

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)
- Scissors or rotary cutter

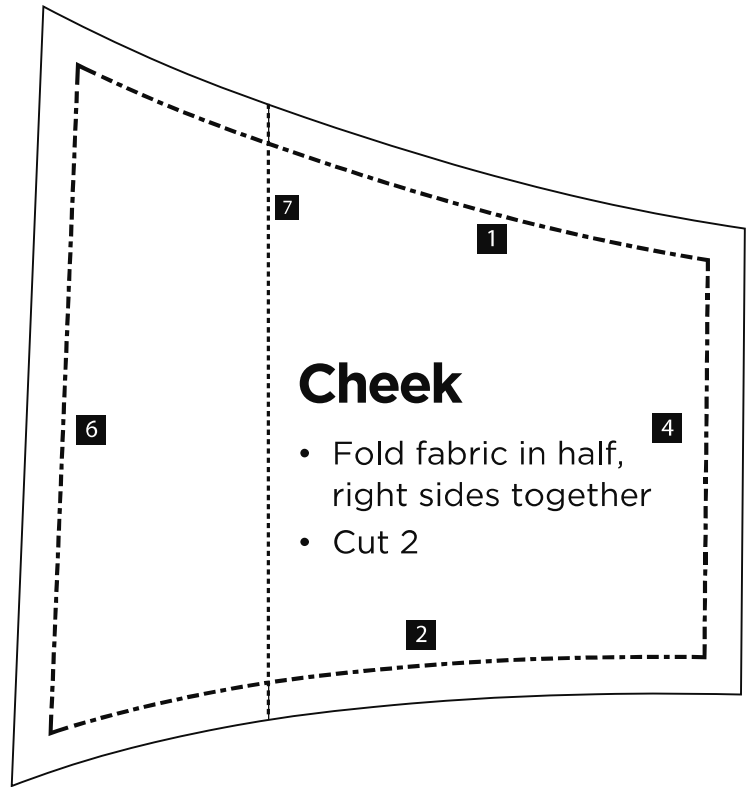
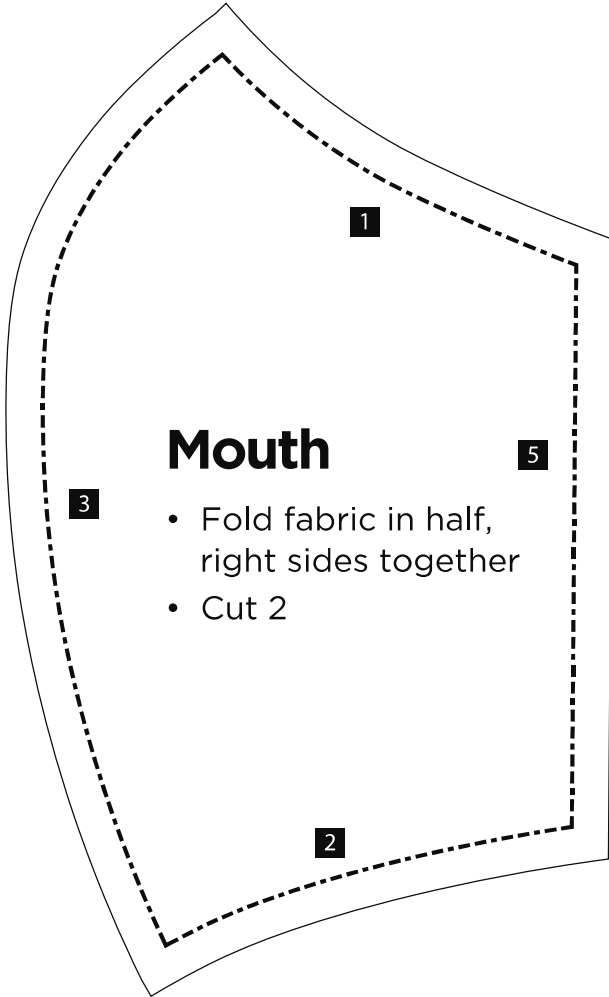
For illustration purposes only, we are using different fabrics for each part of the mask. You would use a single fabric for all pieces.

