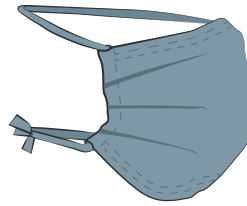


## FACE MASK INSTRUCTIONS



### what you need:

1. **20" by 10"** of 100% cotton fabric or cotton-blend, high thread count (anti-microbial pillowcases or bed sheets will also work)
2. **55" by 3/4" wide** piece of fabric for ties, avoid elastic it does not wash well.
3. **Needle and thread** or a sewing machine if you have one
4. **Scissors**
5. **Safety pins** or clips to hold fabrics in place (bobby pins, paper clips will also work)

**step 1:** Pre-shrink your fabric by washing it and then iron is flat to prepare for the next step.

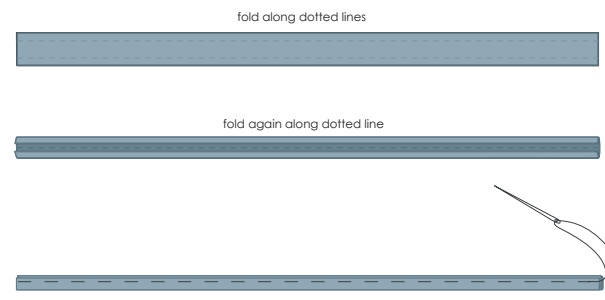
**step 2:** You want to measure a 18 inches by 8 inches rectangle, you can use a marker or chalk to mark guides where you need to. Cut along these guides.



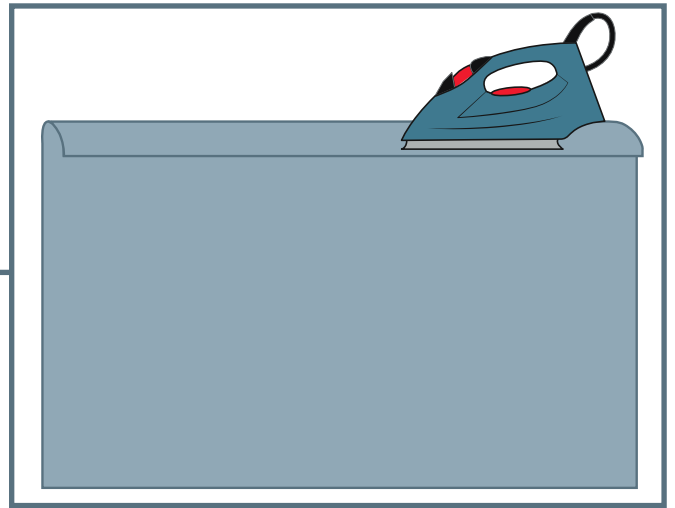
**step 3:** Now onto the straps...

Fold the fabric twice lengthwise, then once more to tuck the rough edges inside. Sew a straight line along the middle.

Pro-tip: An easy no sew way if you are using a flat sheet is to snip the edge of one of the hems, then tear all the way down and now you have a one long tie piece.



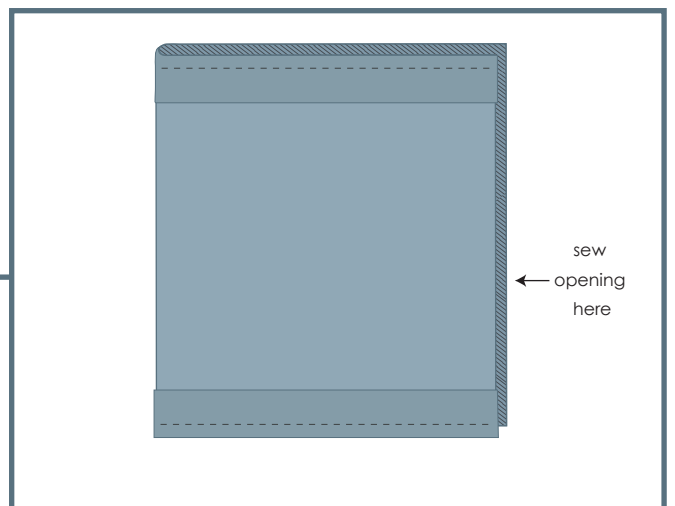
**step 4:** Now take the rectangular piece and fold top and bottom (the longest sides) about 1/2" over, using the iron to press the top and bottom fold will make the next part easier.



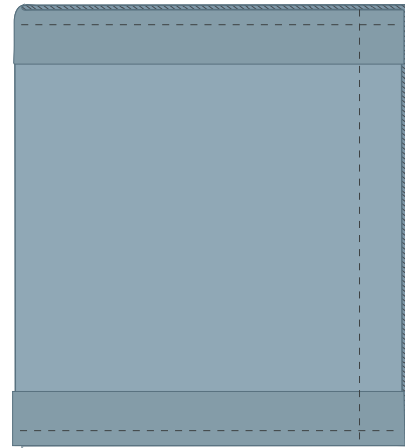
**step 5:** Now sew a stitch about 1/4" from folded edge on top and bottom lengthwise hem.



