

Please be advised, these masks do NOT guarantee against contraction or spread of the coronavirus, COVID-19, influenza or other viruses. For the best protection for creators and users of these masks, they must be used along with all other practices recommended by the [Centers for Disease Control](#) and the [World Health Organization](#). KC Helps, The Sewing Labs, and the Million Mask Challenge / Greater Kansas City & Missouri and their affiliates make no claims as to the efficacy of these masks which have been developed as **mask of last resort**.

## Personal Face Mask

### Materials Needed – Prewashed all fabric before beginning

- 2 – 9" x 6" pieces of quality cotton for mask body (for children 7" x 5")
  - Optional – add 3<sup>rd</sup> inside layer if using lightweight interfacing
  - these do not have to be the same fabric for both as 1 is for outside and 1 for inside
- 2 - 7" piece of elastic - use either elastic cord or 1/8" flat elastic for ear straps (for children 4")
- Optional ties: 2 – 1 1/2" x 36" strips per mask - additional instructions are provided on next page for ties optional



### Construction

1. If using interfacing as inter-liner – apply interfacing to lining fabric first. Place 2 pieces of cotton right sides together (RST) matching all 4 sides. Pin.
2. Mark a 2" opening in center of bottom 9" long side. This will be left open for turning.
3. Starting along bottom long side at one end of opening, start stitching around perimeter of the mask body, using a 1/4" seam allowance.
4. Stop 1" from corner and insert 1 end of 1 piece of elastic. Elastic tip should be in the corner of the mask body.
5. Finish stitching to the corner, catching the elastic in your stitch line. Reinforce elastic by sewing back and forth over elastic a couple times. With needle down pivot at the corner and continue to next corner.
6. Stop 1" from second corner and insert other end of elastic that you have secured to first corner. Catch elastic with same method being sure to reinforce stitch.
7. Continue around perimeter to remaining 2 corners and use the same process to attach the second piece of elastic to opposite end of mask body.
8. After stitching around last corner continue to marked opening & stop stitching. Be sure to lock stitch.
9. Turn mask Right side out through opening. Extend all corners – pulling on the elastic will help with process. Press mask flat.
10. Create 2- 3 tucks on sides of mask right and left. Make tuck even from side to side and with tucks facing toward bottom of mask. 3 tucks will fit closer to your ears. Pin into place. Press.
11. Stitch around all 4 sides of mask catching tucks and stitching close opening across the bottom.
12. **Wash all masks when completed**
13. This mask is of generic size for adults – you can adjust the length of elastic by making it a shorter length or tying a knot in it.



Step #4 & #5



Step # 7 & 8



Step # 9



Step # 10



Step # 11

## Ties Option

If elastic is not available – consider using tie binding to make the ties for your masks. Ties can be self made or you can purchase pre-packaged binding – extra wide double fold bias is the best size (quilt binding is too wide and regular binding is too narrow)

### Cutting & Preparing ties

- A. For 2 ties you need 2 strips measuring 1 ½” wide x 36” long – this does not have to be cut on bias
- B. Fold ties in half lengthwise with wrong side together. Press.
- C. Open our first fold and now fold sides to middle using the first pressing as a guide. Press and set aside.

### Mask Construction

1. If using interfacing as inter-liner (recommended) – apply interfacing to lining fabric first. Place 2 pieces of cotton right sides together (RST) matching all 4 sides. Pin.
2. Stitch Top and Bottom of mask using a ¼” seam allowance. Leave short ends open.
3. Turn mask Right side out and press flat.
4. Create 2-3 tucks on sides of mask right and left. Make tuck even from side to side and with tucks facing toward bottom of mask. 3 tucks will fit closer to your ears. Baste stitch into place. Press.
5. Using 1 length of prepared tie (36” long) fold in half to find center – approximately 18” from either end.
6. On mask body side find the center & mark.
7. Match the side center of mask body with the center of the tie. Pin together while wrapping the tie around the edge of the mask body. This will encapsulate the raw edges of mask. See photo. Pin to secure. Continue to pin entire side of body in same way and then continue to pin tie’s folded edge together along entire tie. Repeat for second tie.
8. Start stitching tie from one end with an edge stitch along the folded edge. Continue to stitch catching mask in the center section of the tie and then continuing to the other end of same tie. You should have stitched the entire 36” length of the tie, encapsulating the mask raw edge as you go. Repeat for second tie. Press well.
9. If wanted tie ends of ties into a knot. You are done!! **Wash all masks when completed**

Ties – steps A,B,C



Step #5,6,7

Mask Step #2 & #3



Step #8

Step # 4



Done!!



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