

# Cayuga Health System Guide

## How to Make a Face Mask

### What you will need

- Cotton fabric-double layer, 400 count cotton or 140 count muslin
- Rope elastic, beading cord elastic, **or** 3/4" fabric ties will work (you may also use 1/8" flat elastic)
- OPTIONAL: Medium-weight pellon interfacing

1. Put right sides of cotton fabric together; fabric design should be horizontal.
  - Cut 8"x8" or 9"x6"
2. Starting at the center of the bottom edge, sew to the first corner, stop. Sew the elastic/fabric tie 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/fabric tie 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 an elastic/fabric tie with the edge out.
5. Sew to the next corner and sew in the other end of the same elastic/fabric tie.
6. Sew across the bottom leaving about 1.5" to 2" open. Stop, cut the thread. Turn inside out.
7. Pin 3 tucks on each side of the mask. Make sure the tucks are the same direction.
8. Sew around the edge of the mask twice.

It is so easy to make this. As a special touch, please feel free to include a special message to bless our individuals as they step into the front line to serve the community.