

Instructions to make a non-surgical, hospital-accepted mask

Materials

Adult size:

1 piece - 6" x 9" piece of tightly woven cotton (old, clean sheets work great! (for children: 5" x 7.5"))

2 pieces— 6" x 6" (for children: 5" x 5") pieces of tightly woven cotton

2 pieces of 1/8 - 1/4" elastic cut into 7" lengths (6" for children) or:

2 (new) covered ponytail holders, cut in half at the seam (must be at least 6 inches long), and pull ends to stretch out a bit or:

4 pieces of grosgrain ribbon or bias tape cut into 13" lengths



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1. For each mask, cut 1 top and 2 insides. If you are making more than one mask, it may be easier to measure out a large section of 6" x 9" rectangles and cut all at once for the tops. Repeat with 6" x 6" for the inside (2 for each mask).
2. Press raw edge of one edge of both 6"x6" pieces.



3. Pin the elastic to the corners of the mask.



4. With right sides together, pin first 6x6 piece to edges and sides, having pressed edge in the center. Overlap with the second piece and pin.



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8. Sew a $\frac{1}{4}$ " seam around the entire piece.



6. Clip corners.



7. Turn the piece so that the right side is on the outside through the opening in center back. Pull on elastic or ribbon at corners to fully pull corners out.



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8. Press entire piece flat.

About 1" from the top of the mask, make a $\frac{1}{2}$ " fold, then fold back on itself to make a pleat, as shown.



Pin the pleat and repeat 1" from fold of 1st pleat to make second pleat, as shown.



9. Duplicate pleats on the opposite side. Press flat, then top stitch around entire piece, twice. This will really secure your elastic or ribbon ties.

Press pleat flat on front and back, again.



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You're Done!



Front, wear pleats facing down so as not to catch debris.



Inside, with pocket for removable extra filter.



The pocket – very much like a small pillow sham.



Done!