Homemade Cloth Face Masks
Assembly Guide and Patterns

Fabric

This mask has two layers—the inner layer touching the face and the outer layer. The two layers can be made of the same fabric or different fabrics. Use 100% cotton or a cotton blend for the best filtration and breathability.

It takes two pieces of fabric about 14.5 in. x 7.5 in. (36 cm. x 18 cm.) to make one adult mask (see Figure 1).

There are three sizes: Large, Medium, and Small. Patterns are available at the end of these instructions.
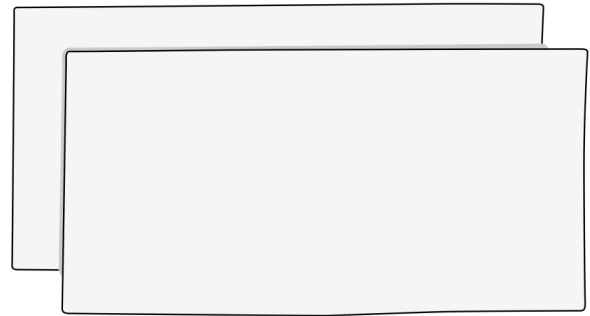
Figure 1

Ear Loop Material

Each mask needs two strips for ear loops. Ear loop material should be less than ½ inch (1.25 cm) wide. Some options are elastic, elastic cord, string, ribbon, bias tape, or even shoelaces.

If using elastic, each piece should be 12 inches (35.5 cm.) long. For other materials each piece should be 15 inches (38 cm) long (see Figure 2).
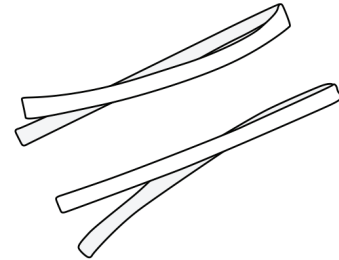
Figure 2

Sewing Equipment

- Sewing machine
- Scissors or rotary cutter
- Thread
- Straight pins
- Safety pins

Work Area

Before you start sewing, ensure you are symptom free. Wash and sanitize your hands and your work area thoroughly with a disinfectant (it must indicate that it kills viruses) per the instructions on the label. Ensure there are no potential contaminants (e.g., pet hair, food, etc.) in the work area.
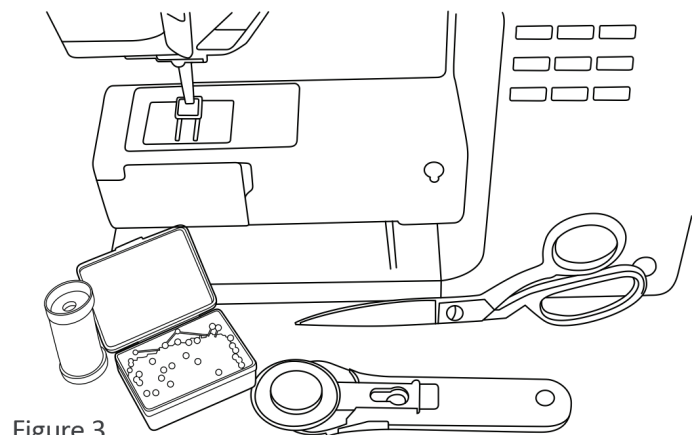
Figure 3

MASK UP FOR ME
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Step 1
Cut out the two main mask pieces.

- Fold the fabric in half. On the folded edge of the fabric, place the pattern edge marked "place on fold" (see Figure 4).

