Oneida Health
exceptional care... always

2-PLY Fabric Protective Face Masks Instructions

The following are instructions for assembling this mask:

Materials list:

- A Sewing Machine
- An Iron
- Preshrunk 50/50 polyester cotton blend material (white is preferred, but patterns and colors are acceptable).
    - o   1 yard creates approximately 5 masks
    - o   No red fabrics please – the color may run when laundered
- Elastic cord or 1/8" elastic ribbon
    - o   1 yard creates approximately 2 masks
- Thread
- Small clips or pins could also be helpful for pinning the fabric folds into place

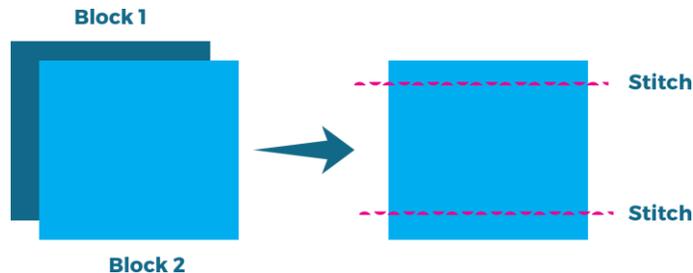## Click here to view 2-Ply Animated Video Instructions
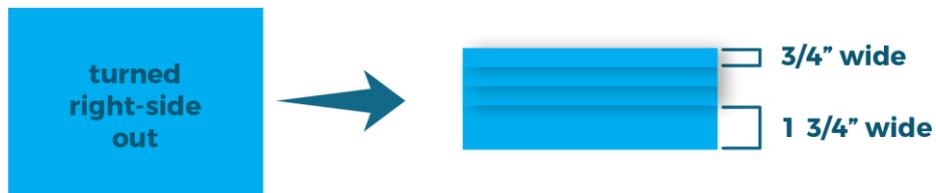
Preparation Instructions (for one mask):

Note:
- All layers will be the same fabric/pattern – the assembly instructions show them in different colors only to aid in understanding.

1. Cut TWO blocks of fabric 9 inches by 10 inches (9"x10") for the body of the mask.
2. Cut TWO pieces of elastic, each 9" long.
3. Use standard 1/4'" seam allowance, unless noted.
4. Finished size will be roughly 7 ½ inches by 4 ½ inches.

Assembly Instructions (for one mask):

1. Set both layers of fabric, right sides together, to make one-double layer of fabric 9"x10". Sew across the top and bottom (the 9" sides) using a ¼" seam. Turn to show the right sides and press.
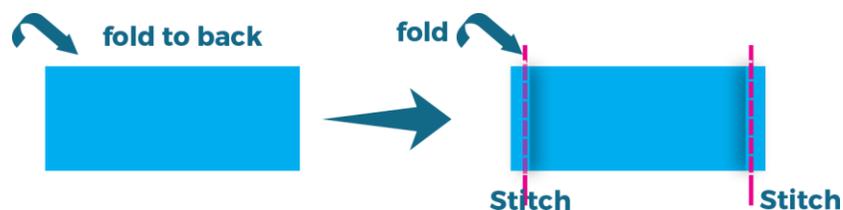

Block 1

Block 2

Stitch

Stitch

2. *Create three pleats in the front of the mask. Each pleat should be about ¾" wide after being folded into final form. Press and pin. The last pleat should be approximately 1 ¾" from the bottom of the mask. TIP: One time saving alteration could be to create two slightly larger pleats – one on the top and one on the bottom. Both should be folded in towards the center (ie. the top pleat down, the bottom pleat up.)*

turned right-side out

3/4" wide

1 3/4" wide

3. Stitch down the side seams on each side.

Stitch   Stitch

4. Fold each side seams over by ¼". Press. Fold again by an additional 1/2" and press. This will create you side channel for the elastic bands. Sew on the inner most edge. TIP: For speedier and easier feeding of the elastic, consider placing it inside the channel prior to stitching.

fold to back   fold

Stitch   Stitch

5. Congratulations! You just helped reduce the spread of illness and kept our healthcare workers and community members safer! THANK YOU!