

CDC-Approved Adult Hospital Mask Tutorial

Watch the video tutorial here:

<https://www.facebook.com/kappy.graney/videos/10221795556182797/>

Materials Needed

Two 9" x 6" pieces of 100% cotton fabric

Two 7" pieces of elastic (only use 1/8" wide or 1/4" wide)

Good to Know

- If you are using a one-way, directional fabric design (ex: hearts) be sure you cut your fabric so the hearts are facing the proper direction and going across from left to right.
- A rotary cutter and cutting mat will give the quickest and most accurate cuts—a "fat quarter" (18" x 22" piece of fabric) will yield six 9" x 6" pieces.
- Use two different fabrics for each mask so a healthcare worker can identify which side was against their face after they remove their mask and put it back on again.
- Sew with a 1/4" seam allowance for assembling, and a slightly smaller seam allowance for top stitching.
- Set your stitch length dial to 2-1/2 or computerized setting to 2.5.
- Your iron should be set to a cotton setting and use steam when pressing.
- Always backstitch to secure your stitching on all starts and stops.
- [Read all directions through before starting!](#)

Let's Get Started—You Can Do This!

- Place your two pieces of fabric with the right sides facing each other and line up the edges of the fabric so they're even all the way around your rectangle.
- Starting at the bottom LEFT of the rectangle, about 2" from the corner, line up your fabric with the 1/4" marking on your sewing machine's throat plate. Secure your stitching and then proceed forward towards the corner.
- When you get 1/4" away from the corner, stop with your needle in the down position, lift your presser foot, and turn your fabric so you are ready to stitch down the short side.
- Don't start stitching just yet! Grab one piece of elastic, lift the top piece of fabric and place the elastic between the two pieces of fabric, about 1/2" down from the corner. Line up the cut edge of the elastic with the edge of the fabric. Flip the top piece of fabric back down and use your left index finger on top of the fabric to hold the elastic in place.
- Sew down the short side over the elastic. Secure it by reverse stitching back over it and then stitch forward going toward the next corner. When you're about halfway to the corner, stop with the needle in the down position.
- Lift the top piece of fabric, grab the free end of the elastic making sure it doesn't twist, and sandwich it again about 1/2" from the bottom corner. Flip the top piece of fabric down and use your finger to hold the elastic in place as you continue sewing back and forth over the elastic. Proceed towards the corner and stop with the needle down when you're 1/4" from the corner.



- Turn the fabric so you're on the long edge now, and sew straight across until you're 1/4" away from the next corner. Turn your fabric and repeat the steps to secure the second piece of elastic on that side placing it 1/2" from the top and from the bottom. When you get to the bottom corner, turn your fabric and stitch towards the end, stopping and securing your stitches when you are about 2" away from your starting point, leaving an opening to turn your mask right side out.
- Before turning your mask right side out, trim each of the four corners to reduce their bulk, being careful not to cut too close to your stitches.
- Turn your mask right side out, use your fingers to help push out the corners and gently pull on the elastic bands to help flatten the fabric. Take the mask to your ironing board and use your iron to press the seams on all four sides and flatten them nicely. Gently pull apart the corners on the bottom edge and smooth your fingers inside the opening so the bottom edge lays straight and even. Gently press the edge with your iron to "set" it.
- It's time for your three pleats... Starting an inch from the bottom on both sides, use your index fingers and thumbs to "pinch" the fabric, fold it downward, and make a small pleat that runs across the width of the mask. You can use one of two methods as you get ready to press the pleats with your iron. You can use the fingers of your left hand to hold the pleat in place while you gently press it with the iron in your right hand, or you can use small wonder clips to hold your pleats and press it with your iron. After your first pleat is pressed, go up another inch and repeat the process. Then go up another inch and repeat, so you end up with three pressed pleats. The depth of each pleat is between 1/8"-1/4".
- Your mask should look like an accordion now and you're ready for the last quick steps! Take the mask back to your sewing machine and stitch all the way around the perimeter of the mask with a seam allowance slightly SMALLER than 1/4" so that the opening you've left will be securely stitched closed. Take your time and hold your pleats down as you stitch over them so they don't fold back or rumple.
- On each short side, stitch down over the pleats once again, right on top of the previous top stitching. This will add to the stability as these masks will be laundered several times by the healthcare workers using them.
- You're almost done! The last step is making sure ALL thread tails are trimmed close to the fabric on both sides of the mask. Give your mask a final press with steam to set the pleats and your mask is complete.



If you have any questions, please feel free to contact: Lori Naseef/provideInc at Lori@provideInc.org or Kappy Graney/Material Girls at kappy.graney@gmail.com.

