

Masks for Community Living Cambridge

How to make a Surgical Mask

What you will need:

- 9" x 6" piece of cotton (high density is best but regular is okay)
- 9" x 6" piece of flannel – for softness against the face
- 2 x 7" piece of flat elastic 1/8" width
- Thread

Directions:

- Put right sides of cotton and flannel pieces together
- Start at centre of bottom edge to the first corner, stop. Sew the end of one piece of elastic into the corner making sure that the elastic will be outside of the mask when you turn it right sides out. Make sure also that the elastic is firmly attached by doing a few stitches back and forth over it.
- Continue to sew up the side to attach the other end of the elastic as above
- Sew the top
- At the next corner, once again attach one end of an elastic piece.
- Sew down the other side attaching the other end of the piece of elastic to the last corner.
- Sew across the bottom making sure to leave approx. 1 ½ to 2" open so that you can turn the fabric right side out.
- Now go back and make 3 pin tucks or pleats on each side of the mask
- Sew around the entire mask again.

