

Cloth Mask Instructions



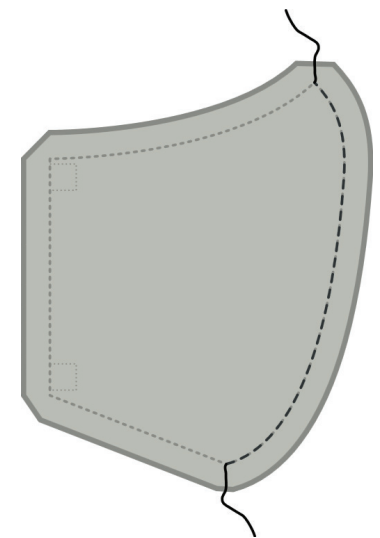
Instructions for Fabric Face Mask

Requirements:

- 16 inch X 12 inch piece of tightly woven cotton
- 12 inches of ¼ inch elastic

Step 1: Cut fabric

Cut four pieces of fabric using the template shown at the end of the instructions. Two pieces of fabric will be used to make the outer cover and two pieces will be used to make the lining. Also, cut two 6-inch pieces of elastic. The elastic should be ¼ inch elastic or you may substitute cord elastic.



Step 2: Join center seam

Cut four pieces of fabric using the template shown at the end of the instructions. Two pieces of fabric will be used to make the outer cover and two pieces will be used to make the lining. Also, cut two 6-inch pieces of elastic. The elastic should be ¼ inch elastic or you may substitute cord elastic.

Step 3: Press the center seam

Press the seam allowance on the center seam open. As this is a curved seam, it won't lay flat. But you can approach it with your iron from one side, and then do the second half from the other side. Alternatively, you can use a tailor's hem or cushion to press. Repeat this step for both the outer cover and the lining.

Step 4: Topstitch

Topstitch both sides of the seam catching the seam allowance on the back side. The top stitch should be about 1/8 inch on either side of the seam as shown below. Do this for both the outer cover and the lining.



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Step 5: Sew the outer cover to the lining



A. Place the lining and outer cover right sides together (There isn't a right side to the fabric. In this case the right side is the side with the topstitching and the wrong side is the one with the seam allowances). Sew the two pieces together across the top with a $\frac{1}{4}$ inch seam allowance.

B. Place and pin one piece of the elastic inside the outer cover and lining near the seam just sewn. Loop the elastic inside the fabric and pin the loose end of the elastic roughly $\frac{3}{8}$ inch from the bottom of the same side of the fabric as the top of the elastic. Be careful that the piece of elastic is not twisted. Stitch from top to bottom. Repeat on the other side of the end of the fabric with the remaining piece of elastic.



C. Sew the bottom of the mask leaving a gap to turn the fabric. Cut the corners. Cut small slits in the seam allowance along the curved portion of the top of the mask, being careful not to cut into the seam. Turn the fabric right side out. Using a seam creaser or chopstick or tool of your choice, push out the corners and seams. Press.

Step 6: Topstitch

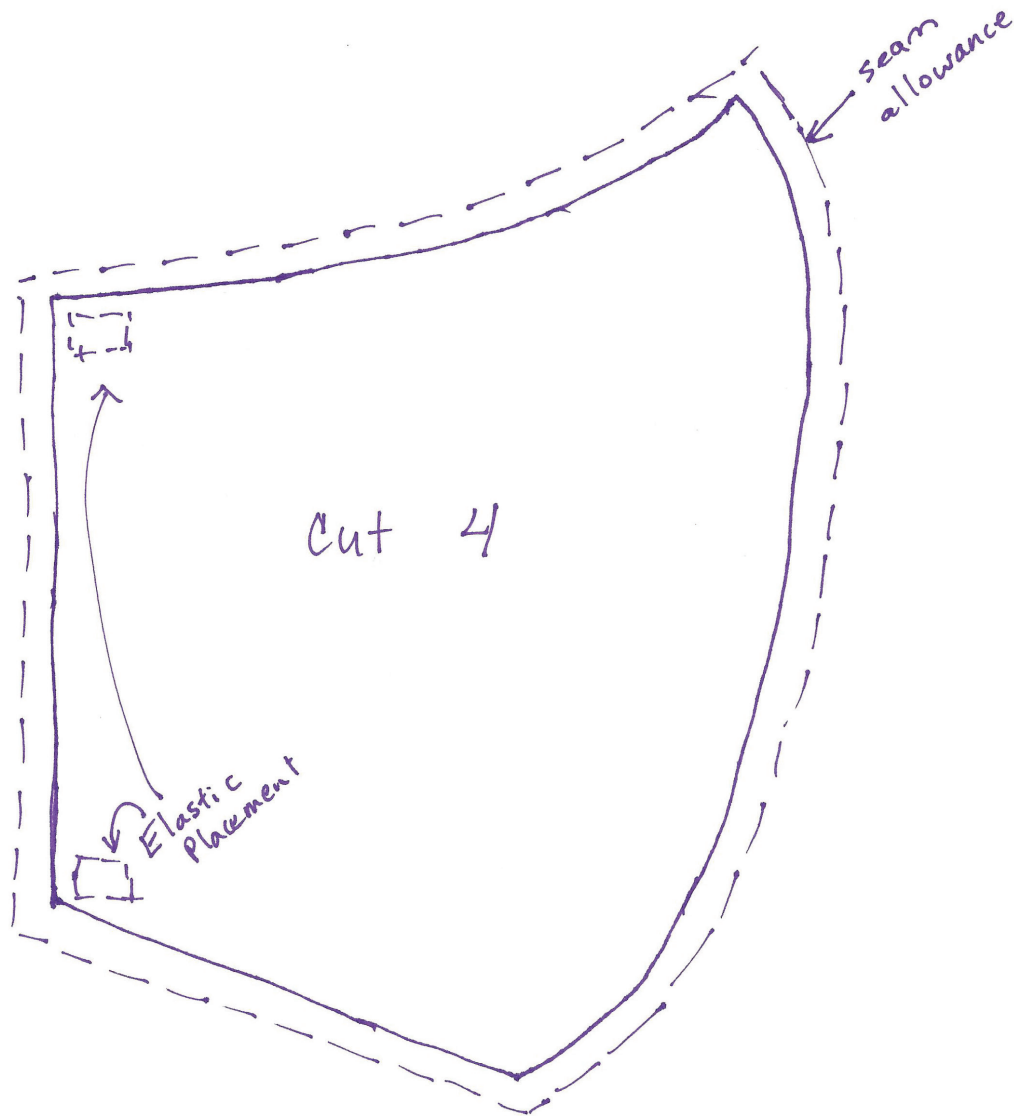
Topstitch around the entire mask approximately $\frac{1}{8}$ inch from the edge, which will close the hole used to turn the mask right side out. Voila!! You have completed your first mask.



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Face Mask Pattern:



Norman Regional Health System would like to thank Community Quilting Club for providing these instructions.



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