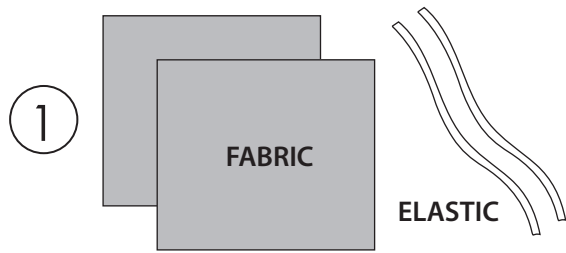


# HOW TO MAKE A FABRIC FACE MASK THAT SECURES BEHIND THE HEAD

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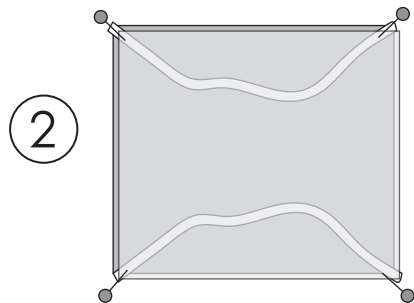
This size is for an average adult. See Additional Sizing below.

**CUT 2 PIECES OF FABRIC**  
**9 x 8 IN (23 x 20 CM)**

(Cotton or Flannel)  
 \* Pre-wash and dry fabrics

**CUT 2 PIECES OF ELASTIC**  
**13 IN (33 CM)**

(1/4 or 1/8 in. wide)

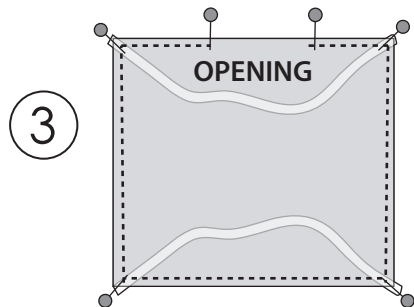


## SANDWICH + PIN ELASTIC

With right sides of fabric together, sandwich the two elastic pieces between the fabric layers.

Pin each end to the longer fabric side corners.

Make sure the elastic is not twisted!

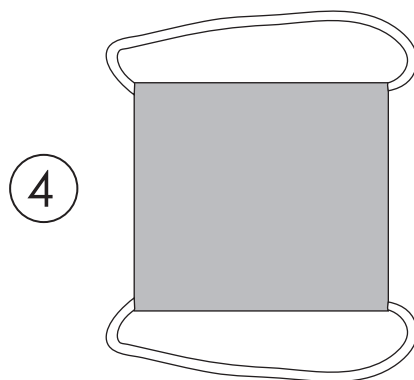


## SEW PIECES TOGETHER

Sew around the mask with a 1/2 inch seam allowance, leaving a 2-3 inch opening.

As you get to the corners, sew forward and back to secure the elastic in place. Make sure each elastic piece is angled into the corner of the fabric, and that you don't sew over other parts of the elastic as you go around.

**Remember to leave an opening!**



## PIN + SEW PLEATS

Turn mask right side out.

Fold fabric to create 3 evenly spaced pleats and pin.

**Finished mask will be 3 inches tall.**

**YOU'RE DONE!**

## ADDITIONAL SIZING

	FABRIC	ELASTIC
Small Adult	8X8 IN (20X20 CM)	12 IN (30.5 CM)
Teen	8X8 IN (20X20 CM)	11.5 IN (29 CM)
Child	7x7 IN (18x18 CM)	11.5 IN (29 CM)

## ADDITIONAL IDEAS

To help the mask mold better around your nose, you may insert a pipe cleaner, floral wire, or small piece of flat bendable metal to the top inside of the mask before forming the pleats. Sew a topstitch next to it, to hold it in place.

## NOTES

Please check with your local support centers before making large quantities of masks, to ensure they can accept and use them.

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