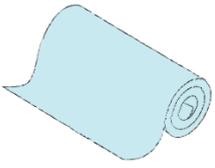


How to sew your own face mask

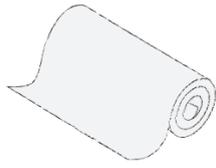
JANET LOEHRKE AND VERONICA BRAVO/USA TODAY

Unable to find masks online or at your local stores? The CDC says that you can make your own masks at home using common household items. These do-it-yourself face coverings are simple to make and can be worn whether or not you are exhibiting symptoms. The CDC recommends wearing a mask in areas where social distancing can be a little more challenging, including supermarkets and pharmacies.

What you will need



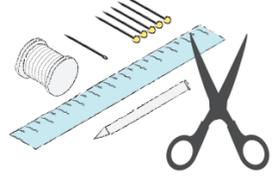
Cotton fabric



Lightweight fusible interfacing
(optional: used to stiffen cotton fabric)

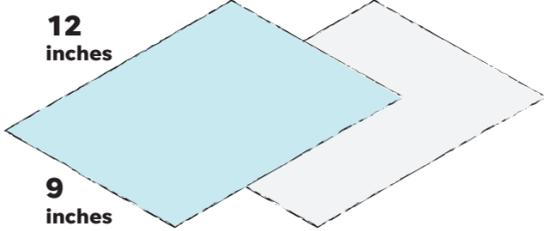


1/4" elastic

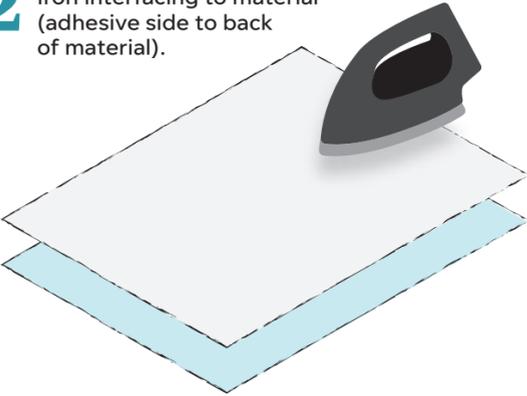


Basic sewing supplies
thread, needle, pins, scissors, ruler
(sewing machine is optional)

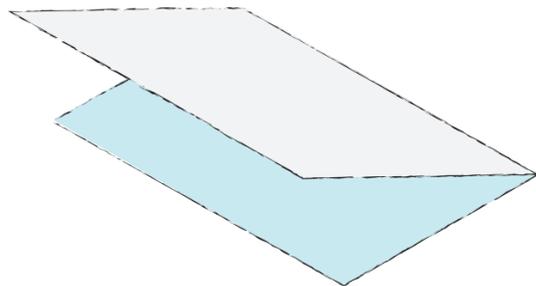
1 Cut cotton fabric and interfacing to 12 inches X 9 inches.



2 Iron interfacing to material (adhesive side to back of material).



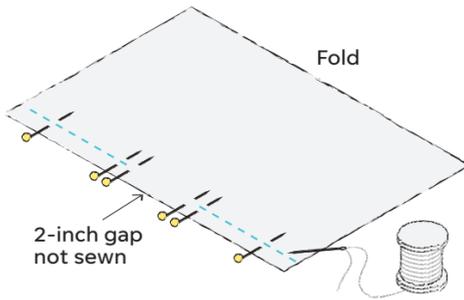
3 Once ironed, fold fabric in half with interfacing on the outside.



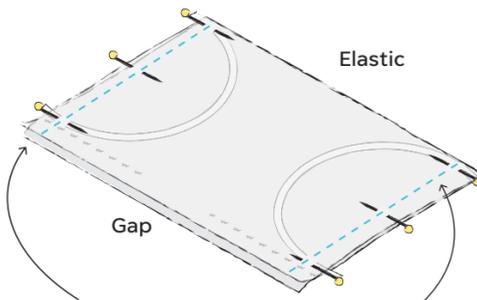
4 Cut two pieces of elastic (each 7 inches)



5 Pin and sew 1/4 inch from edge leaving a 2-inch gap in the center.



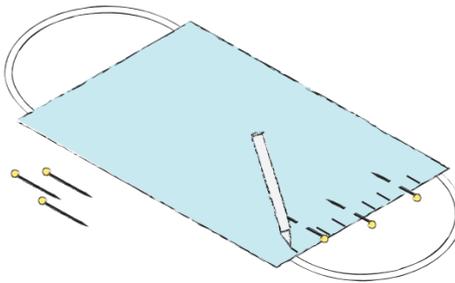
6 Put elastic band on each corner, inside the material and pin to keep in place. Make sure the elastic is not twisted. Pin in center as well.



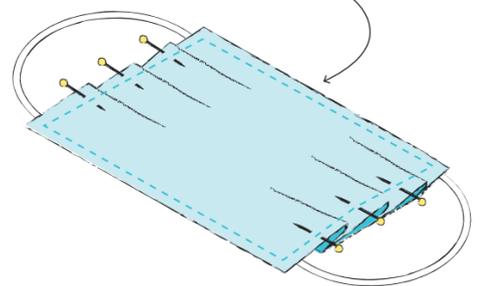
Sew along both edges, making sure to sew extra stitches in the elastic.

Turn the fabric right side out, by pinching material through the 2-inch gap. Iron mask, so seams lay flat.

7 Using the pattern, mark locations of pleat lines and add pins on each side.



8 Fold 3 pleats. Sew around the entire perimeter of the mask. This holds the pleats in place and closes the 2-inch gap.

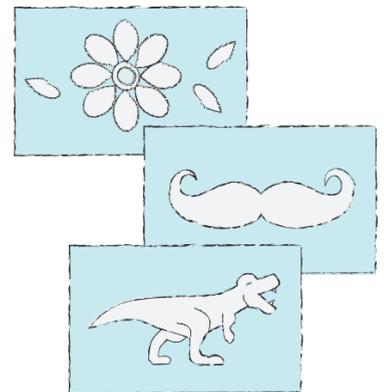


Your mask is complete.



Don't forget to get creative

Use fun, colorful materials for your mask.



Pattern for adult mask

Recommended size for child masks: 8 inches by 5 inches.

