

Fabric Mask Instructions



Instructions for Fabric Face Mask

Supplies:

- 15 x 8 piece of fabric
- 30 inches of elastic (¼ inch or corded would be best)
- 6 inches of floral wire
- Scrap fabric or bias tape (can use pieces of extra wide double fold bias in place of elastic).



Step 1:

Zig-zag or serge the short edges of the fabric.

Step 2:

Measure 1 ½ inches from each edge and sew leaving a gap (this is on the short edge).

Step 3:

Iron seam open then topstitch around the opening.

Step 4:

Measure ½ inch from the seam line and iron (this will create a pocket for the wire across nose)



Fabric Mask Instructions



Step 5:

Make 3 pleats and iron in place.

Step 6:

Sew the 3 sides (you can also just sew the two short sides)

Step 7:

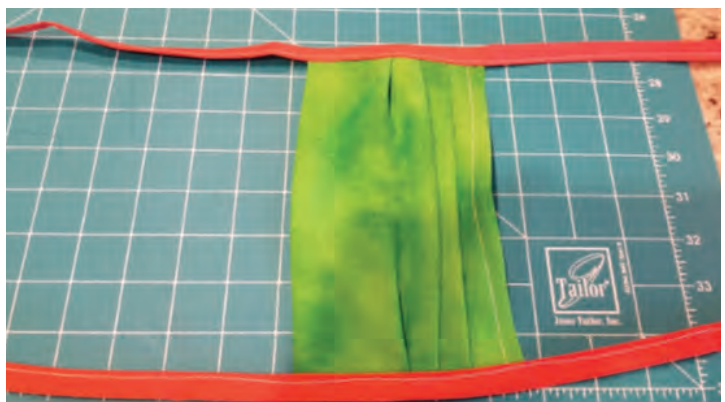
Sew bias tape to the raw edges or you can use a piece of 6" x 2" scrap of fabric to make your own.

Step 8:

Insert elastic (this can be done in 2 styles one piece around 20" or two pieces). You can sew the elastic or knot it together.

Alternate Style:

A variation in place of elastic is to use extra wide double fold bias tape in 30-35 inch pieces on the sides. You can use different lengths to make different sizes.



Norman Regional Health System would like to thank Amy Emmons for providing these instructions.



**NORMAN
REGIONAL**
Health System

NormanRegional.com