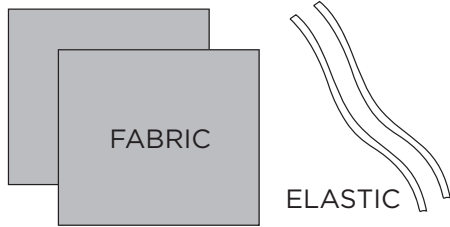


How to sew a fabric mask

What you need



2 PIECES OF COTTON FABRIC
9 x 6 IN (23 x 15 CM)

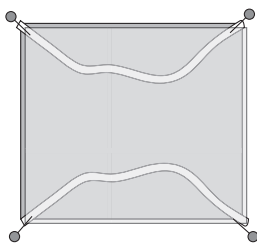
* Pre-wash and dry fabrics

2 PIECES OF ROPE ELASTIC
7 IN (18 CM)

- **Beading cord elastic will work.** Optional: 1/8 in. wide flat elastic
- **Cut the elastic 7 inches long and tie a knot at each end** (Do NOT knot the ends of the flat)

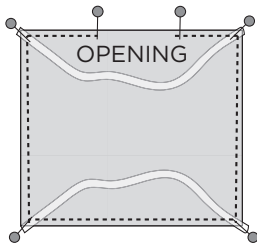
Directions

1



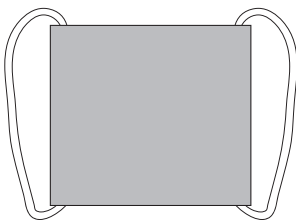
1. Put right sides of cotton fabric together.
Cut a 9 x 6 inch rectangle.

2



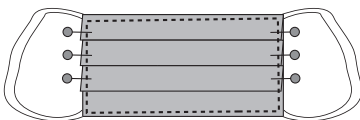
2. Starting at the center of the bottom edge, sew to the first corner, stop. Sew the elastic with the edge out into the corner. A few stitches forward and back will hold this.
 - Sew to the next corner, stop, and bring the other end of the same elastic to the corner and sew a few stitches forward and back.
 - Now sew across that top of the mask to the next corner. Again, put an elastic with the edge out.
 - Sew to the next corner and sew in the other end of the same elastic.
 - Sew across the bottom leaving about 1 ½ to 2 inch opening. Stop, cut the thread.

3



3. Turn inside out.

4



4. Pin 3 tucks on each side of the mask. Make sure the tucks are the same direction. Sew around the edge of the mask twice.
**Be sure the fabric design is placed horizontally.*

THANK YOU

Your assistance in sewing masks for our staff will help ensure their safety. These masks will be used to provide extra protection to our professionals providing care outside of our COVID-19 units and allow us to reserve the special personal protective equipment for those at higher risk of exposure.

RWJ Barnabas HEALTH