Instructions (all seam allowances: ¼")

- 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 ¼" and sew down (straight edge). Repeat on the opposite side of mouth panel.
- 5 On cheek panels, fold side 6 over ¼" 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 ¼" seam around entire perimeter, remembering to stop ¼" 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.

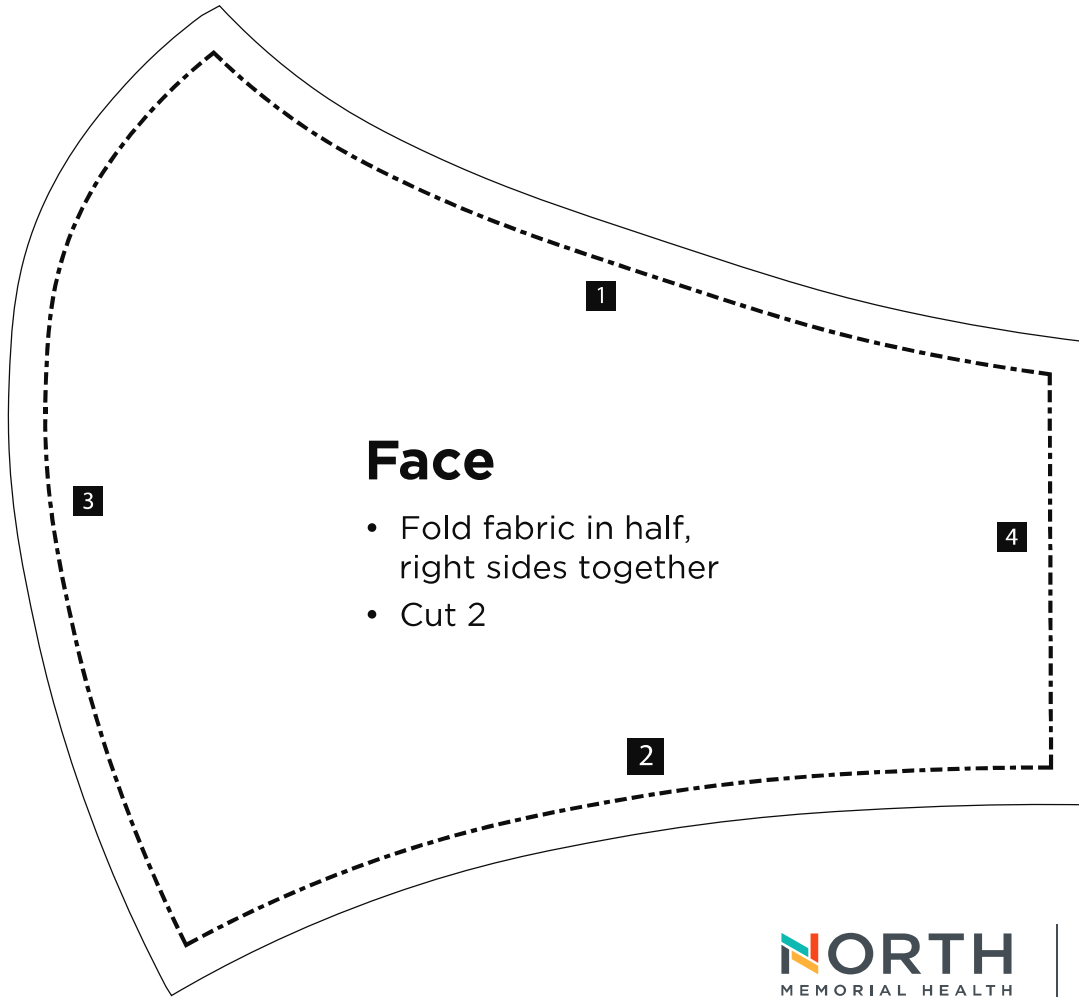
Healthcare Mask: Mouth & Cheek Pattern (actual size)

Pattern Reference: Olson Mask



Healthcare Mask: Face Pattern (actual size)

