

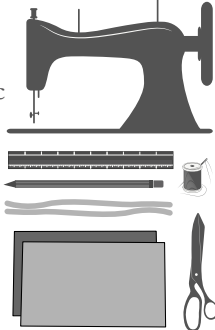
## DIY FABRIC FACE MASKS PRINTABLE

Sized to A4 paper for printing.

## Sewn Face Mask

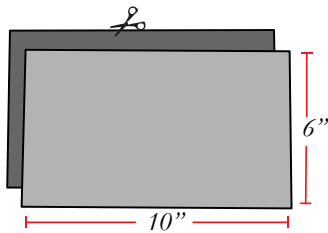
## What you'll need -

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine (or hand sew, if you prefer!)

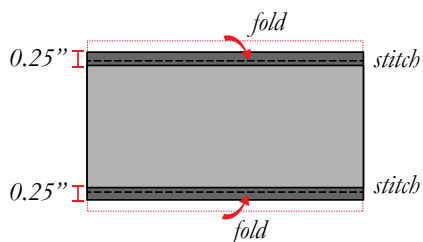


## How to make -

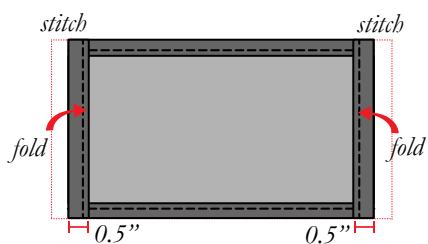
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use **tightly woven cotton**, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.



2. Fold over the long sides quarter inch and hem.

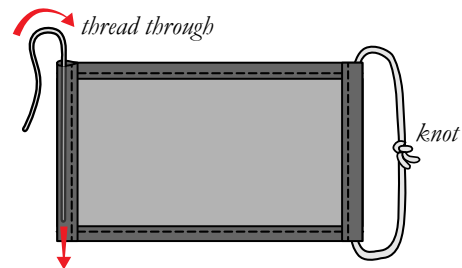


Then fold the double layer of fabric over half inch along the short sides and stitch down.

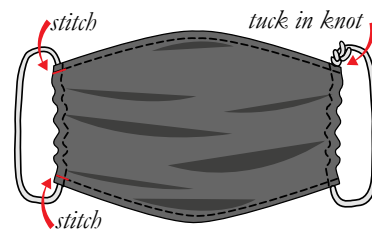


3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight.

*Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.*



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.



And your mask is ready !

You can also make a pleated version of this, similar to the pleats you'll find on disposable surgical masks, if you don't like the gathered effect.

Have you read our Face Mask Guide yet?

It's online on our site!



Sized to A4 paper for printing.

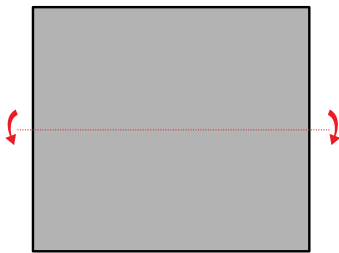
### The Bandana No-Sew Mask

What you'll need -

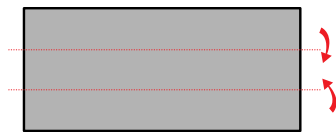
- Bandana (or a square cotton cloth piece cut to approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

How to make -

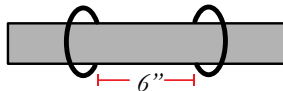
1. Fold bandana in half



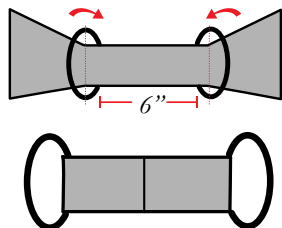
2. Fold top down and bottom up



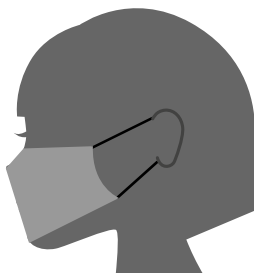
3. Place rubber bands or hair ties about 6" apart.



4. Fold sides in to the middle and tuck.



5. Wear your no-sew mask!



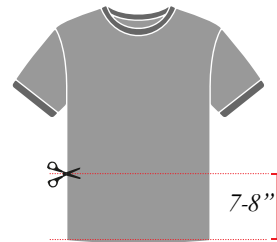
### The T shirt No-Sew Mask

What you'll need -

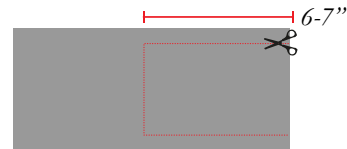
- A T-shirt you don't mind cropping.
- Scissors

How to make -

1. Cut a double layered 7-8" high panel off your t shirt as shown



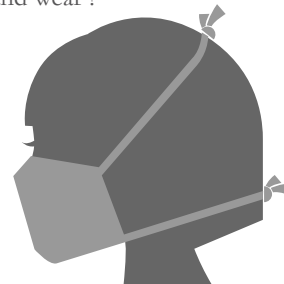
2. Cut through this double panel as shown



3. Cut Tie strings



4. Tie and wear !



These great, easy sew and no-sew fabric face mask make guides are adapted from the guidelines for face covers recommended by the National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Disease, USA

