

Tips for Sewing Cloth Face Masks

Here are the recommendations for materials/design of homemade masks, in order to conserve disposable surgical/isolation masks.

A. Mask design

1. Optimal fabric is single ply cotton-blend t-shirt material (newer shirts; not worn or tattered.)
2. Second choice for fabric is quilting cotton.
3. Pre-wash material prior to sewing.
4. Head loop or ear-loop preferred over ties because ties can tangle in laundry.
5. Masks with ties may be sewn if no elastic available.
6. Medium or Large size masks are needed.
7. Use the additional sewing directions included on the pattern PDF.

B. Supplies needed

1. Fabric, about $\frac{1}{2}$ yard per 2-3 masks.
2. Elastic band, approximately $\frac{1}{4}$ -inch wide. You can use elastic hair tie/bands.
 - a. Head loops preferred to obtain tighter fit; if using elastic, make the band about 23 inches long.
 - b. If making ear loops, make two, each about 8 inches long.
 - c. Or use elastic hair tie/bands to these lengths.
 - d. If you have no elastic, ties may be used. Some commercial laundries may not accept ties due to tangling during laundering process.
 - e. Make four ties (2 upper edges, 2 lower edges), and each should be about 16 inches long.
 - f. Or you can make two longer ties with one on each side. This tie should be about 36 inches long, as measured from where it is sewn into the side of the mask. approximately 16" extends from each upper and lower edge of mask.

C. Other supplies needed

1. All-purpose thread
2. Scissors
3. Pins
4. Sharpie pen for marking fabric.

When you have 25 made, contact an Avera Foundation staff in your region, or email Foundation@avera.org to make arrangements to drop off or have masks picked up.