

Facemask Instructions

Materials needed:

1. 1 piece of fabric measuring 8" x 14" (20cm by 35.5cm). Plain Cotton is probably best
2. 2 strips of fabric measuring 3" x 6" (7.5cm by 15cm). This will be the edges, can be the same or different fabric.
3. Two pieces elastic (1/4" wide is best) each 10-12" (25-30cm) long depending on size of head or two pieces of thin tape each 36" (90cm) long or two strips of thin material each 1.5"(4cm) wide and 36" (90cm) long folded into 4 length wise and stitched down to make tapes

Instructions:

1. Fold the main piece of fabric in half, right sides together. Sew along the 8 inch width edge, using a 1/4 inch (6mm) seam allowance.
2. Turn this tube shape inside out, so that the right side of the fabric is now on the outside. Press this flat, keeping the seam to one end of the flattened tube.
3. Place the tube of fabric so that the raw edges are on each side and the seam edge is at the bottom. Make 3 pleats each about 1/2 inch (1.3cm deep) across the mask through both layers of material. Pin at each side. Mask should look like this and



measure about 4.25 inches (10.6cm) from top to bottom

4. Stitch along the raw side edges 1/4 inch (6mm) seam.
5. Pin one small piece down each side of the mask, on the front of the mask, having some spare at each end right sides together. Stitch down in a 1/4 inch (6mm) seam. Press end piece away from mask.

6. Fold the ends over to the back, trim so that about $\frac{1}{2}$ inch sticks out each end. Fold to the back. Fold over about 1 cm on the raw edge. Fold over to cover the seam and raw edge. It should look like this:



7. Stitch in place to make a channel. Repeat on other side
8. Either thread the elastic through the channel and tie up, adjusting length to fit. (Knotted piece can then be pulled through the channel. Or thread the long ties through and sew in the centre on the channel to hold firmly in place. Picture is of elastic one.



You should now have a reusable, washable mask.