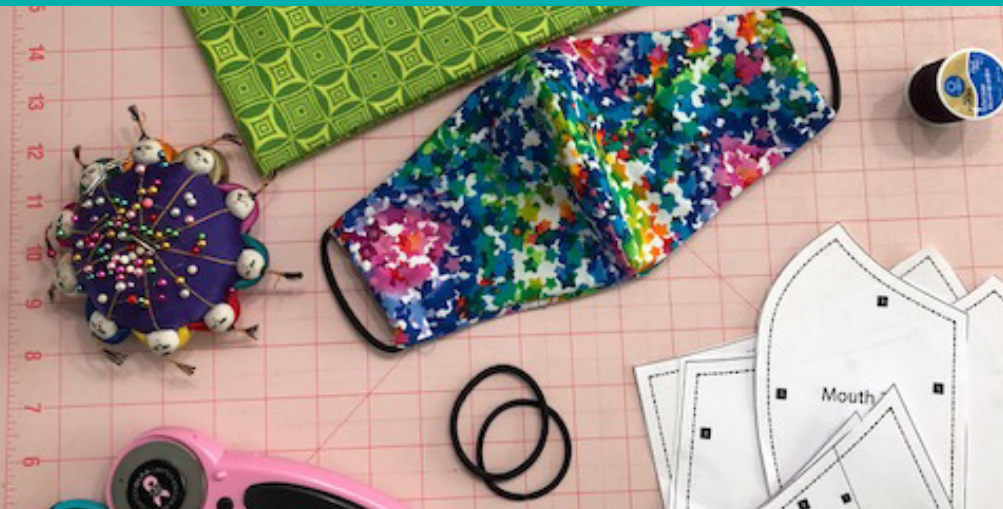


# How to make a healthcare face mask



## Materials needed:

- Cotton weave fabric (~1/2 yard is enough to make 2-3 masks)
- All purpose thread
- Hair ties (2 per mask) or 1/4" wide elastic
- Scissors or rotary cutter

For illustration purposes only, we are using different fabrics for each part of the mask. You would use a single fabric for all pieces.



