

Wear in Good Health Mask

These instructions are for making a face mask to use as you go about your errands and other daily activities. What we know about face masks and the best materials to use for them is constantly changing. Other materials and wearing guidelines may be recommended in the future. Keep up to date on new developments by visiting the [Centers for Disease Control](https://www.cdc.gov/diseasecontrol/) website.

The instructions below are for an adult-sized mask with a flannel liner. Adjust the vertical and horizontal dimensions if increasing or decreasing the size. (Hint: If adjusting the size, make a prototype using scrap fabric or paper towels and tape.)

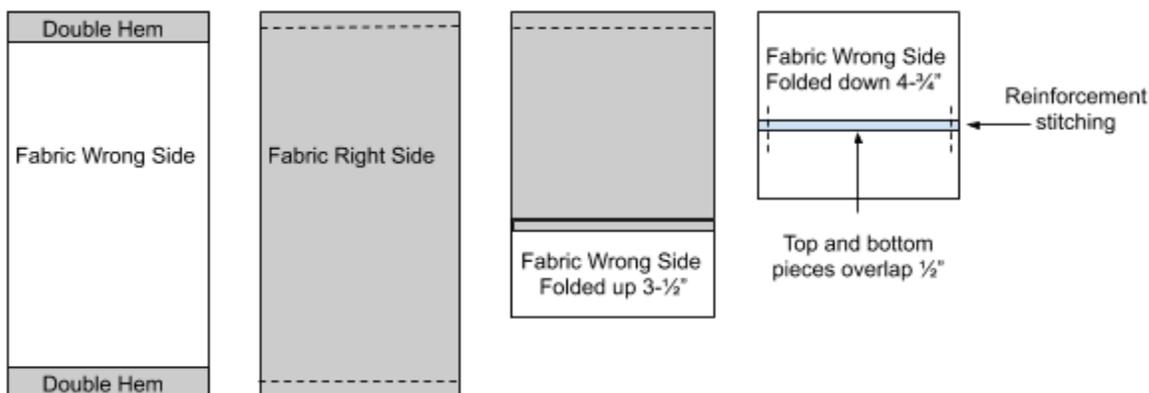


Step 1: Gather your supplies and fabrics, then pre-wash, iron and cut your fabrics.

| Gather your supplies: | Gather and cut your fabrics: |
|---|---|
| <ul style="list-style-type: none">• Sewing thread to match or blend w/ mask fabric• Scissors• Iron• Ruler or tape measure• Sewing machine• Elastic - two pieces cut to 8 to 10" each | <ul style="list-style-type: none">• For each adult size mask: High thread count 100% cotton quilting fabric or a high thread count sheet -cut to measure 18-$\frac{1}{2}$" x 10-$\frac{3}{4}$"• For each insert: 100% cotton flannel cut to measure 8" x 7-$\frac{1}{2}$" |

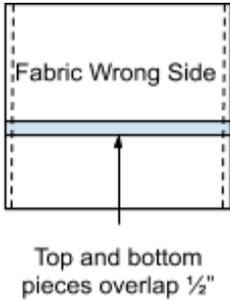
Step 2: Make a double hem along the short ends (10- $\frac{3}{4}$ " edge) by folding in $\frac{1}{2}$ " and pressing. Fold in again and press. Stitch in place $\frac{1}{4}$ " from outside edge.

Step 3: With fabric right side facing up on table, fold one hemmed edge up 3- $\frac{1}{2}$ ". Pin in place, then press. Next, fold other hemmed edge down 4- $\frac{3}{4}$ " OVERLAPPING first edge by $\frac{1}{2}$ ". Press in place.



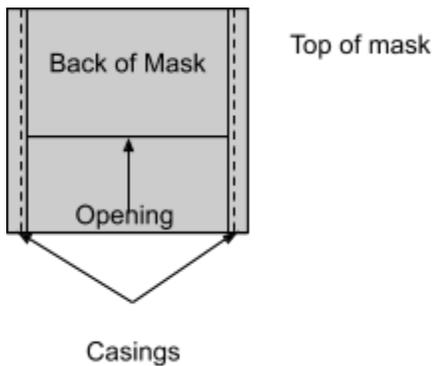
Step 4: Stitch both ends of overlap to hold in place and reinforce seam.

Step 5: Pin outer edges, then stitch both ends using a $\frac{1}{4}$ " seam.



Step 6: Clip corners and turn right-side out. Poke corners out with a point turner or chop stick and press. The side of the mask with the opening (often called an envelope opening) will be closest to your face when wearing.

Step 7: Fold in outer seamed edges $\frac{5}{8}$ " to back of mask to form a casing along both sides. Stitch in place from top to bottom and close to inner edge.



Step 8: Fold in flannel lining $\frac{1}{2}$ " along all four outer edges to form hem. Stitch in place. Slip flannel lining into mask envelope back and smooth out any wrinkles.

Step 9: Thread one piece of elastic through each casing, starting at the top. Hint: Attach a safety pin to one end and a piece of masking tape to the other end to prevent it from popping into the casing. Then thread the safety pin end through the casing. Remove the tape and pin, making sure not to let go of the ends. Double-knot the ends together and trim any excess elastic, leaving a $\frac{1}{2}$ " tail.

Step 10: To wear the mask, pull on knotted ends of elastic and slip the elastic loops over your ears. Then adjust the fabric so that mask covers your nose and chin.

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