



## Materials & Equipment

- 100% cotton fabric with a tight weave
- 1/8" flat elastic, or additional fabric for ties
- fabric scissors
- ruler
- pins or clips
- sewing machine and thread

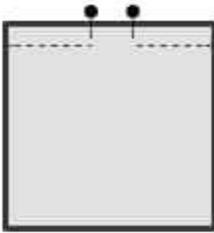
## Instructions

1. **Cut the fabric.** For an adult size mask, cut 1 fabric rectangle 15.5" long and 8.5" wide. Then, cut 2 pieces of elastic, each 7" long
2. Fold the fabric in half, with the right sides facing each other.  
Sew along the 8.5" width edge, using a 3/8" seam allowance. Leave a 2-3" opening to allow the mask to be turned right side out.
3. **Pin Elastic:** Pin one piece of elastic to the top and bottom of the short side of the fabric rectangle to create an ear loop. Place the elastic 1/2" from the top and bottom edge of the fabric. Repeat this step on the opposite side. If using ties, stitch one to each corner (raw edge). The length of the elastic will be sandwiched inside the two layers of fabric.
4. **Sew the Sides**  
Sew the sides of the facemask. Backstitch over the elastic to secure it. Zig-zag stitch along both sides of the seam for a neater edge.  
Trim the corners with scissors. Turn the mask right side out through the opening and press with your iron.
5. **Sew the Pleats and Topstitch**  
Create three evenly spaced 1/2" pleats. Pin the folds in place, and sew along the sides. Making sure all pleats are facing the same direction. Topstitch around all the edges.  
Note: When the mask is worn, the pleats should open downwards to prevent any particles from collecting in the fold pockets.

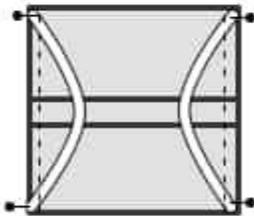
**To make fabric ties:** Cut 18" long strips of fabric, 1.75" wide. Topstitch one end of the strip (1.75" wide end). Fold the long sides together (lengthwise or hot-dog style) so that they meet in the middle. Then fold the strips in half again (lengthwise) to encase the raw edges. Stitch down the strips along the edge to create the ties.



Cut one cotton rectangle,  
8.5" wide by 15.5" long.  
Cut 2 7" pieces of elastic  
or 4 18" fabric strips.



Fold in half and sew along  
the top



Sandwich the elastic or ties  
between the layers of fabric  
at the corners, and sew  
along each side to secure.



Turn the mask right side  
out. Fold 3 evenly-spaced  
1/2" pleats. Pin in place,  
and sew to secure.