- Pin the pattern on the fold of the fabric and cut it out.
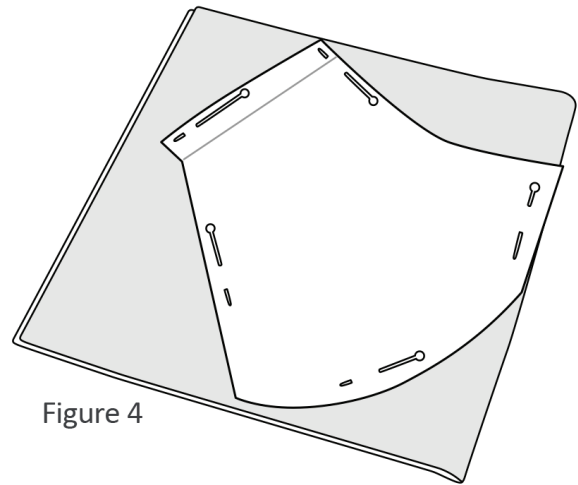
- Repeat step 1 to cut the second piece.

Figure 4

Step 2
Make the chin part of the mask.

- Open one of the cutout mask pieces. Fold it in half on the fold line, with the right sides inside.

- Sew along the chin seam, stitching 1/4 in (0.7 cm) from the edge (see Figure 5).

- If desired, press the seam to the side to help it lay flat.

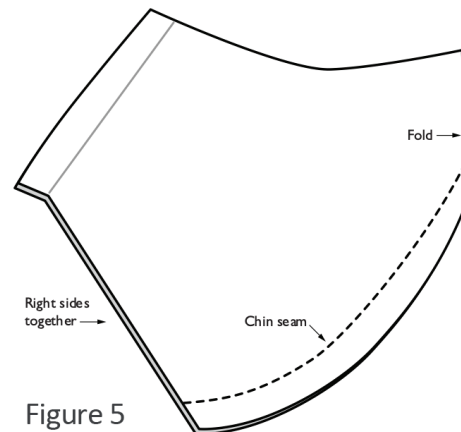- Fold and sew the second mask piece in the same way.

Fold

Right sides together

Chin seam

Figure 5

Step 3
Join the inner and outer layers together.

- Lay the two mask pieces on top of each other, with right sides of the fabric together (see Figure 6).

- Sew the two layers together across the top of the mask, using a 1/4 in (0.7 cm) seam.

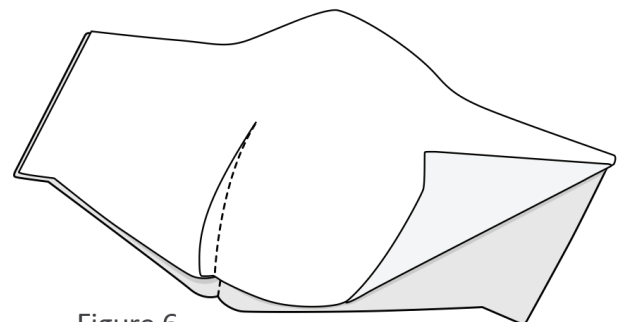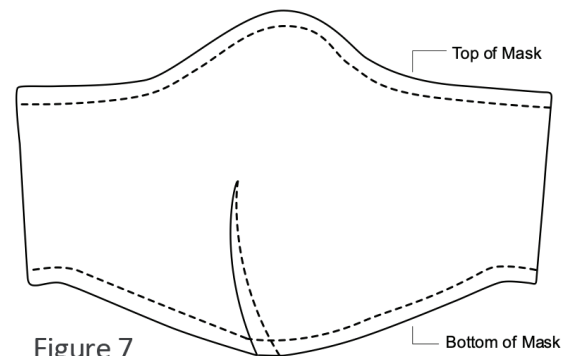- Sew the two layers together across the bottom of the mask.

Figure 6

Top of Mask

Bottom of Mask

Figure 7

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Step 4
Turn the mask right-side out.

• Press with an iron.

Step 5
Topstitch along the top and bottom edges.

• Keep your stitching close to the edges.

• Do not stitch across the sides of the mask.

Step 6
Make the casing (a hollow channel) for the ear loop to go through.

On each side:

• Fold the raw side edges toward the inside of the mask about ¼ in (0.7 cm) (See Figure 10).

• Then fold over again, about 5/8 in (1.5 cm).

