

How to Make a Face Mask

Materials

Front: 100% unused cotton fabric – no metallic fabrics

Back: 100% unused cotton or cotton flannel

Attachment: 1/8", 1/4", or 3/8" **flat** elastic (white is preferred, black is OK)

OR

Four 15" x 1/4" inch bias-tape style ties (no raw edges, white/light preferred, black/dark OK)

Please use a tightly woven cotton fabric for the outer layer. Quilting fabric is excellent. A softer cotton such as flannel can be used for the inner layer if desired, but quilting fabric is also an acceptable inner layer. Please avoid synthetic materials as they do not breathe as well.

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A video and instructions for making the masks can be found at <https://www.youtube.com/watch?v=9tBg0Os5FWQ&feature=youtu.be>

*(Note: The instructions list three sizes: Small, Medium, and Large. We would recommend making Small- and Medium-sized masks primarily. If possible, making **a few** Large masks would be helpful as well. See instructions for cutting sizes.)*

- 1) Cut two rectangles of fabric, one for the inside, one for the outside.
 - a. Small: 7.5 x 5 inches
 - b. Medium: 9 x 6 inches
 - c. Large: 10 x 7 inches
- 2) Cut elastic or ties. All ties can be 1/4" x 15". You will need 4 for each mask (one for each corner). Elastic should be cut as follows. You will need 2 pieces for each mask.
 - a. Small: 6.5 inches
 - b. Medium: 7 inches
 - c. Large: 7.5 inches
- 3) Put right sides of cotton mask fabric together.
- 4) Starting at the center of bottom (long) edge, sew to the first corner, stop. Sew a piece of elastic or a fabric tie into the corner. A few stitches forward and back will hold this.
- 5) Sew to the next corner, stop, and bring the other end of that same elastic to the corner and sew a few stitches forward and back. If you are using fabric ties, add a new tie.
- 6) Now sew across that top of the mask to the next corner. Again put a 7" length of elastic in the corner (or a new tie)
- 7) Sew to the next corner and sew in the other end of the same elastic (or a new tie).
- 8) Sew across the bottom leaving about 1.5" to 2" open. Stop, cut the thread.
- 9) Turn mask right-side out.
- 10) Pin 3 tucks on each side of the mask. Make sure the tucks are in the same direction. There must be 3 tucks to ensure a tight fit on the face.
- 11) Sew around the edge of the mask twice.
- 12) When you have finished your masks, please use a Sharpie marker to mark a 1" tall S, M, or L on the **lower left corner of the inside** of each mask to indicate the size. This will help individuals select the correct size. If you do not have a Sharpie, please somehow designate size for the masks before you drop them off.

Addison County Donations: Please drop off in the blue bin on the front porch of the RSVP office located at 79 Court Street.

Rutland County Donations: Please contact Maryesa at maryesarsvp@gmail.com for donation instructions.