

Face Mask Tutorial  
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25MAR2020

1. Cut one piece of fabric  $9\frac{1}{2}$  X 17 inches for the mask piece.
2. Cut two fabric strips  $1\frac{1}{2}$  inches X 7 inches for the side bindings.
3. Serge or zig-zag the  $9\frac{1}{2}$  inch sides of the mask piece.
4. Fold the mask piece, right sides together with serged edges together.
5. With a  $\frac{1}{2}$  inch seam allowance from the serged edge, sew  $2\frac{1}{2}$  inches in from each side, leaving a 4 inch gap in the center. This gap allows a disposable filter to be inserted later.
6. Press open the seam.
7. Top stitch about  $\frac{1}{4}$  inch on each side of the seam.
8. Flip right-side out, flatten the tube, orient the seam 1 inch from the top, and press.
9. Top stitch all 4 sides  $\frac{1}{8}$  inch from the edges.
10. Place seam side down, with seam oriented to top, make 3 pleats all in the same direction. (Make 6 marks on each side starting at bottom at  $1\frac{1}{2}$  inches,  $2\frac{1}{2}$ ,  $3\frac{1}{2}$ ,  $4\frac{1}{2}$ ,  $5\frac{1}{2}$  and  $6\frac{1}{2}$  inches).
11. Pinch at 1st mark and bring to 2nd mark and pin. Continue by bringing 3rd mark to 4th mark, and 5th to 6th, pinning each. You should have 3 pleats going in the same direction and a total width of mask of  $3\frac{1}{2}$  to 4 inches. This part gets easier after you've done a few. "Squish" a little to make it  $3\frac{1}{2}$  to 4 inches if you have too.
12. Top stitch over the edges of pleats at  $\frac{1}{4}$  inch from edge.
13. Fold the side bindings in half lengthwise and press.
14. Open and press raw edges to the center fold.
15. Fold lengthwise again and press.
16. Open the binding strip and cut 1 inch longer than the pleated edge of the mask.

17. Center the binding strip on the back of the mask's pleated edge. Pin if necessary. (The back of the mask has the slit for the filter.)
18. Wrap extra  $\frac{1}{2}$  inch of binding around to the front of the mask and pin.
19. Sew on binding  $\frac{1}{4}$  inch from edge of mask.
20. Open binding and wrap to the front side of the mask. Fold the binding edge under  $\frac{1}{4}$  inch and align to cover the previous stitching. Top stitch close to the edge, forming a "tube" for the elastic.
21. Repeat 16-20 for other side.
22. Cut 2 pieces of thin elastic to 9  $\frac{1}{2}$  inches.
23. Pierce the end of the elastic with a small safety pin and thread the elastic through the tube.
24. Tie ends of elastic with a simple overhand knot to create a loop. Tighten knot.
25. Repeat 23-24 for other side.
26. Congratulations! You made it!