

How to Make a Face Mask

(Revised March 24, 2020)

Materials

Front: 100% unused cotton fabric – no metallic fabrics

Back: 100% unused cotton or cotton flannel

Attachment: 1/8", 1/4", or 3/8" **flat** elastic (white is preferred, black is OK)

OR

Four 15" x 1/4" inch bias-tape style ties (no raw edges, white/light preferred, black/dark OK)

[Fabric Mask Making FAQ page](#) on the Dartmouth-Hitchcock Facebook page for specific fabric information.

How to Make a Face Mask

A video and instructions for making the masks can be found at this [website](#) (thank you to the Turban Project and Deaconess Health System). We strongly recommend watching the very helpful video from Deaconess. For your convenience, we've listed the instructions here as well.

*(Note: The instructions list three sizes: Small, Medium, and Large. We would recommend making Small- and Medium-sized masks primarily. If possible, making **a few** Large masks would be helpful as well. See instructions for cutting sizes.)*

- 1) Cut two rectangles of fabric, one for the inside, one for the outside.
 - a. Small: 7.5 x 5 inches
 - b. Medium: 9 x 6 inches
 - c. Large: 10 x 7 inches
- 2) Cut elastic or ties. All ties can be ¼" x 15". You will need 4 for each mask (one for each corner). Elastic should be cut as follows. You will need 2 pieces for each mask.
 - a. Small: 6.5 inches
 - b. Medium: 7 inches
 - c. Large: 7.5 inches
- 3) Put right sides of cotton mask fabric together.
- 4) Starting at the center of bottom (long) edge, sew to the first corner, stop. Sew a piece of elastic or a fabric tie into the corner. A few stitches forward and back will hold this.
- 5) Sew to the next corner, stop, and bring the other end of that same elastic to the corner and sew a few stitches forward and back. If you are using fabric ties, add a new tie.
- 6) Now sew across that top of the mask to the next corner. Again put a 7" length of elastic in the corner (or a new tie)
- 7) Sew to the next corner and sew in the other end of the same elastic (or a new tie).
- 8) Sew across the bottom leaving about 1.5" to 2" open. Stop, cut the thread.
- 9) Turn mask right-side out.
- 10) Pin 3 tucks on each side of the mask. Make sure the tucks are in the same direction. There must be 3 tucks to ensure a tight fit on the face.
- 11) Sew around the edge of the mask twice.
- 12) When you have finished your masks, please use a Sharpie marker to mark a 1" tall S, M, or L on the **lower left corner of the inside** of each mask to indicate the size. This will help providers select the correct size. If you do not have a Sharpie, please somehow designate size for the masks before you drop them off.

Questions?

Email: PEdonations@Hitchcock.org

Website: For more information visit

- The [D-H Sewing Masks for Donations page](#), or
- [Fabric Mask Making FAQ page](#) on the Dartmouth-Hitchcock Facebook page

For information on mask drop off/ mailing visit the [D-H Sewing Masks for Donations page](#).