Hospital Masks – Instructions (1/5)

Atrium Health

Materials:

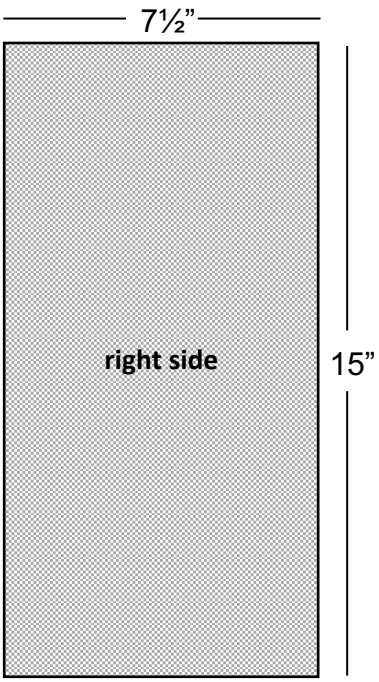
- One piece of 100% cotton, tightly woven fabric. Cut to the size of 15” x 7.5” (38cm x 19cm) NO quilted or perforated fabric
- One piece of Cut Away Embroidery Stabilizer or Interface (14” x 6.5”) *if available
- 2 heavier **plastic-coated wire**, (such as a twist tie) 4 - 6 inches in length (no paper 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

Video:

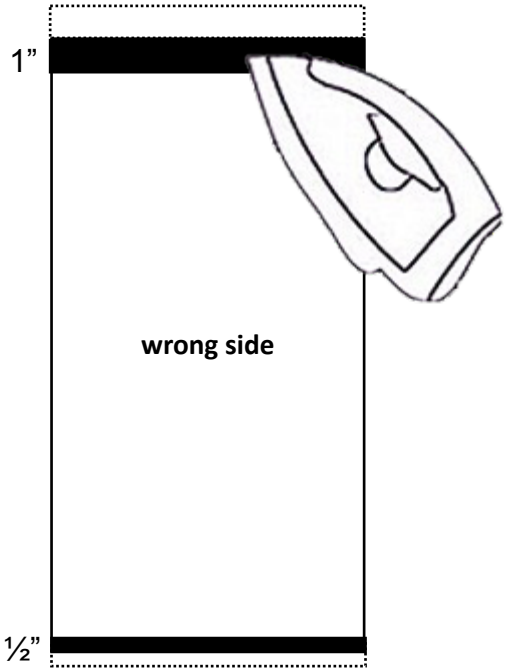
www.bit.ly/**face-masks-tutorial**

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

2 **Cut** material **7½”** width by **15”** length



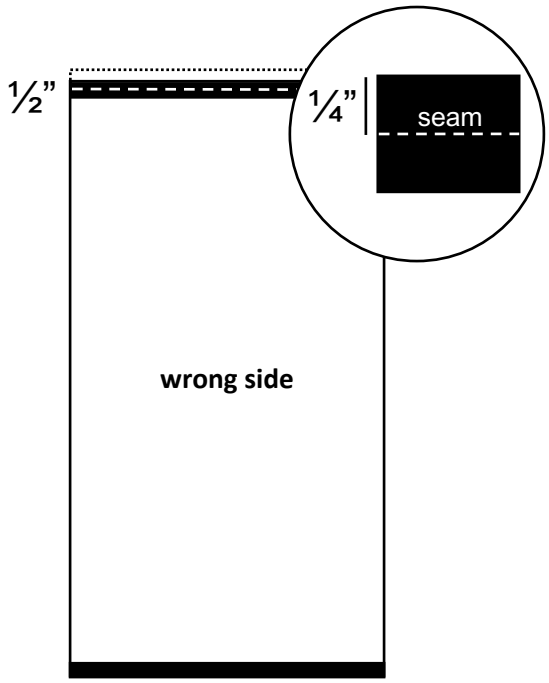
3 **Iron** top width of material down **1”** at the top and **½”** at the bottom towards the wrong side of the material.