• Pin in place and stitch as shown in Figure 11.

Step 7
Thread the ear loop through the casing along the sides of the mask.

Use a large-eye plastic needle or attach the end of the elastic to a small safety pin. Push the elastic through the casing on both sides of the mask (see Figure 12).

Step 8
Make loops the right size.

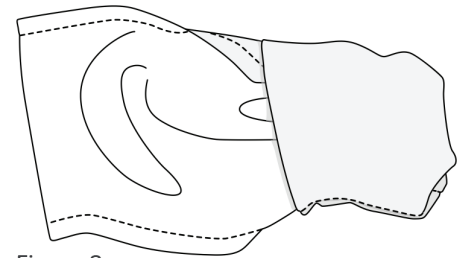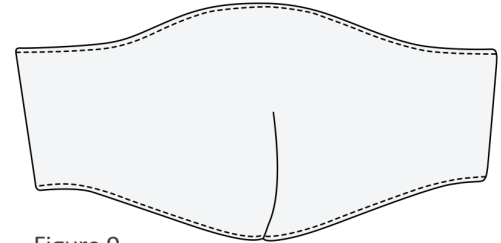Tie the loop ends loosely. The wearer can adjust the length by tying a knot (see Figure 13).
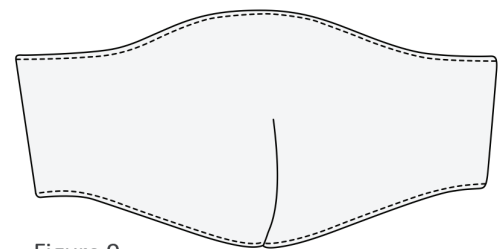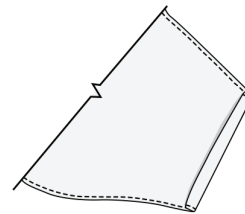
Figure 8

Figure 9

Figure 9

Stitching Line

Figure 10

Figure 11

Figure 12

Figure 13

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Large Face Mask

Sew with 1/4 in (6 mm) seam allowance.

1/4 in (6 mm) seam allowance

Place on Fold

Large
Cut 2

1/4 in (6 mm) seam allowance

Fabric and Notions Needed.

Fabric Quantity: 14.5 in x 7.5 in (36 cm x 18 cm).

The best fabric is cotton T-shirts, pillow cases, or other cotton material.

Notions: Elastic, elastic cord, string, or ribbon [Loop material must be less than 1/2 in (1.25 cm) wide.]

When printed, this line should be 2 in (5 cm). Enlarge or reduce as necessary to ensure your pattern is accurate.

2 in or 5 cm

Medium Face Mask

Sew with 1/4 in (6 mm) seam allowance

1/4 in (6 mm) seam allowance

Place on Fold

**Medium
Cut 2**

1/4 in (6 mm) seam allowance

Fabric and Notions Needed.

Fabric Quantity: 14.5 in x 7.5 in
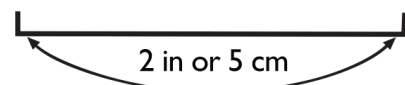(36 cm x 18 cm).