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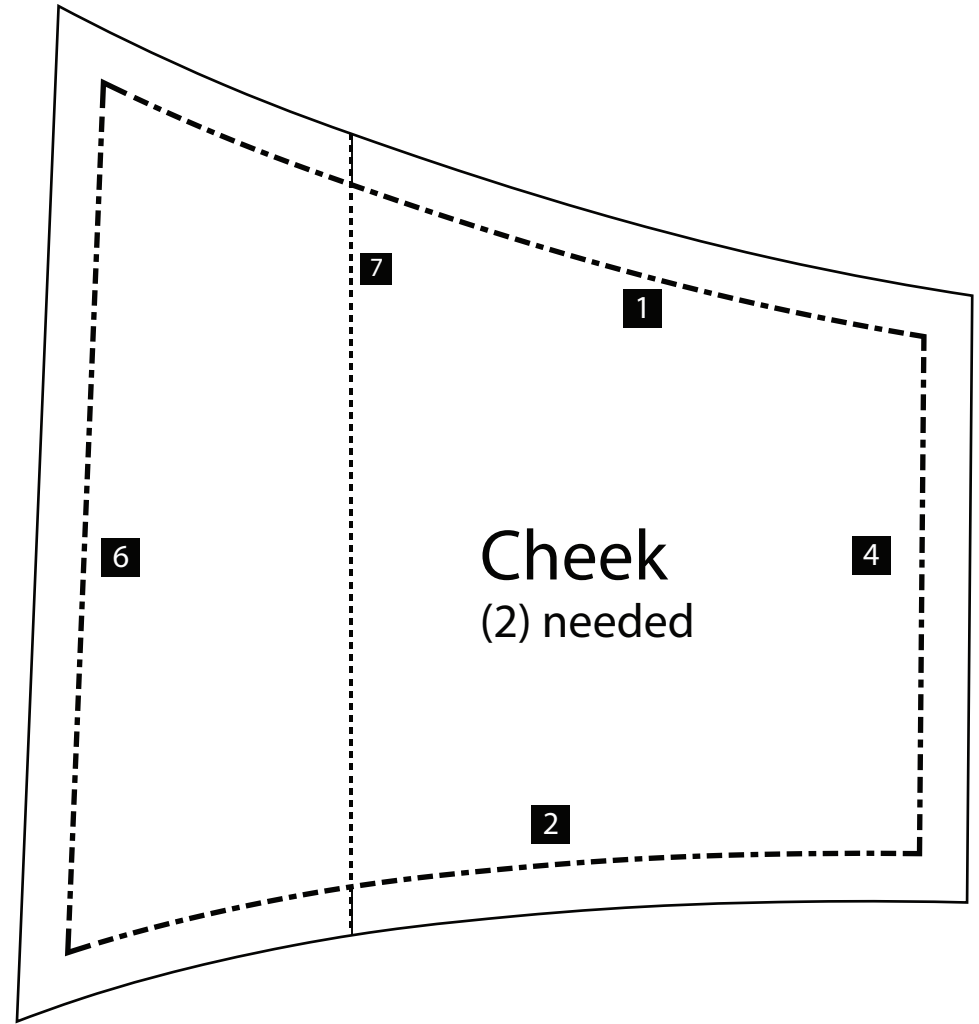
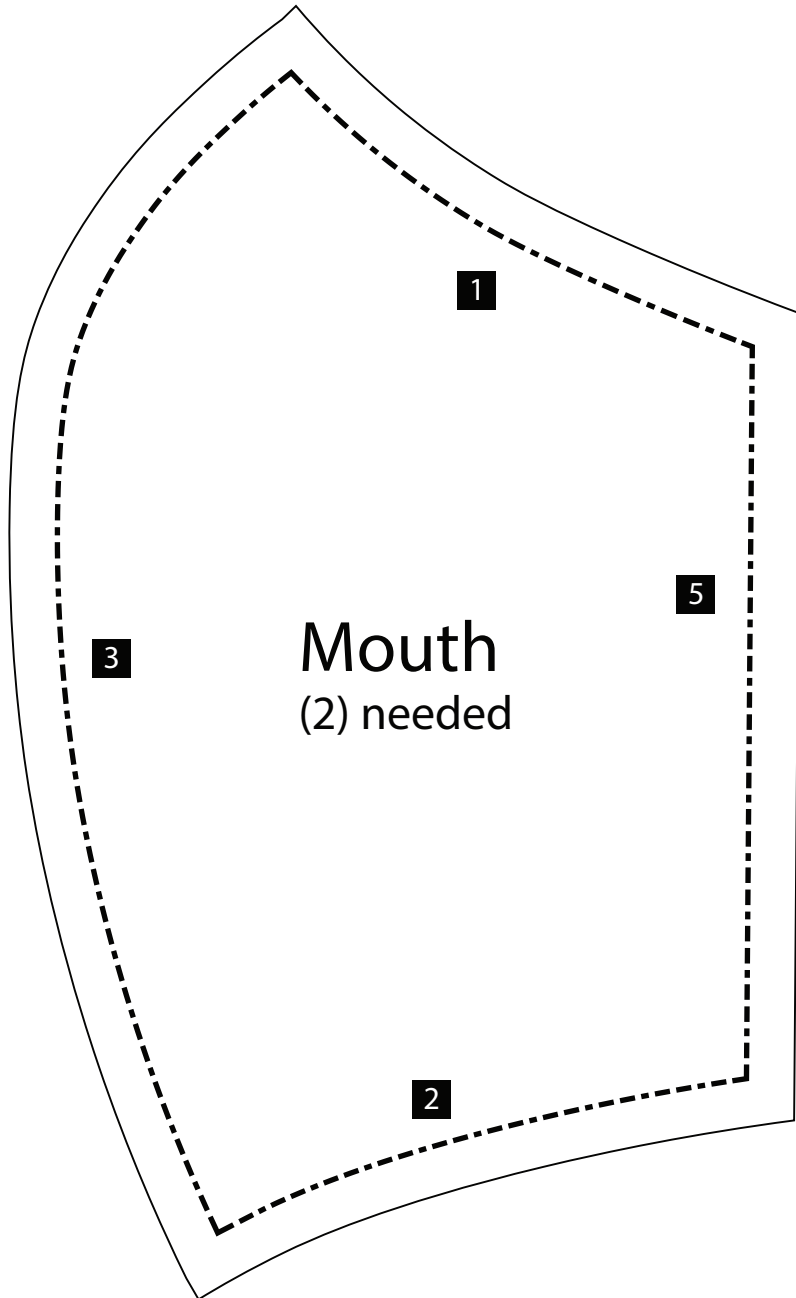
## Instructions (all seam allowances: 1/4")

- 1 With right sides together, layer 2 pieces of fabric. From this, cut: 2 face, 2 cheek and 2 mouth.
- 2 With right sides together, sew face pieces together along side 3 (curved edge).
- 3 With right sides together, sew mouth pieces together along side 3 (curved edge).
- 4 On mouth, fold side 5 over 1/4" and sew down (straight edge). Repeat on the opposite side of mouth panel.
- 5 On cheek panels, fold side 6 over 1/4" and sew down (longest straight edge).
- 6 Overlap the cheek panel and mouth panel along dotted line 7 with mouth edge 5 overlapping cheek edge 6. The finished edge (right side) of the cheek piece is applied to the unfinished side (wrong side) of the mouth piece. Sew a 1" tack on the top and bottom of the mask where the pieces overlap.
- 7 Repeat step 6 for the opposite side.
- 8 Layer mouth/cheek panel and face panel right sides together, paying attention to orient the top sides together. Pin edges to secure.
- 9 Sew 1/4" seam around entire perimeter, remembering to stop 1/4" from ends to pivot and turn at corners. Clip the corners, being careful to avoid the line of stitching.
- 10 Using one of the slits between mouth and cheek, turn the mask right side out. Using a pencil will help to get the corners completely turned out.
- 11 Add hair tie by folding fabric around it. Sew to secure, making sure to backstitch at beginning and end to ensure it stays put.



# Healthcare Mask: Mouth & Cheek Pattern

Pattern Reference: Olson Mask



# Healthcare Mask: Face Pattern

Pattern Reference: Olson Mask



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