



HOMEMADE FACE MASK INSTRUCTIONS

AS OF MARCH 27, 2020

THANK YOU FOR YOUR GENEROSITY

Your time and talents will make a difference for our hospital team who is working on the front-lines of this crisis.
Thank you for making a difference!

FOR THE SAFETY OF ALL...

Please follow the following instructions when making face masks in your home.

For the safety of all, please ...

- Avoid making masks if you are sick or think you might be getting sick.
- Avoid making masks if you have been told you have a multi-drug resistant organism like MRSA or C. diff., or if you have any open or draining wounds.
- Keep all face mask materials away from household pets.
- Be sure the area in which you are working is clean (sanitize all surfaces with a disinfectant) before making masks.
- Be sure to perform hand hygiene before touching mask materials.
- If you are sharing the community masks you are making with others, masks should be washed before wear.

Thank you!

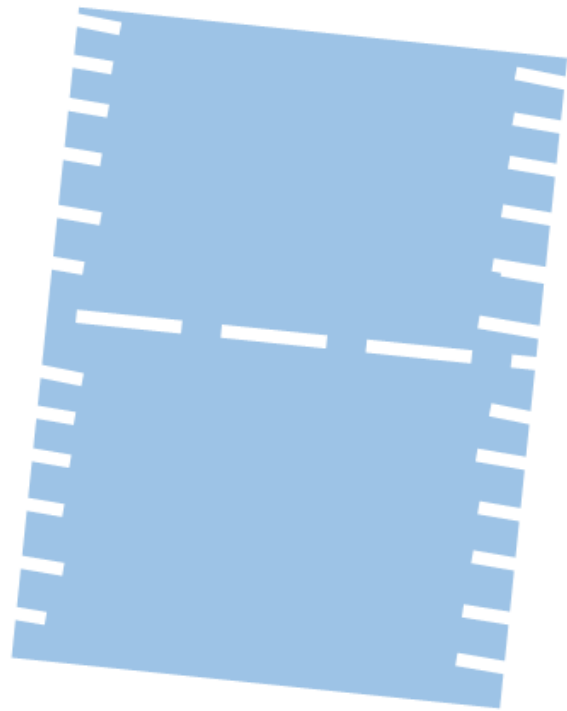
FACE MASK MATERIALS & TOOLS

Materials needed:

- Instructions
- Fabric – 1/2 Yard
 - One mask body
 - 14 ½ inches x 7 ½ inches
 - Two straps
 - 34 inches x ¾ inches each – IF fabric type doesn't ravel on edge...
OR
 - 34 inches x 1 ½ inches each if fabric does ravel on edge (form closed casing)
OR
 - 34 inches long, Bias Tape, Wide Single Fold

Tools needed:

- Sewing machine
- Scissors
- White thread
- Pins
- Ruler



MATERIALS PREPARATION

Washing Your Hands:

Thank you for properly washing your hands before making this face mask!

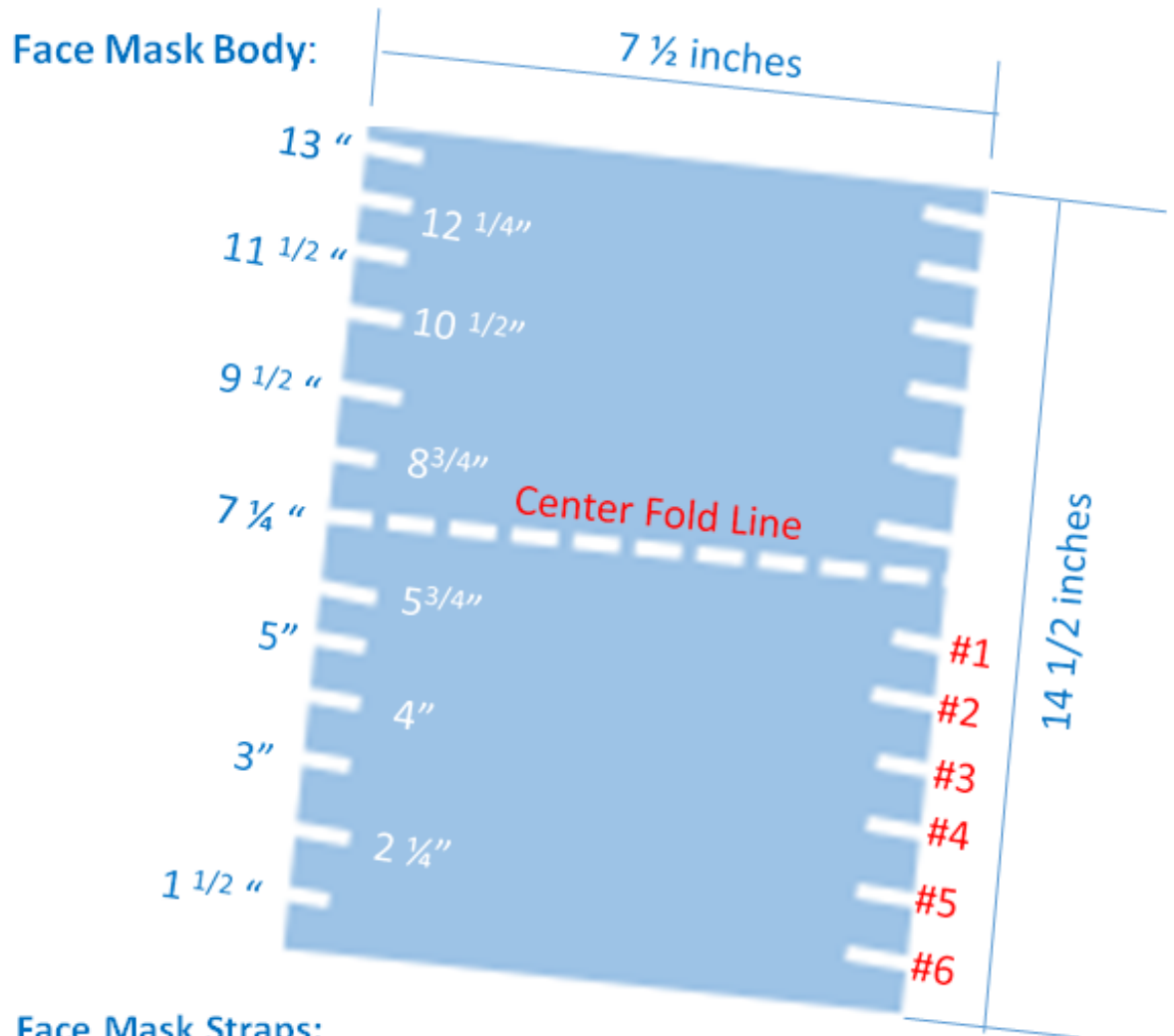
Cutting the Fabric:

