

MASK-MAKING INSTRUCTIONS

- Fabric should be clean and in good condition in order to be protective.
- Fabric **MUST** be laundered in **HOT** water prior to sewing to prevent future shrinkage.
- Recommended fabric for the outer portion of the mask includes heavier, non-stretch fabric such as duck cloth, canvas, twill, or other tight woven fabric.
- Polyester or other less breathable fabric will not work as well, due to moisture produced when breathing.
- Elastic should be in good shape, with plenty of stretch and of an appropriate size to fit over the ears; 1/16" round cord or 1/8" braided work best.
- If elastic is not available, fabric ties can be sewn on the mask. There will need to be 4 ties (one for each of the 4 corners). Ties should be approximately 1/4" in width, sewn in such a way that there are no frayed edges, and long enough to be tied into a bow on the top of the head (for the top corner) and behind the head (for the bottom corner).

Once your masks are complete, place them in a plastic bag and bring to:

**Hendrick Medical Center
Shelton Building
2000 Pine St.**

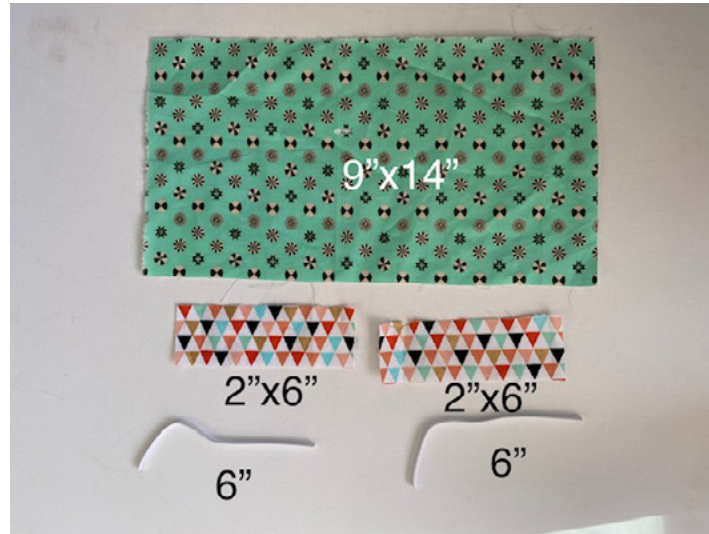
Collection bins are located inside the double doors.

Thank you for your generosity in helping keep our community safe!

HOW TO SEW A FACE MASK

Instructions from The Stitching Scientist at thestitchingscientist.com

Materials



Start Sewing

Step 1- Fold main fabric right side together on the long side Sew. Turn inside out and iron.



Step 2a. Fold inwards about 1" to form pleats on the short side of the fabric.



Step 2b-Form 3 pleats on each side. Pin down



Step 3-Sew the sides straight down



Step 4-Sew elastic inwards on both sides



Step 5-Fold side pieces half way on short side and iron down



Step 6-Line up raw edge of side piece to raw edge of main piece.



Step 7-Fold over the ends of the side piece on the back of the mask. Pin



Step 8-Sew on the front side of the side piece.



Step 9-Fold over the side piece and sew down. Repeat for other side.





View of the back after you turn it over



Finished back view