

How to Make a Homemade Face Mask

Directions courtesy of YouTube user: EasyToSew
<https://bit.ly/EasyToSew>

YOU WILL NEED:

- Tightly-woven cotton fabric, cut to 7.5" x 15" (38cm x 19cm)
 - Speed Tips:
 - If you have a quilting cutting mat, rotary cutter, and ruler, use them.
 - Consider cutting multiple layers at one time.
- Strip of binding, approximately 2" x 7" (5cm x 18cm)
 - You can use fabric. See Making Your Binding directions below.
- 2 elastic pieces, cut to 9 3/4" (25cm) OR fabric tie that's 34" long. Better to err on the side of a longer tie.
- *Optional:* For adjustable nose wire, twist tie (that's plastic covered) or copper wire approximately 6.5" (16.5cm)

DIRECTIONS:

- 1:07/7:47 - Finish the short raw edges with a straight stitch 1/8" from the edge, a zig-zag stitch or serged edge.
- 1:24/7:47 - Fold the right sides (the pretty side) together to form a tube with the edges you just finished touching. Pin.
- 1:28/7:47 - Mark finished edge 1.5" from each side. Stich a 1/4" seam from each side to the mark. Be sure to leave the opening in the middle.
- 1:53/7:47 - Adjust tube such that the slit is in the middle. (This will be your filter pocket.) Press seam open.
- 2:02/7:47 - Turn tube such that the right side faces out. Top stich 1/8" along the seam, continuing alongside the opening to the other seam - do both sides. Be sure not to catch the fabric underneath!
- 2:23/7:47 - Adjust the tube such that the slit is in the middle. Mark 1/2" above the seam line on each side.
- 2:52/7:47 - Pinch and fold on that line. The slit will now be 1/2" from the folded edge. Press.
 - The 1/2" pocket will be for the adjustable nose wire.
 - The bigger pocket will be the filter pocket.
- 3:00/7:47 - Pin. Stich 1/8" all the way around.
- 3:33/7:47 - Insert wire in narrow pocket and tuck into fold. Pin. Stich across narrow pocket, 1/8" from slit. Check that larger pocket is still clear and flip piece over.

- 4:14/7:47 - Make three pleats. Pin and press.
- 4:37/7:47 - Stitch 1/4" across pleats.
- 4:53/7:47 - Apply binding to the pleated sides, very similar to binding a quilt.
 - 4:53/7:47 - Take your piece of binding and place it flush to the edge of the back side of the mask, right sides together. Trim so about 5/8" hangs off each side. Roll the 5/8" excess to the other side and pin all in place. Stitch 1/4" from the edge.
 - 5:36/7:47 - Roll over to front side. Then fold roughly 1/4" twice to form a generous 1/2" hem on the front side of the mask. You'll want the room for running the elastic/fabric tie in the next time. Stitch 1/8" from the edge.

IF YOU ARE USING ELASTIC TIES:

- 6:27/7:47 - Insert elastic through hem with a small safety pin. Tie ends in a knot. Pull elastic through hem until knot is hidden in the middle of the hem.

IF YOU ARE USING FABRIC TIES:

- Make a 34" long fabric tie. You can follow the instructions saved on this Group's File folder "How to Make Ties from Fabric for a Face Mask." Make sure you plan for a 34" tie and WAIT to finish the edges.
- Insert fabric tie through hem with a small safety pin.
- Finish the edges of the ties.

MAKING YOUR BINDING

- You don't have to use bias tape, simple cut a 2" wide strip of fabric and follow the steps above. Not perfect, but practical and saves tons of time.
 - The whole point of bias, especially with quilt binding, is to allow flexibility around curved edges. The edge we're binding is straight.
- If you really want bias tape, you can make your own single- or double-fold bias tape.
- Here are some instructions for single-fold bias that don't require a bias tape maker tool: <https://sewdifferent.co.uk/how-to-make-your-own-bias-binding/>.
 - To get the same width as above, draw 2" wide strips on a square of fabric, at a 45 degree angle to the direction of the weave.
 - To make one long piece of tape, you lay two strips, right sides together, at 90 degrees to each other and sew at 45 degrees, so that when you fold it back it makes a straight line of fabric. Then iron flat.

CDC GUIDELINES HCP USE OF HOMEMADE MASKS:

In settings where face masks are not available, HCP might use homemade masks (e.g., bandana, scarf) for care of patients with COVID-19 as a last resort. However, homemade masks are not considered PPE, since their capability to protect HCP is unknown. Caution should be exercised when considering this option. Homemade masks should ideally be used in combination with a face shield that covers the entire front (that extends to the chin or below) and sides of the face.