1. Using a rotary cutter or scissors and rule, cut ONE piece of fabric to a rectangular size of 14 1/2" x 7 1/2". This piece will become the body of the mask. Set aside.
2. Using a rotary cutter or scissors and rule, cut TWO pieces of fabric to long rectangular size of 34" x 3/4". These pieces will become the mask straps.

Marking the Fabric for Folding:

1. On each long side of the face body, make 12 small (less than 1/4") cuts with scissors at the measurement intervals indicated on the following page. These cuts are perpendicular to the mask edge and will be used to ensure proper folding or pleating.
2. Starting at the center fold line of the mask body and going down, label or note the six scissor as #1, #2, #3, #4, #5, and #6. Knowing these reference points will ensure ease your way (see illustration and photo).

FACE MASK PIECE PATTERNS



Face Mask Straps:

2 Straps – each 34 inches x 3/4 inch (fabric doesn't ravel on edge).

OR

2 Straps – each 34 inches x 1 1/2 inches if does ravel

OR

2 Straps- each 34 inches long, Bias Tape, Wide Single Fold



Source: Providence St. Joseph Hospital

FACE MASK INSTRUCTIONS

1. Wash your hands prior to beginning.
2. Fold face mask fabric piece in half at center line.
3. Align edges so sides match on each side.
4. Stitch $\frac{1}{4}$ inch seam on non-folded, non-marked side.
5. Turn mask piece inside out so that the seam is inside, and hand press seam to flatten.
6. Place seamed edge on bottom, toward you.
7. Create pleats or folds:
 - a. Placing your thumb and index finger on the top fabric surface, and on either side of Mark #1, gather fabric to create pleat and hand crease across.
 - b. While continuing to hold the fabric together, fold this layer on the line of Mark #2, and then place the edge on the line of Mark #3. This will result in a pleat at the top of the mask of approximately 1 1/2 inches from top to bottom.
 - c. Hand press flat to ensure straight and pin in place.
 - d. Repeat steps a-c for second pleat (Mark #4-6).
 - e. Mask should now have two uniform pleats. Along each short side, stitch pleats in place using a $\frac{1}{4}$ inch seam, remove pins.
8. Create Straps:
 - a. Take one strap piece and align the center of strap with the center of the short side of the mask body.
 - b. Wrap strap piece front to back to equally cover mask raw edge (pleated side). If using fabric that ravel, turn over edge or use bias tape for finished look and longevity.
 - c. Stitch in place, lengthwise along the body of the mask (may stitch full strap length if using self turned casing or Bias Tape).
 - d. Repeat Steps a-c for second strap.
9. Trim all threads.

Congratulations & thank you ... You did it!

