INSTRUCTIONS for WASHABLE FACE MASKS

MATERIALS:
- COTTON FABRIC
- ALL PURPOSE THREAD
- COTTON BATTING
- ELASTIC BAND (1/8" OR 1/4")

TOOLS:
- SEWING MACHINE
- ROTARY CUTTER
- SELF HEALING CUTTING MAT
- QUILTING RULER
- SHARP SCISSORS
- PINS
- IRON / IRONING BOARD

HOW TO:

1. Cut the fabric so it measures 16" x 10" (approximately 40 cm x 25 cm)
2. Press flat, then fold in half horizontally. It should now be 8" x 10" (20 cm x 25 cm)
3. Press at the center fold, then open back up
4. On either side of the pressed fold measure 2" (5 cm) to the side
5. From the 2" (5 cm) mark, fold the fabric so it lines up with the pressed center line, repeat with the other side
6. Press folds in place and pin
7. Double Roll and press hems (1/4" or 0.5 cm) on both ends in place, pin if needed (I have found that it is not really necessary if pressed well).
8. Stitch over folds with a 1/4" or 0.5 cm seam allowance on both sides
9. Stitch hems
10. Press entire piece to set hems
11. Now roll in both sides about 1/2 inch 1.2 cm and press into place
12. Fold each end in towards the middle so they overlap slightly (check the front, the fold should be in the center
13. make sure the pressed seams stay aligned
14. with the opening facing up, place the end of elastic or fabric tie, align and roll so the tie is covered
15. stitch into place (back-stitch to secure) continue stitching until 1" (2.5 cm) from the other side
16. insert the other end of your elastic or the second fabric tie, roll and secure like the first
17. repeat on the other side
MEASUREMENTS

This area should be 6 x 10"
15 cm x 25 cm

1" - 2.5 cm from center foldline

Center Fold

This area should be 6 x 10"
15 cm x 25 cm

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Step by Step Pictures

- Cut Fabric
- Press Center
- Press and Pin Folds
- Back of Folds
- Press Seam
- Stitch Seam
- Stitch Folds
- Press up Side Hems
- Fold up Bottom Half
- Fold up Top Half
- Insert Elastic
- Stitch Elastic
- Repeat
- Liner Options
- Finished Masks
Helpful Tips

If you do not have elastic ribbon at hand, this mask design will also work with ties.

**Here is how it's done:**

Cut matching or contrasting fabric strips. You will need 4 for each mask at 1" 2.6 cm x 16" 40 cm

Insert and secure one tie in each corner of the mask.

Alternately you can use 1/4 " gros grain ribbon cut to 16" lengths and used in place of ties. This is a faster, but less durable way to tie your mask.

Wash masks often in warm water with disinfectant or hot water. Ironing on a steam setting keeps them in good shape and aids with disinfecting.

Change out liners frequently, preferably every day.