Mask Pattern

Cut 2 pieces of cotton or cotton blend material 9" by 7" (It has been recommended to have two different patterns – one for the front and one for the back so the individual can tell the front and the back of the masks if they remove it during the day) – if possible also add a barrier like interface material for added protection.

You will also need 2 – 7" pieces of elastic (beading cord elastic will work (or 1/8" flat elastic) - tie a knot at each end (DO NOT knot the ends of the flat)

2. Starting at the center of the bottom edge, sew to the first corner, stop. Sew the elastic with the edge out into the corner. A few stitches forward and back will hold this.

3. Sew to the next corner, stop, and bring the other end of the same elastic to the corner and sew a few stitches forward and back.
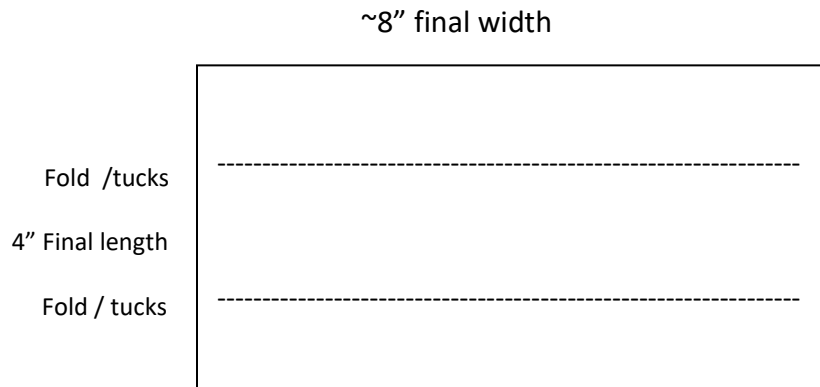
4. Now sew across that top of the mask to the next corner. Again put elastic with the edge out.

5. Sew to the next corner and sew in the other end of the same elastic.

6. Sew across the bottom leaving about 1.5" to 2" open. Stop, cut the thread. Turn inside out.

7. Iron the mask and make two folds/tucks to a final length of 4 inches Make sure the tucks are the same direction

8. Sew around the edge of the mask twice.

~8" final width

Fold /tucks

4" Final length

Fold / tucks

Adding nose guard…

https://www.joann.com/make-to-give-response/
This is a pretty good tutorial in case anyone needs one. I think the first one has the instructions for adding the wire nose guard.

See next page for other links on making masks.

From the CDC on use of homemade masks for HCP (Healthcare Personnel):

In settings where facemasks are not available, HCP might use homemade masks (e.g., bandana, scarf) for care of patients with COVID-19 as a last resort. However, homemade masks are not considered PPE, since their capability to protect HCP is unknown. Caution should be exercised when considering this option. Homemade masks should ideally be used in combination with a face shield that covers the entire front (that extends to the chin or below) and sides of the face.

2006 -- CDC article on homemade face masks with hanes t-shirt material & a picture:
https://wwwnc.cdc.gov/eid/article/12/6/05-1468_article

Lots of information from Lehigh Valley Health:
https://news.lvhn.org/to-sew-or-not-to-sew-you-can-help-supply-face-masks-and-other-ppe-to-lvhn/

Other resources -- materials:
https://smartairfilters.com/en/blog/best-materials-make-diy-face-mask-virus/

Highly popular:
https://www.deaconess.com/How-to-make-a-Face-Mask