Hospital Masks – Instructions (2/5)

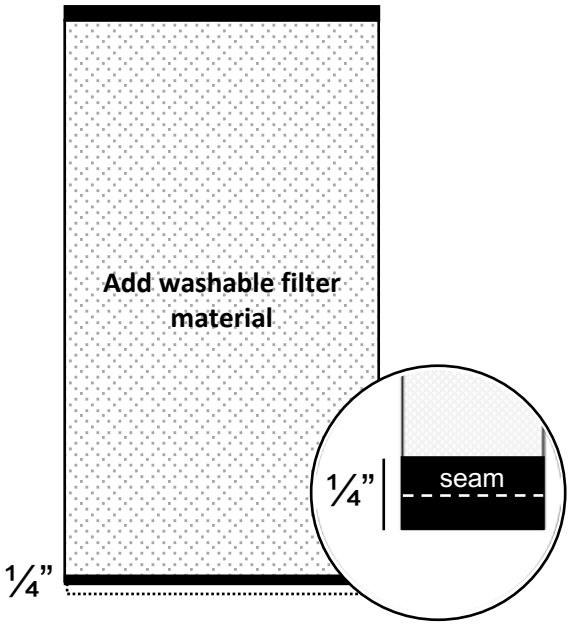
Atrium Health

4 **Fold** under top ½” so the final top is ½” and then **seam** ¼” from the top of the material.

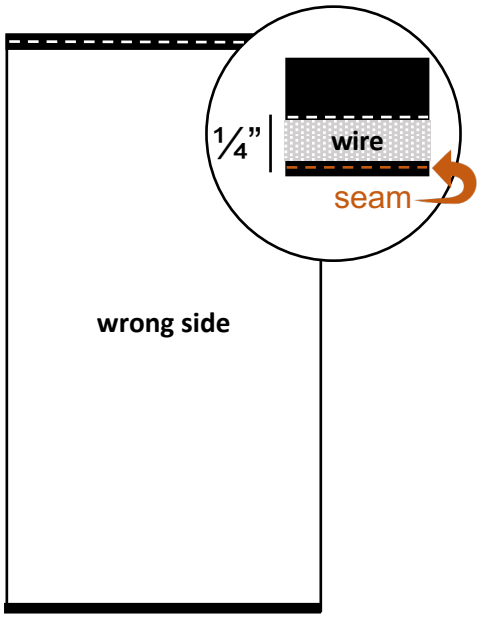


5 **Fold** under bottom ¼” so the final bottom is ¼” and **place** washable filter material* (if available) in the seam and **sew** seam ¼”.

* Cut away embroidery stabilizer
* Interface

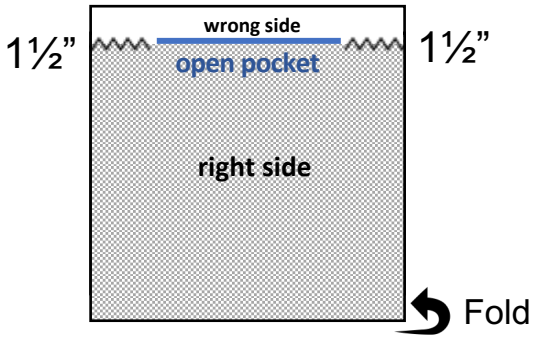


6 **Cut wire 6”** and **insert** so the wire touches the ¼” seam on the top. **Sew** ¼” enclosing the wire.



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 **1½”** from each side. This leaves the middle open as a pocket on the back side of the mask.

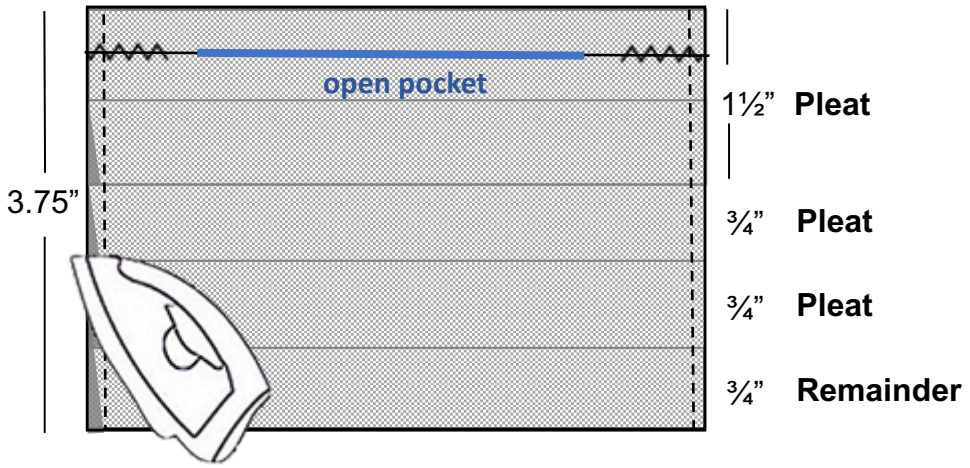


Hospital Masks – Instructions (3/5)

Atrium Health

8 **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 **¾”** and remainder of the fabric **¾”**. The length should be **3.75”**.

