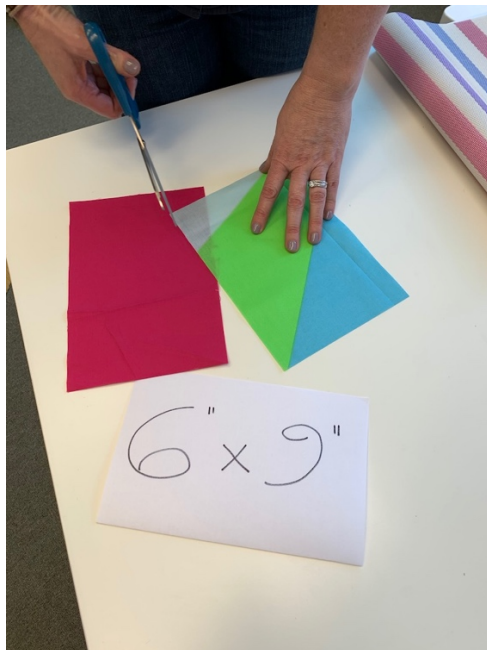# How to make a Face Mask For An Adult

WARNING: the masks that are being created are not sterile and not intended to be respiratory protection. The masks being sewn are to be placed by medical staff over their N95 respirator mask in an effort to extend the useful life of the N95 respirator in a time when there is a severe worldwide shortage. No one should use the instructions you are providing to protect themselves or others from respiratory particles.

What you will need:-

Cotton fabric – pillowcases and sheets are perfect or finely woven cotton fabric. For each mask you will need 2 pieces of fabric 6" x 9".

Elastic* - beading cord elastic will work or you may also us 1/8" flat elastic - Cut the elastic 8" long and tie a knot at each end (a double knot if the elastic is very thin). You will need 2 pieces for each mask.

*If you need to improvise you could add ties (ribbons, string etc), hair ties could be used, wide elastic can be split if it is ribbed (just cut along the ribbing)

How to make a mask:-

1. Place the two pieces of fabric together with right sides facing

Right sides together

2. Starting at the center of the bottom edge, sew to the first corner, stop.
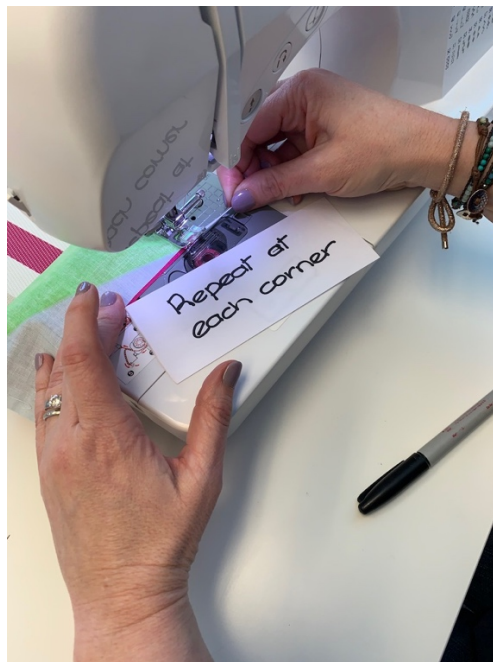

Start sewing here

3. Insert one piece of elastic between the 2 pieces of fabric, making sure the knot is sticking out at the corner. Continue sewing, making sure the needle goes through the elastic.

Insert elastic with knot sticking out

4. Sew to the next corner, stop, and bring the other end of the same elastic to the corner making sure the knot is sticking out. Sew through the elastic.

5. Continue sewing to the next corner. Insert the other piece of elastic with the knot sticking out.
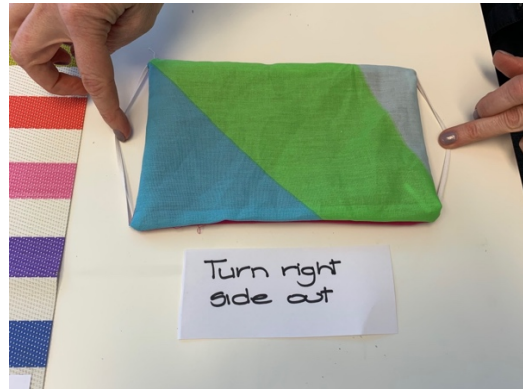

6. Sew to the next corner and sew in the other end of the same elastic.

7. Sew across the bottom leaving about 1.5" to 2" open. Stop, cut the thread.

7. Turn right side out.

8. Pin 3 tucks on each side of the mask. Make sure the tucks are all going in the same direction.

8. Sew around the edge of the mask making sure to stitch the tucks in place and the opening closed. You are finished!