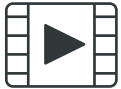
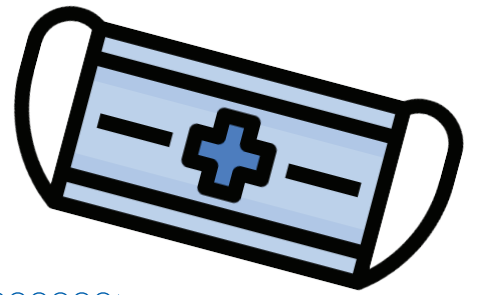


How to make a facemask



Watch the video tutorial at [SEHealthFoundation.org](https://www.sehealthfoundation.org)

- 1 Cut one piece of fabric 9 ½ X 17 inches for the mask piece.
- 2 Cut two fabric strips 1 ½ inches X 7 inches for the side bindings.
- 3 Serge or zig-zag the 9 ½ inch sides of the mask piece.
- 4 Fold the mask piece, right sides together with serged edges together.
- 5 With a ½ inch seam allowance from the serged edge, sew 2 ½ inches in from each side, leaving a 4 inch gap in the center. This gap allows a disposable filter to be inserted later.
- 6 Press open the seam.
- 7 Top stitch about ¼ inch on each side of the seam.
- 8 Flip right-side out, flatten the tube, orient the seam 1 inch from the top, and press.
- 9 Top stitch all 4 sides ⅛ inch from the edges.
- 10 Place seam side down, with seam oriented to top, make 3 pleats all in the same direction. (Make 6 marks on each side starting at bottom at 1 ½ inches, 2 ½, 3 ½, 4 ½, 5 ½ and 6 ½ inches).
- 11 Pinch at 1st mark and bring to 2nd mark and pin. Continue by bringing 3rd mark to 4th mark, and 5th to 6th, pinning each. You should have 3 pleats going in the same direction and a total width of mask of 3/12 to 4 inches. This part gets easier after you've done a few. "Squish" a little to make it 3 ½ to 4 inches if you have too.
- 12 Top stitch over the edges of pleats at ¼ inch from edge.
- 13 Fold the side bindings in half lengthwise and press.
- 14 Open and press raw edges to the center fold.
- 15 Fold lengthwise again and press.
- 16 Open the binding strip and cut 1 inch longer than the pleated edge of the mask.
- 17 Center the binding strip on the back of the mask's pleated edge. Pin if necessary. (The back of the mask has the slit for the filter.)
- 18 Wrap extra ½ inch of binding around to the front of the mask and pin.
- 19 Sew on binding ¼ inch from edge of mask.
- 20 Open binding and wrap to the front side of the mask. Fold the binding edge under ¼ inch and align to cover the previous stitching. Top stitch close to the edge, forming a "tube" for the elastic.
- 21 Repeat 16-20 for other side.
- 22 Cut 2 pieces of thin elastic to 9 ½ inches.
- 23 Pierce the end of the elastic with a small safety pin and thread the elastic through the tube.
- 24 Tie ends of elastic with a simple overhand knot to create a loop. Tighten knot.
- 25 Repeat 23-24 for other side.
- 26 Congratulations! You made it!