How to Sew a Face Mask

A tutorial on how to make your own fabric face mask from common household materials.

**MATERIALS**
- Needle and thread (and a sewing machine, if you have one)
- Thread
- Scissors
- Elastics or shoelaces (or a couple of pieces of elastic, and paper clips will also work in a pinch)

**Aaron’s Notes:**
- Add the ties or shoelaces to hold fabrics in place tightly and prevent paper clips from sliding in

**STEPS**

**STEP 1** Prepare Your Materials
Choose your fabrics, sew one on the outermost side, and one on the innermost side. (For more information, see the Standard Anesthesia Apron, which I will take you through.)

- Cut four pieces of material, about 10" by 18" each, of the same size as the paper pattern.

**STEP 2** Adding the Ties
Take one of your rectangular fabric layers. With the "right side" on the sawing line, cut along the sawing pattern on the right-hand side of the page. Fold each piece of fabric together, then pin the corners to hold the edges in place. Secure the outside layers with tacks. This will prevent the fabric from shifting while sewing edges.

**STEP 3** Fold the fabric. From the middle, sew a straight line across the mask, about 1/2" above the bottom edge of the fabric, toward the bottom left-hand corner. Remove any pins you may have used.

**STEP 4** Sewing the edges. Take the second layer of fabric and line it up with the first. The "right side" in a patterned fabric is the side that will be facing each other. ouring the fabric layer to the left, use a straight stitch along the line where the elastics were placed. Secure it at the right side with tacks. Tack it at the left side as well as the right side. Repeat this step on the other side of your mask, and secure the finished piece with tacks. Cut the excess around the edges.

**STEP 5** Sew Around
Sew around the perimeter of the fabric layers, repeating the forward and backward motion at each corner to secure all the layers together in a mask:

- Fold it over the mask to center it, and secure the mask to the fabric. Secure it with tacks on each side with pins.

**STEP 6** Turn Out
Turn your project right side out from the little 1/4" gap. Your fabric ties are already cut out, but now they need to be tied to the mask:

- Take the two fabric loops between the mask, and fold it in a narrow turn. You need to make sure the mask is centered to the design. Secure each side with tacks.

**STEP 7** Finishing Up
With your Project laid out on your pins, stitch around the perimeter of the mask, 1/4" away from the edge of the mask. This is the outermost stitch. Turn over when stitching over the mask, and secure it with tacks. Top stitch a second time around, about 1/4", from the first round of stitching. You now have a completed mask.