**step 6:** Fold the piece in half and stitch the open side 1/2" from edge.

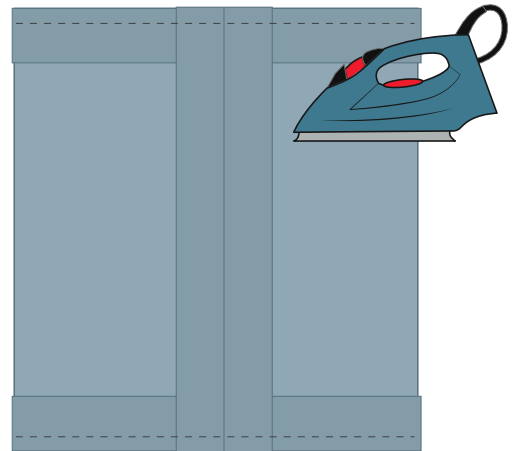


**step 7:** Take this piece and center the new seam you just created.

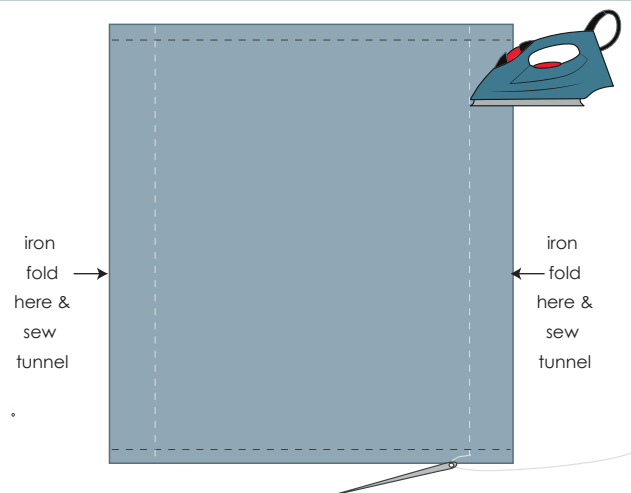


**step 8:** Open both sides of the seam you just created and lay them flat to be pressed with your iron.

This will help to make the mask less bulky. Take this piece and now turn it inside out.



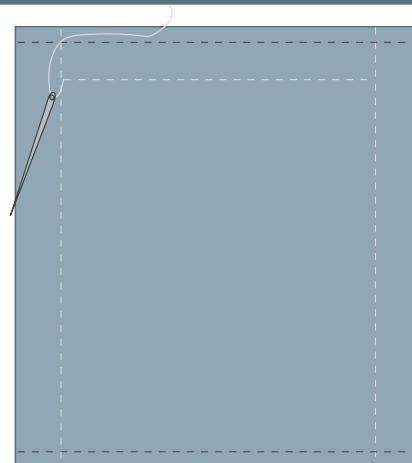
**step 9:** Now time to create the tunnels. If you made the tie from step 1, then sew the tunnels around 1/2" or a little more wide. If you are using other material or a shoelace just make sure to add about 1/4" extra space to fit the material through the tunnels.



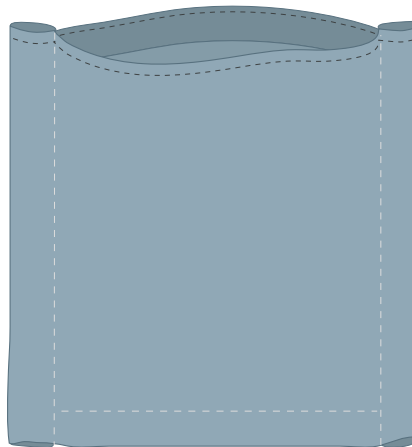
**step 10:** Time to sew one additional side, top or bottom.

Pro-Tip: Experienced sewers can make this additional stitchline when they are making the tunnels by reverse sewing back and then rotating the mask piece.

If you are using needle and thread just make this stitchline after you sewed the tunnels.

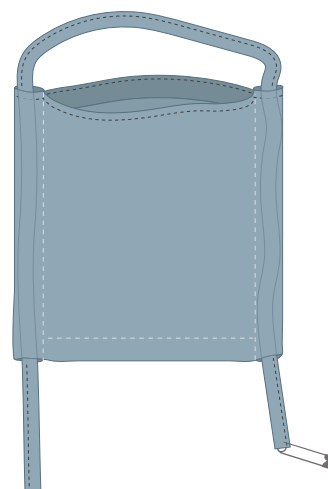


**step 11:** Now you've created the tunnel for which we will loop the tie through, as well as a pocket should you want to insert a coffee filter, vacuum bag fabric, etc.



**FINAL STEP:** Time to feed your tie through the tunnels. All you need to do is attach a safety pin to one end use it to feed the tie using your fingers to guide it through and you are done!

Optional step: Add a coffee filter, air filter, etc., whatever you like in the pocket and sew the opening closed.



NOW YOU HAVE COMPLETED YOUR MASK! CONGRATS!