

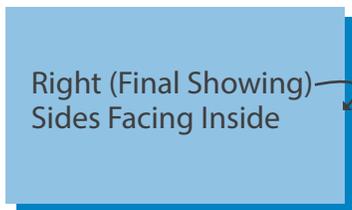
HOW TO MAKE AN ADULT MEDICAL FACE MASK

What you will need:

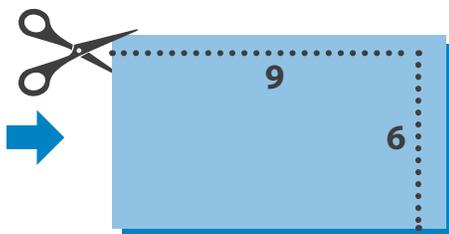
- **Tightly woven cotton fabric (for both sides of mask)** - print is best
- **Rope elastic** - beading cord elastic will work (you may also use 1/8" flat elastic or 1/4" knit elastic)
 - Cut two 7" long pieces of elastic and tie a knot at each end (DO NOT knot the ends of the flat elastic)

Instructional Video: <https://youtu.be/9tBq0Os5FWQ>

STEP 1: Put right sides of cotton fabric together. Be sure any fabric design is placed horizontally.

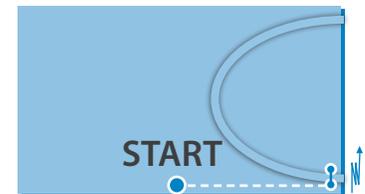


STEP 2: Cut fabric to 9 inches by 6 inches.

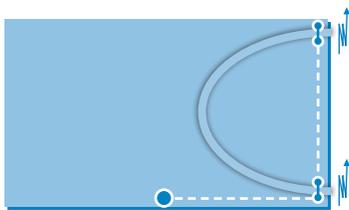


STEP 3: Starting at the center of the bottom edge, sew to the first corner, stop. Sew the elastic with the edge out into the corner. A few stitches forward and back will hold this.

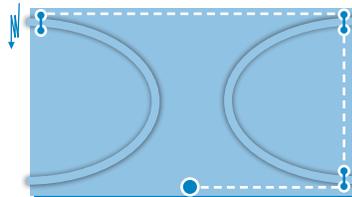
NOTE: The elastic should be sandwiched inside, between the two pieces of fabric.



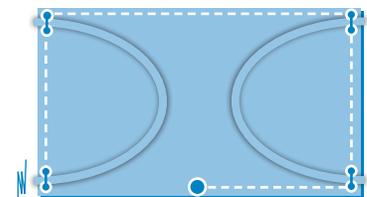
STEP 4: Sew to the next corner, stop, and bring the other end of the same elastic to the corner and sew a few stitches forward and back.



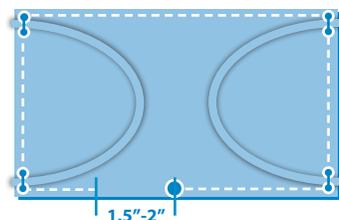
STEP 5: Sew across the top of the mask to the next corner. Place another elastic piece with the end out and sew it in with a few stitches forward and back.



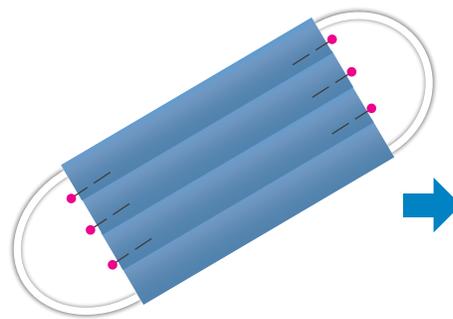
STEP 6: Sew to the next corner and sew in the other end of the same elastic and sew it in with a few stitches forward and back.



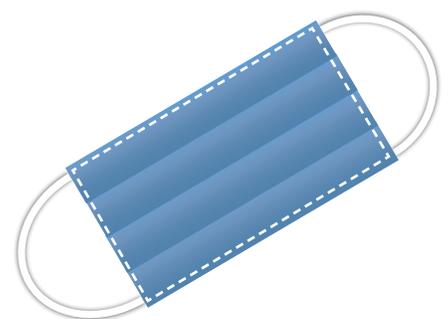
STEP 7: Sew across the bottom leaving about 1.5" to 2" open. Stop, cut the thread. Turn mask inside (right side) out through the opening.



STEP 8: Pin 3 tucks on each side of the mask. Make sure each tuck runs the same direction.



STEP 9: Sew around the edge of the mask twice. The mask is now complete!





TOP OF PATTERN

ADULT FACE MASK

**THIS PATTERN IS TO SCALE
PRINT ACTUAL SIZE**