

# How to Sew a Medical Mask

## Supplies needed:

2 pieces contrasting 100% cotton fabric 9" x 7"  
1 piece 3 1/2" long pipe cleaner  
2 pieces of 1/4" wide elastic x 7" long

## Step 1: Bottom Edge Hem (This [VIDEO](#) shoes how)

Turn under 1/4" toward the WRONG SIDE OF THE FABRIC (see picture to the right) on one edge on the 9" side of the fabric. Zig-zag using your biggest zig-zag. This is creating a hem for the bottom edge of the mask.



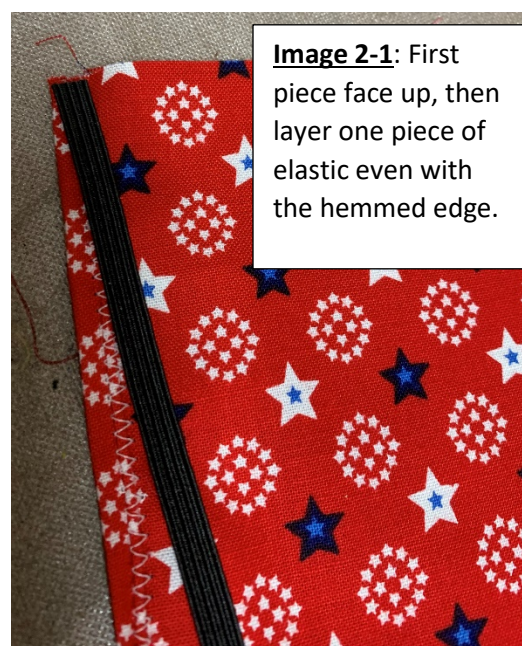
**\*\* Please Note:**

If you are sewing multiple masks, it would be more time effective to do this step on all of your pieces of fabric at the same time. As you can see from the picture below, you can

butt the next fabric right up to the edge of the one you're finishing up on and just sew a whole string of the fabrics together without even stopping. Then you would just snip one little thread between each of the fabrics.

## Step 2 Side and Top Seams (This [VIDEO](#) shows how)

2-1 Layer one piece of the mask, RIGHT SIDE UP, then place one piece of the elastic even with the hemmed edge





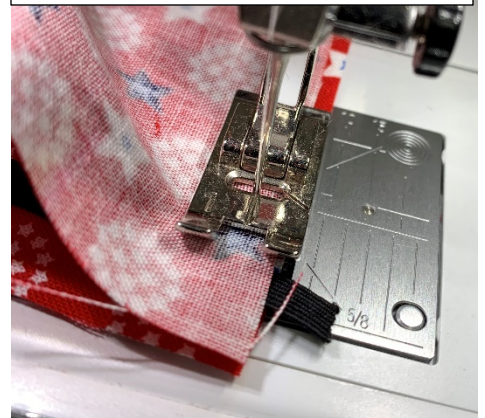
2-2 Finally, place the last piece with the **WRONG SIDE UP**, but matching the hemmed edges. (You are essentially “sandwiching” the elastic between the two pieces of fabric. Even up the corners and this is where you will begin to sew. Be sure you backstitch where you start and stop sewing.

Stitch 1/4" seam toward the top corner of the mask.

**Image 2-3:** I’ve left the edge of the elastic (Small black piece) out so you can see it, but you’ll pull it to be even with the edge of the fabric and continue sewing to where you’ll pivot to continue sewing across the top of the mask.

2-3 When you are about 3/4" away from the corner, slip the other end of the elastic in so it is even with the edges of the fabric and will be stitched in the side seam.

2-4 Pivot at the corner and stitch along the top edge of the mask.



**Image 2-5:** Place second piece of elastic (Thin black strip) at the top corner lifting the top piece of fabric so it is “sandwiched” again between the two fabric pieces.



2-5 Before pivoting to sew the final edge, put the second piece of elastic between the two layers (**INSIDE OF THE MASK**) so that the edge of the elastic is even with the raw edges of the fabric.



2-6 Sew the last edge, but before you get to the very bottom hemmed edge, slip the second end of the elastic in so it will be attached at the very bottom of the mask.



2-7 Miter the corners to reduce the bulk, being careful not to cut too close to the stitching or it will create a hole.

**Step 3 Inserting the Pipe Cleaner** (This [VIDEO](#) shows how)

3-1 If you fold the mask in half and make a tiny snip just in the seam allowance right at the half-way point, it will help you center the pipe cleaner. Bend about 1/4" of the ends of the pipe cleaner to prevent the sharp end of it being able to poke through the fabric.







3-2 Center the pipe cleaner between the seams.

3-3 You can hold the pipe cleaner in place, while turning the mask right side out.



Once it's turned right side out, you will be stitching around the ends and along the length of it, just to secure it in place. This will enable the person wearing the mask to form it against their nose.

**Step 4 Creating the Pleats**(This [VIDEO](#) shows how)

4-1 You will need to create three 1/2" pleats in the mask. To do this, fold the fabric down 1/2" pulling the bottom fabric up behind it. Repeat with the fabric right below the pleat you just did, and then one last time.







4-2 The finished sides of the mask should be between 3" - 3 1/2" wide after the pleats are in place.



4-3 Pin pleats in place, and then topstitch 1/4" away from the edge. I found if I put the pins with the heads pointing to the middle on the left side, and just opposite on the right I could stitch down the pleats without them shifting on me, but I put the pins far enough away that I didn't have to worry about taking them out until I was done stitching the edge.



The finished product should resemble something similar to this.