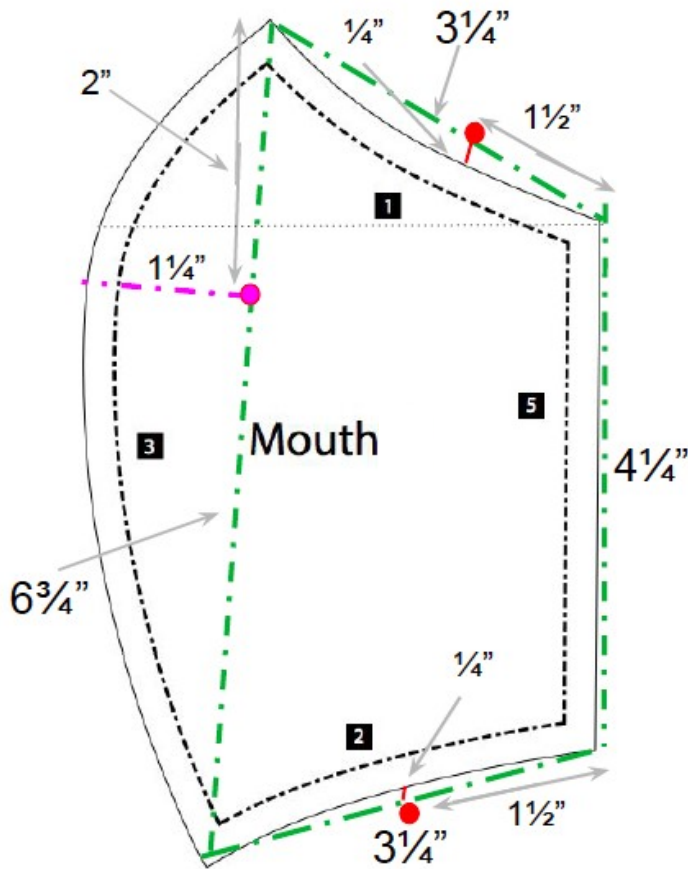
Pattern Reference: Olson Mask



Healthcare Mask: Mouth Dimensions

If you do not have a printer at home, trace the actual size standard pattern from your computer monitor and use these measurements to verify accuracy OR follow the directions to draw a pattern freehand on paper.

