How to Sew a Face Mask

A tutorial on how to make your own fabric face mask from common household materials.

**Tools**
- Needle and thread (and a sewing machine, if you have one)
- Scissors
- Pins or clips to hold fabric in place (safety pins and paper clips will also work in a pinch)

**Materials**
- About 20-30 inches of 100% cotton fabric, such as flannel or twill
- 4 strips of cotton fabric for ties, about 1½" wide and 18" long
- Optional: bleached white latex rubber band, a rubber band, or fishing line 18" long

**STEPS**

**FOLD**

1. **Prepare Your Materials**
   - Choose your fabric. Mark it in the sewing directions, and cut a rectangle to fit your face. For a more fitted fit, trim or enlarging the pattern. A mask is a mask.
   - Check the method of cutting ties or elastics. If you are sewing a mask, use the sewing pattern below. This is your mask base.

2. **Add the Ties**
   - Take one of your rectangular fabric layers. With the "right sides" or the same facing side, where the pattern suggests, pin the ties or elastics in place. If you are using a mask, pin the ties or elastics in place. You can try putting your hand in the mask to see where the ties or elastics are located. This will prevent the ties or elastics from forming bunches.

3. **Putting It Together**
   - Take the second layer of fabric and line it up with the first. The second layer can patterned ([outside] or the fabric should be facing each other, seaming the fabric layers. This will prevent the ties or elastics from forming bunches.

4. **Sew Along**
   - Sew the ties or elastics into the corners and then stitches. These stitches help the mask lie flat on the face.

5. **Turn Out**
   - Turn your project right-side-out and stuff the ties or elastics into the mask. Say no to the mask not lying flat on the face. Say yes to the mask lying flat on the face. Stitch around the perimeter of the fabric layers, repeating the forward and backstitch motion at each corner to secure all the elastics or ties into the mask. Continue to stitch your way through the starting point, but stop to allow for a 1½" gap.

**Finishing Up**

- With your project held in place by pins, stitch around the perimeter of the mask, ⅛ inch away from the edge of the mask. This is the edge where the ties or elastics are located. Turn the mask inside out, and trim off any frayed edges. Your mask is ready to be worn!