

How to Make a Face Mask

Materials

Front: 100% unused cotton fabric (no metallic fabric)

Back: 100% unused cotton or cotton flannel

Attachment: 1/8", 1/4" or 3/8" flat elastic (white/light is preferred, black/dark is OK)

OR

Four 15" or 1/4" bias-tape style ties (no raw edges, white/light preferred, black/dark OK)

If you can't find elastics, please follow these instructions to make fabric ties:

If flat elastic is not available, fabric ties can be sewn on the mask, one tie on each of the four mask corners. Ties should be approximately 1/4" width, sewn so there are no frayed edges, and approximately 15" for each corner.

Instructions

(Note: the instructions list three sizes: small, medium, and large. We would recommend making small- and medium- sized masks. If possible, making a few large masks would be helpful as well. See instructions for cutting sizes.)

1. Cut two rectangles of fabric, one for the inside, one for the outside
 - a. Small: 7.5 x 5 inches
 - b. Medium: 9 x 6 inches
 - c. Large: 10 x 7 inches
2. Cut elastic or ties. All ties can be 1/4" x 15". You will need 4 for each mask (one for each corner.) Elastic should be cut as follows. You will need 2 pieces for each mask.
 - a. Small: 6.5 inches
 - b. Medium: 7 inches
 - c. Large: 7.5 inches
3. Put right sides of cotton mask fabric together.
4. Starting at the center or bottom (long) edge, sew to the first corner, stop. Sew a piece of elastic or a fabric tie into the corner. A few stitches forward and back will hold this.
5. Sew to the next corner, stop and bring the other end of that same elastic to the corner and sew a few stitches forward and back. If you are using fabric ties, add a new tie.
6. Now sew across that top of the mask to the next corner. Again put a 7" length of elastic in the corner (or a new tie).
7. Sew to the next corner and sew in the other end of the same elastic (or a new tie).

8. Sew across the bottom leaving about 1.5" or 2" open. Stop, cut the thread.
9. Turn mask right-side out.
10. Pin 3 tucks on each side of the mask. Make sure the tucks are in the same direction. There must be 3 tucks to ensure a tight fit on the face.
11. Sew around the edge of the mask twice
12. When you have finished your mask, please use a Sharpie marker to mark a 1" tall S, M or L on the lower left corner of the inside of each mask to indicate size. This will help providers select the correct size. If you do not have a sharpie, please somehow designate the size for the mask before you drop them off.

Questions? Email us at contactus@saratogahospital.org

Website: www.SaratogaHospital.org/COVID19