Pattern Reference: Olson Mask



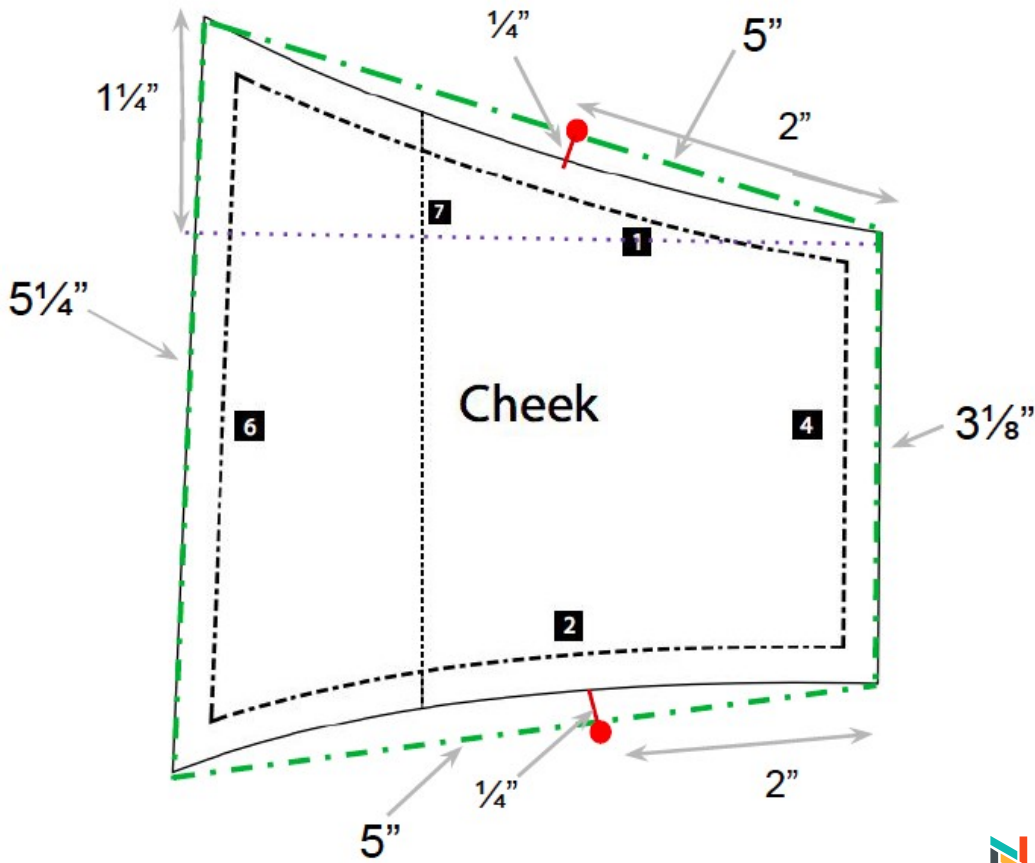
Drawing Directions

1. Draw a four sided figure that is $6\frac{3}{4}$ " by $3\frac{1}{4}$ " by $4\frac{1}{4}$ " by $3\frac{1}{4}$ " (green lines).
2. *For top and bottom curves:*
 - Mark a dot (red) on the top of the 4-sided figure on the green line that is $1\frac{1}{2}$ " in from from the right side (repeat on bottom).
 - Draw a $\frac{1}{4}$ " line perpendicular to that dot and make a mark. Repeat on bottom.
 - Now draw a curve from corner to corner along that mark to replicate the pattern. Repeat on bottom.
3. *For the left curve:*
 - Mark a dot (pink) on the left green line that is 2 " down from the top.
 - Draw a $\frac{1}{4}$ " line (pink) perpendicular to that dot and make a mark.
 - Now draw a curve from corner to corner along that mark to replicate the pattern.

Healthcare Mask: Cheek Dimensions

If you do not have a printer at home, trace the actual size standard pattern from your computer monitor and use these measurements to verify accuracy OR follow the directions to draw a pattern freehand on paper.

Pattern Reference: Olson Mask



Drawing Directions

1. Draw a four sided figure that is 5 " by $3\frac{1}{8}$ " by 5 " by $5\frac{1}{4}$ " (green lines).
2. For top and bottom curves:
 - Mark a dot (red dot) on the top of the 4-sided figure along the green line that is 2 " from the right. Repeat on bottom.
 - Draw a $\frac{1}{4}$ " line perpendicular to that dot (red line). Repeat on bottom.
 - Now draw a curve from corner to corner along those mark to replicate the pattern. Repeat on bottom.

Healthcare Mask: Face Dimensions

If you do not have a printer at home, trace the actual size standard pattern from your computer monitor and use these measurements to verify accuracy OR follow the directions to draw a pattern freehand on paper.

Pattern Reference: Olson Mask

Drawing Directions

1. Draw a four sided figure that is $6\frac{1}{4}$ " by $3\frac{1}{8}$ " by $6\frac{1}{4}$ " by $6\frac{1}{4}$ " (green lines).
2. For top and bottom curves:
 - Mark two dots on the top of the 4-sided figure on the green line (red dots) that are 2" in from the left and right. Repeat on bottom.
 - Draw two lines (red lines) $\frac{3}{8}$ " long from those dots perpendicular to the green line and make a mark. Repeat on bottom.
 - Now draw a curve from corner to corner along those marks to replicate the pattern. Repeat on bottom.
3. For the left curve:
 - Mark a dot (pink dot) $2\frac{1}{4}$ " down from the top on the left green line.
 - Mark a second dot (pink dot) $3\frac{1}{4}$ " up from the bottom on the left green line.
 - Draw two 1" lines from those dots perpendicular to the green line and make marks.
 - Now draw a curve from corner to corner along those markers to replicate the pattern.

