

Pocket Mask Instructions



Disclaimer: I'm a pediatrician, not a seamstress. Homemade masks are not suitable replacements for surgical or N-95 masks for healthcare workers. Per the CDC, settings where facemasks are not available, healthcare workers might use homemade masks as a last resort. Homemade masks are likely more beneficial to place on sick patients to reduce droplet spread rather than for use on healthcare workers. Change the mask often, especially if it becomes moist. Wash mask and replace the filter frequently. Be sure to avoid touching the outside of a used mask.

1

Cut rectangles of fabric 7"x14".



2

Turn under both short sides twice and stitch.



3

Cut two 8" pieces of either elastic cording or flat elastic, or two 36" pieces of ribbon for ties.



4

Pin edges of elastic against rough fabric edge 1" from the top and 6" from the bottom.



5

Fold the top edge down 1" and the bottom edge up to overlap the top. Stitch left and right edges, then turn the mask right side out.



(Continued on back)



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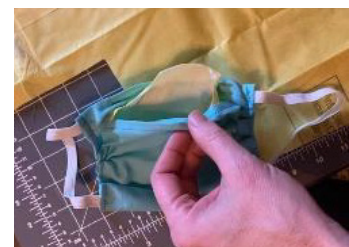
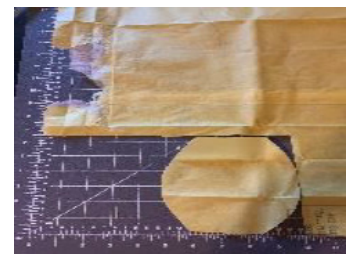
6

Use an iron to fold three pleats. Stitch left and right edges to hold pleats in place. If using ties instead of elastic loops, stitch 36" ties on each edge of the mask.



7

Cut a vacuum bag or furnace filter (NERV 13 or higher) into a 5"x6" rectangle, then trim edges to make more oval. Slip into the mask pocket.



Enjoy!

Norman Regional Health System would like to thank Dr. Kathryn Cook for providing these instructions.



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