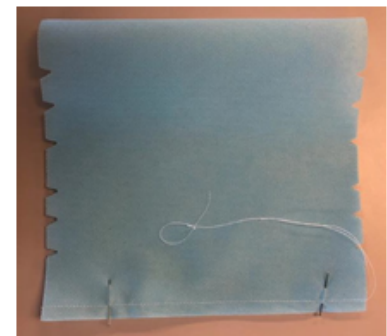
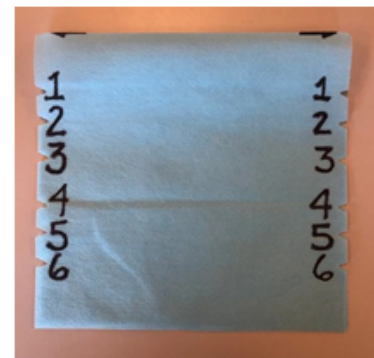
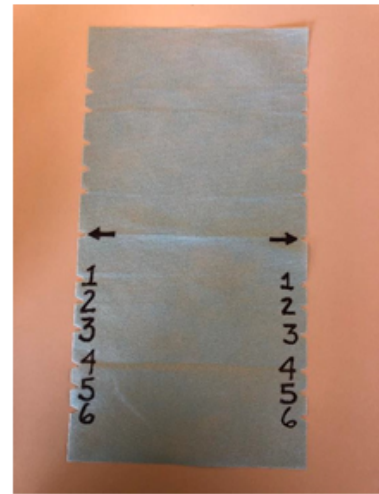
Source: Providence St. Joseph Hospital



FACE MASK INSTRUCTIONS



1. Wash your hands prior to beginning.
2. Fold face mask fabric piece in half at center line.
3. Align edges so sides match on each side.
4. Stitch $\frac{1}{4}$ inch seam on non-folded and non-marked edge.



FACE MASK INSTRUCTIONS

5. Turn mask piece inside out so that the seam is inside, and hand press the seam to flatten.

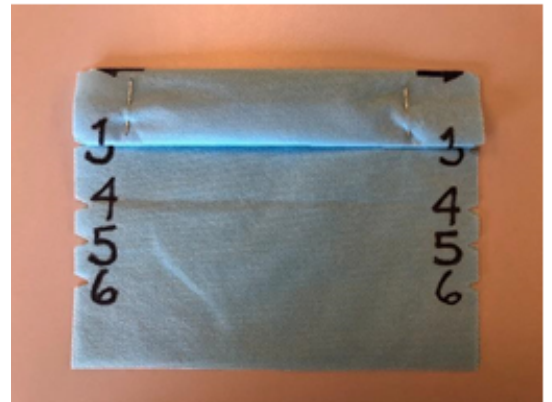
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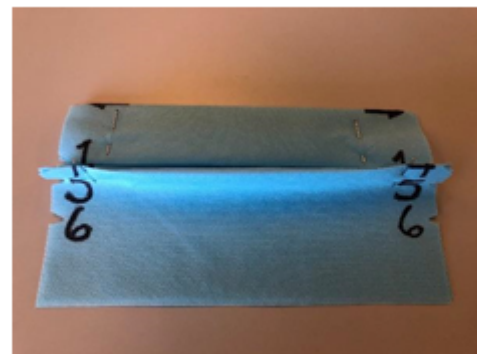


FACE MASK INSTRUCTIONS

7. Create pleats or folds (continued):

a) Repeat steps a, b and c for second pleats (Mark #4-6).

b) Mask should now have two uniform pleats. Along the short side, stitch pleats in place using a $\frac{1}{4}$ inch seam, remove pins.



FACE MASK INSTRUCTIONS

8. Create straps:

a) Take one strap piece and align the center of strap with the center of the short side of the mask body.

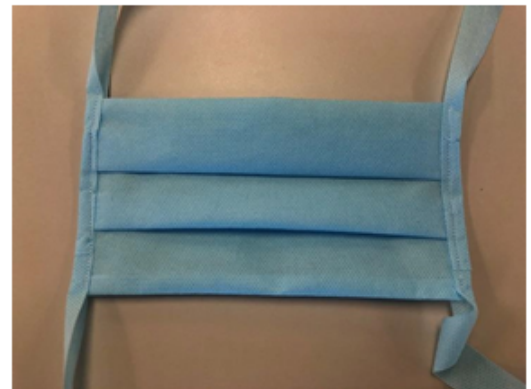
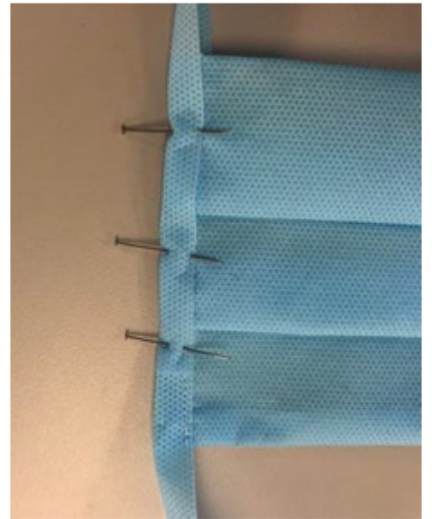
b) Wrap strap piece front to back to equally cover mask raw edge (pleated side). If using fabric that ravel, turn over edge or use bias tape for finished look and longevity.

c) Stitch in place, lengthwise along the body of the mask (may stitch full strap length if using self turned casing or Bias Tape).

d) Wrap strap piece front to back to cover mask raw edge.

e) Stitch in place.

f) Repeat Steps a-c for second strap Steps a-c for second strap.



9. Trim all threads.

CONGRATULATIONS!

You're done!

Thank you again for supporting our front-line caregivers.