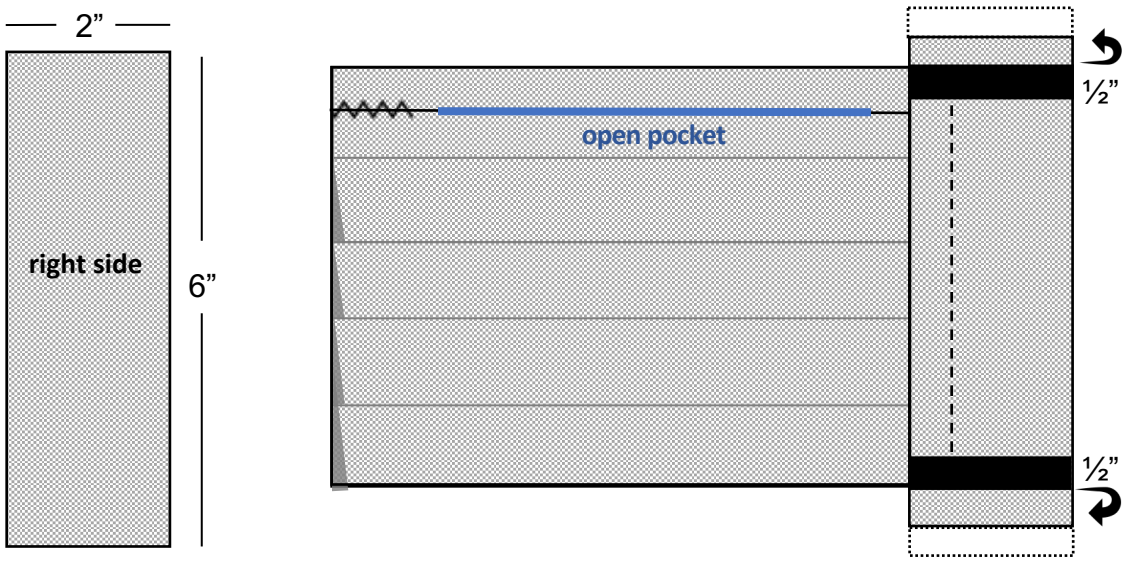
Sew ¼” on each side of the mask to hold in the pleats.



9 **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.

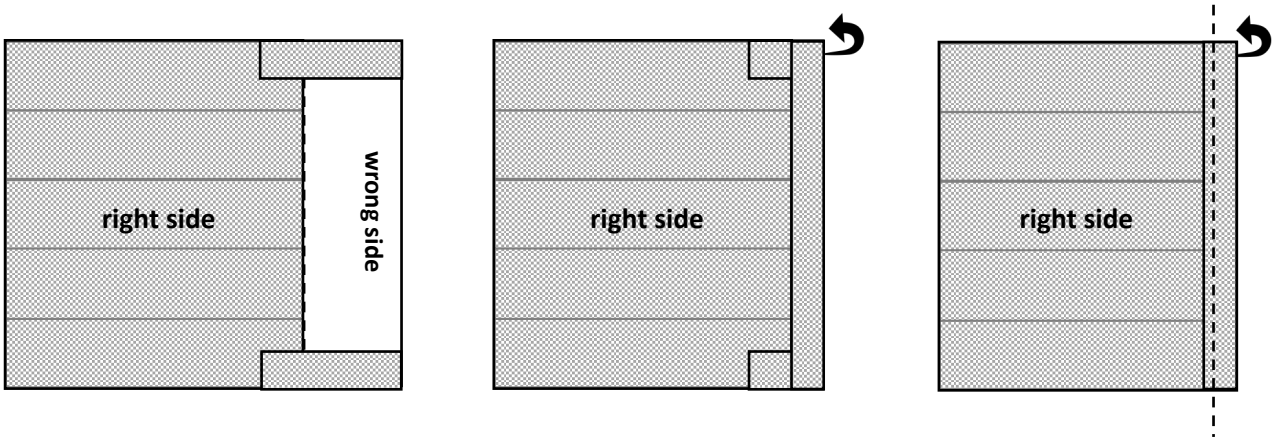
Sew ½” seam to incorporate the folded binding at the top and bottom.



Hospital Masks – Instructions 5/5)

Atrium Health

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

Mask **(front)**

Hospital Masks – Instructions (5/5)

Atrium Health

Mask **(back)**

Mask **(pocket open)**