sewing.



6. Pin the elastic at the corners to meet the seam allowance, each piece of elastic should attach at the two corners on each short side of the mask: The elastic band is in between the two layers of the fabric. This way it will be on the outside of the mask, when it is done.



7. Stitch all around the assembled mask leaving an opening at the top of bottom as shown in the diagram above. The picture with the two pins is meant to show how big of an opening to leave.



8. Remove any pins. Pull the mask's right-side out through this opening.

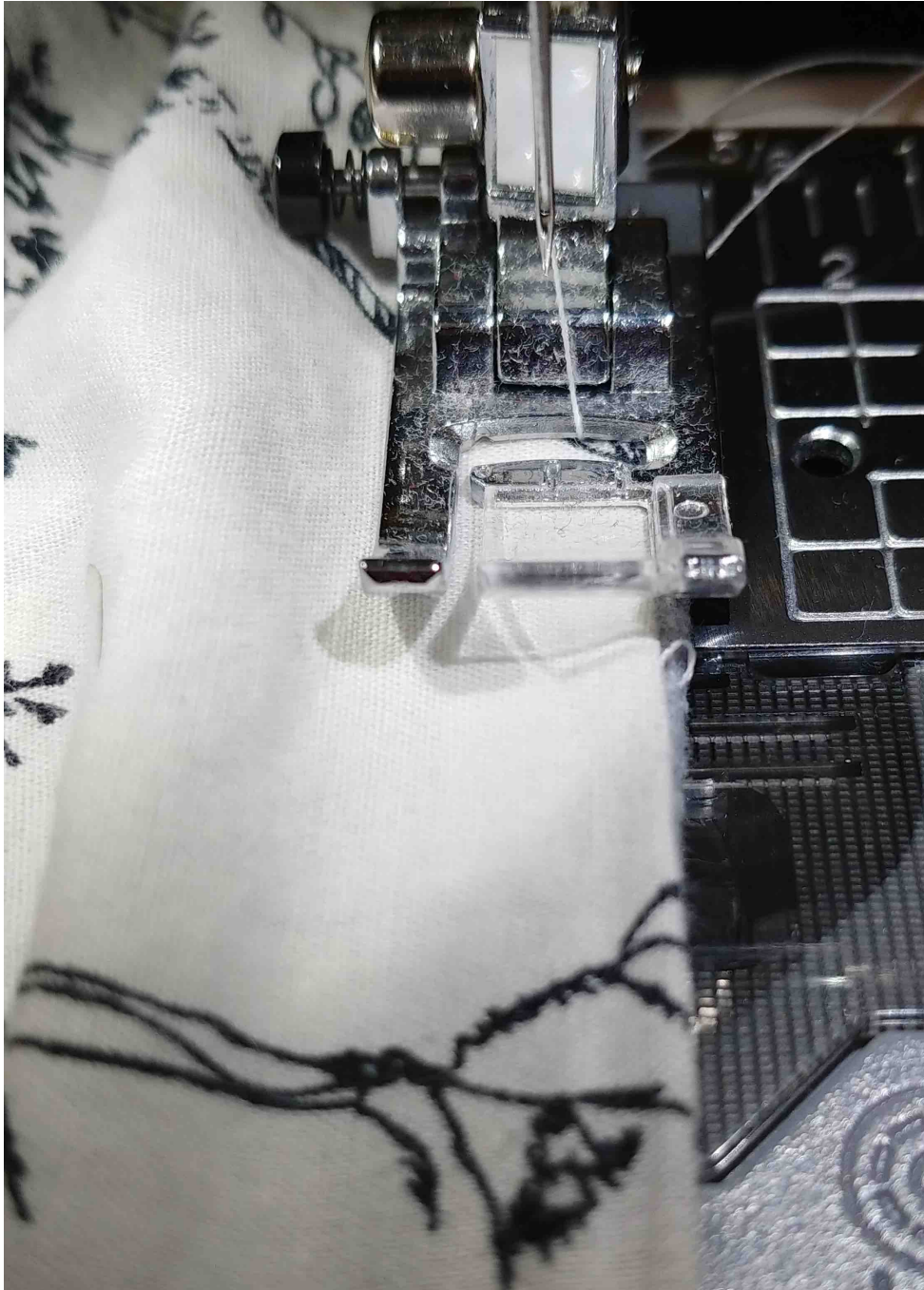


9. Pin the 3 pleats along each side of the mask: make sure pleats are facing down and go in the same direction on both sides.

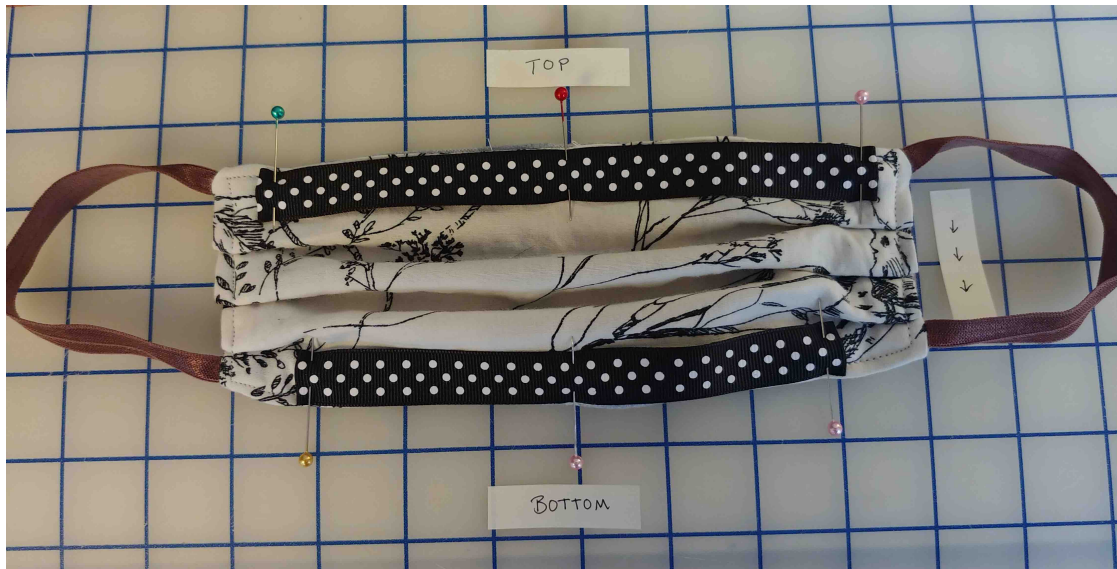




10. Stitch the mask all around the outside edge; go slowly over the pleats. Remove the pins. At this point recall that the flannel side goes against the face. The photos should give an idea of how close to the edge the top-stitching should go. The stitches should be secured by stitching back and forth over the starting point for about 1/2" (2cm).



11. Pin the ribbon in place for the wires.



12. Use the ribbon or bias tape to create pockets for the wire. It is best to be able to remove the wires for laundering. Stitch along a) the top, b) one of the ends, and the bottom of each ribbon. Pin to the outside of the mask (not the flannel side).



13. Cut 2 lengths of floral wire: top wire should be 3 cm longer than top ribbon pocket; bottom wire should be 3 cm longer than bottom ribbon pocket.
- a) Fold one end like a simple loop to slide into pocket.
 - b) Create a coiled loop at the other end to secure to the ribbon and grip to remove.



b) Coiled loop



14. Your mask is done!