The best fabric is cotton T-shirts, pillow
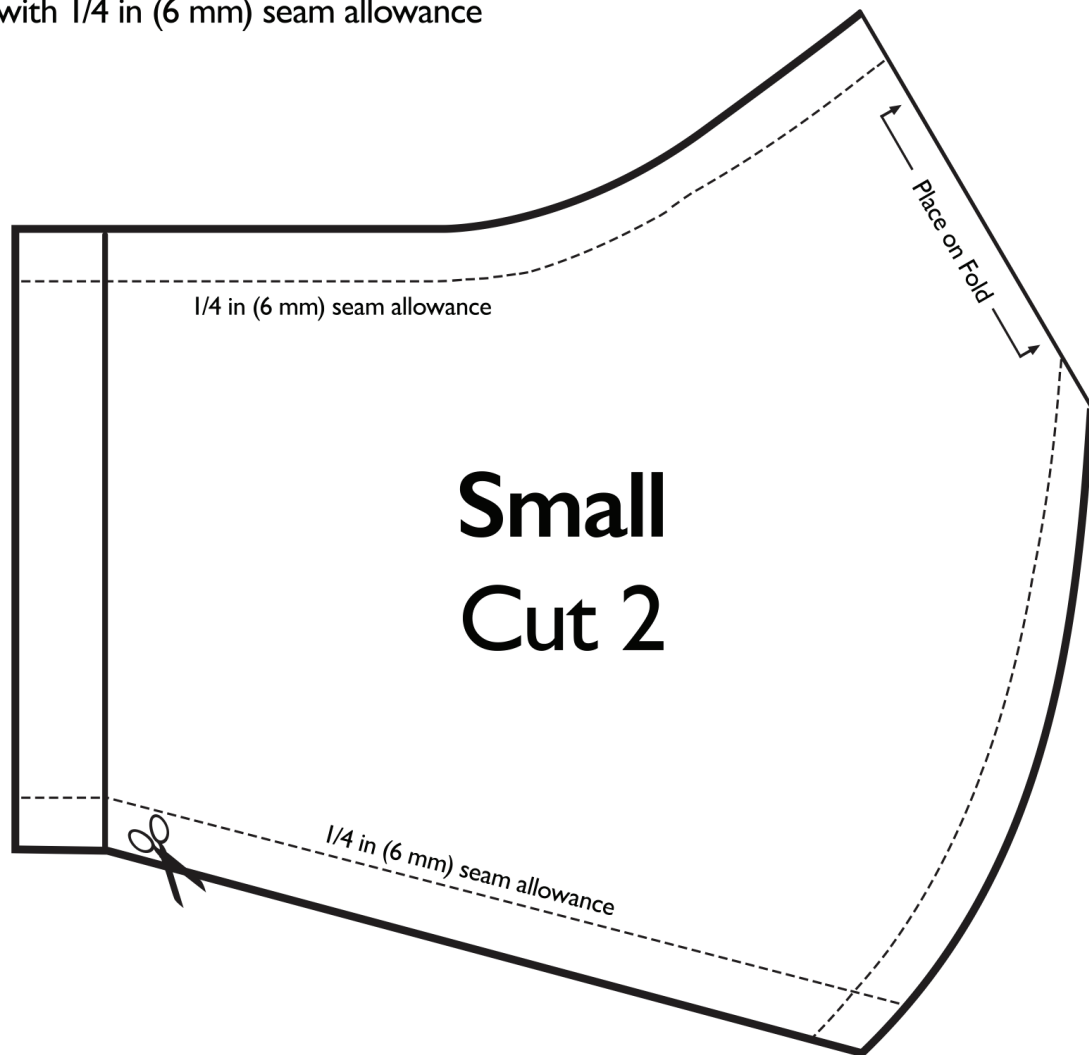cases, or other cotton material.

Notions: Elastic, elastic cord, string, or
ribbon [Loop material must be less than
1/2 in (1.25 cm) wide.!

When printed, this line
should be 2 in (5 cm). Enlarge or
reduce as necessary to ensure
your pattern is accurate.

2 in or 5 cm

Small Face Mask

Sew with 1/4 in (6 mm) seam allowance

1/4 in (6 mm) seam allowance

Place on Fold

Small
Cut 2

1/4 in (6 mm) seam allowance

Fabric and Notions Needed.
Fabric Quantity: 14.5 in x 7.5 in
(36 cm x 18 cm).

The best fabric is cotton T-shirts, pillow cases, or other cotton material.

Notions: Elastic, elastic cord, string, or ribbon [Loop material must be less than 1/2 in (1.25 cm) wide.]

When printed, this line should be 2 in (5 cm). Enlarge or reduce as necessary to ensure your pattern is accurate.

2 in or 5 cm