How to Sew a Face Mask
A tutorial on how to make your own fabric face mask from common household materials.

**Tools**
- Needle and thread (or a sewing machine, if you have one)
- Scissors
- Pins or clips to hold fabrics in place before tying and paper clips will also work in a pinch

**Materials**
- About 20 (20" x 20"") pieces of 100% cotton fabric, such as a t-shirt or other
- A strip of cotton fabric for ties, about 1" (2.5 cm) wide
- Off the line (LRT) sewing elastic is 7" long

**Step 1: Prepare Your Materials**
Choose your fabric, match it in the seam weight, and place it in a flat surface. Adjust your thread to the correct tension. Mark the fabric in the correct line, according to the Standard American Sewing Machine (SAMS) guide. Fold the fabric in half, with the wrong side facing out, and mark the exact location where the mask should be.

**Step 2: Adding the Ties**
Cut the pieces of material, about 10" long and 1.5" wide. Note the sewing pattern on the right hand side of the page. Fold each (one) piece of fabric (two) neighborhoods, then sew them to both the mouth or the mask. Sew a straight stitch or zigzag stitch to secure the tie. This will prevent the fabric from being pulled apart by the ties. When finished, cut the edges at an angle.

**Step 3: Putting It Together**
Take the right sides of fabric and line it up with the left side of fabric (right side of the fabric should be facing facing each other, making the fabric face in the right or left direction). Secure the fabric with a small stitch. Tie the ties together, then tie the masks together with pins.

**Step 4: Start Stitching**
Start sewing on the perimeter of the fabric, where the contours of the fabric meet. Secure the fabric with a straight stitch, then trim the excess. Secure the fabric with a small stitch. Tie the ties together, then tie the masks together with pins.

**Step 5: Stitch Around**
Stitch around the perimeter of the fabric layers, repeating the forward and backward motion of each stroke to secure all the layers on one side of the fabric. Push to stitch all the way through the starting point, but stop to allow for a 1/4" gap.

**Step 6: Turn Out**
Turn your project right side out from the little 1/4" gap. Your fabric ties will not slip out, but they will.

**Step 7: Finishing Up**
With your hands held in place by your pins, stitch around the perimeter of the mask, about 1/8" away from the edges of the fabric. This will allow you to trim the excess. Pull out the excess end of the tie, then tie the knot. Tie the end of the tie to the knot, and trim the excess. Double stitch the fabric to secure your mask in place.