Materials:
- One piece of 100% cotton, tightly woven fabric. Cut to the size of 15” x 7.5” (38cm x 19cm) NO quilted or perforated fabric
- One piece of Cut Away Embroidery Stabilizer or Interface (14” x 6.5”) *if available
- 2 heavier plastic-coated wire, (such as a twist tie) 4 - 6 inches in length (no paper twist ties – as these will not stand up to washing)
- Extra wide double fold bias tape – 8 inches per mask
- Braided elastic for ear loops. Recommend 1/16 to 1/8 inch, about 20 inches

1. Wash and dry all fabric before sewing to preshrink.

2. Cut material 7½” width by 15” length

3. Iron top width of material down 1” at the top and ½” at the bottom towards the wrong side of the material.

4 Fold under top 1/2” so the final top is 1/2” and then seam 1/4” from the top of the material.

5 Fold under bottom 1/4” so the final bottom is 1/4” and place washable filter material* (if available) in the seam and sew seam 1/4”.

* Cut away embroidery stabilizer
* Interface

6 Cut wire 6” and insert so the wire touches the 1/4” seam on the top. Sew 1/4” enclosing the wire.

7 Fold the length of the material to the wrong sides of the fabric together so that bottom seam touches the top seam.

Zig zag together 1 1/2” from each side. This leaves the middle open as a pocket on the back side of the mask.
Iron 3 pleats on the right side of the mask and press. The first pleat should be 1½” from the top of the mask. The second pleat about ¾”, third pleat ¼” and remainder of the fabric ¾”. The length should be 3.75”.

Sew ¼” on each side of the mask to hold in the pleats.

Cut a piece of fabric 2” wide by 6” long for the bind. With right sides together on the pocket side of the mask, extend ½” of binding at the top of the mask and ½” (or remainder of the binding) extended on the bottom of the mask.

Fold this ½” towards the non-pocket side of the mask on both the top and bottom of the mask.

Sew ½” seam to incorporate the folded binding at the top and bottom.
**Hospital Masks – Instructions 5/5)**

10 **Unfold** the seamed binding to the side of the mask and fold under ½” toward the front of the mask (non-pocket) and **fold again** over the seam and top stitch along the ½” stitch.

11 **Cut** two 10” pieces of 1/8” elastic for the ears. Thread elastic through the ½” pocket created by the previous step.

**Tie** ends in a knot and pull knot back through to hide inside the pocket