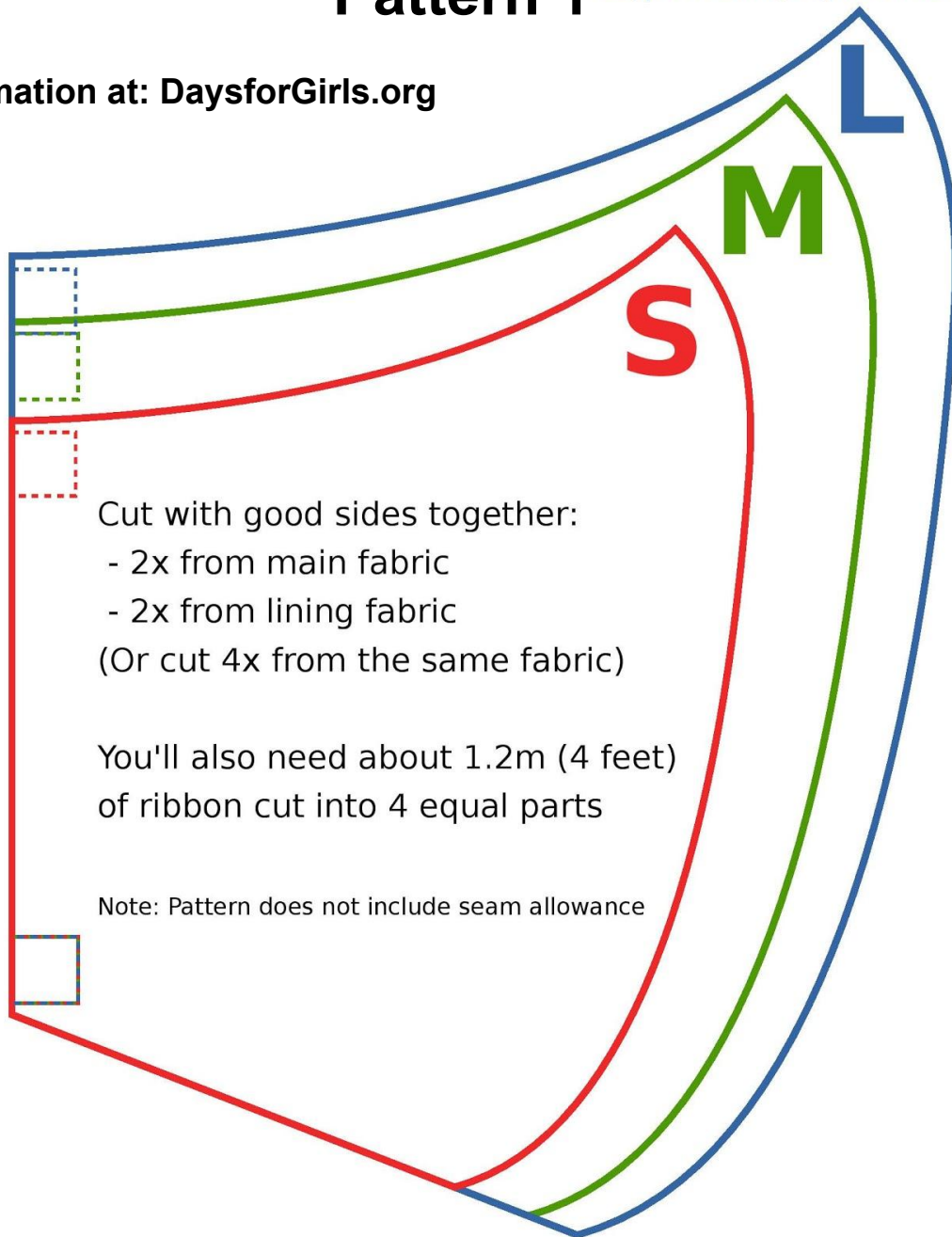


How to Make a Quality Mask Pattern 1

More information at: DaysforGirls.org



Cut with good sides together:
- 2x from main fabric
- 2x from lining fabric
(Or cut 4x from the same fabric)

You'll also need about 1.2m (4 feet)
of ribbon cut into 4 equal parts

Note: Pattern does not include seam allowance

The (white) inside of this box should be 10cm wide
The (black) outside of this box should be 4" wide

- This pattern is from <https://freesewing.org/designs/fu-facemask>
- Instructions are at: <https://freesewing.org/docs/patterns/fu/instructions>
- Measure printed pattern to ensure it is the correct size. Pattern does not allow for seam allowance. Allow for that as you cut the pattern.
- Remember, as always, **quality matters** for proper function and patient confidence
- **Advantages: Good fit. Can use new quality cotton fabric pieces, does not require elastic. Twill, bias tape, or ribbon ties will work.**

Quality Face Mask Pattern 2

How to Make a Simple Face Mask

What you will need:

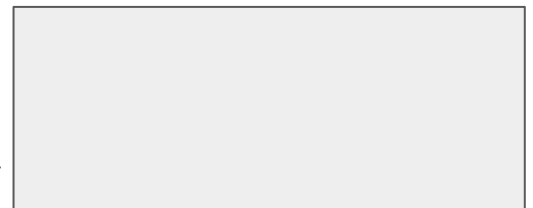
- Cotton fabric, a pretty print is best
- Rope elastic, beading cord elastic will work (you may also use 1/8" flat elastic)
- Cut the elastic 7" long and tie a knot at each end (do not knot the ends of flat elastic if you are using that type)

You can make two sizes: Adult or Child

1. Put right sides of cotton fabric together
 - Cut 9" x 6" (Adult) or 7.5" x 5" (Child)
2. Starting at the center of the bottom edge, sew to the first corner using a 1/4" seam, stop.
3. Sew the elastic with the edge out into the corner, stop, and bring the other end of the same elastic to the corner and sew a few stitches forward and back.
4. Now sew across that top of the mask to the next corner. Again put an elastic with the edge out.
5. Sew to the next corner and sew in the other end of the same elastic.
6. Sew across the bottom leaving about 1.5" to 2" open. Stop, cut the thread. Turn inside out.
7. Pin 3 tucks on each side of the mask. Make sure the tucks are the same direction.
8. Sew around the edge of the mask twice.

It is so easy to make this. As always, quality matters for effectiveness and patient confidence.

Be sure any fabric design is placed horizontally. ➡



YouTube Video: <https://youtu.be/9tBq0Os5FWQ>

Thanks to pattern from Turban Project

THANK YOU for helping keep medical professionals serving, and immune suppressed people able to stay more healthy during these unique circumstances. KEEP CALM & SEW ON.