

Quick and Easy Surgical Mask: Machine or Hand-sewn *(with envelope to insert a filtering material)*

Note: *If you don't have a sewing machine, this mask can be hand-sewn however if so, it is helpful to use pre-made ties.*

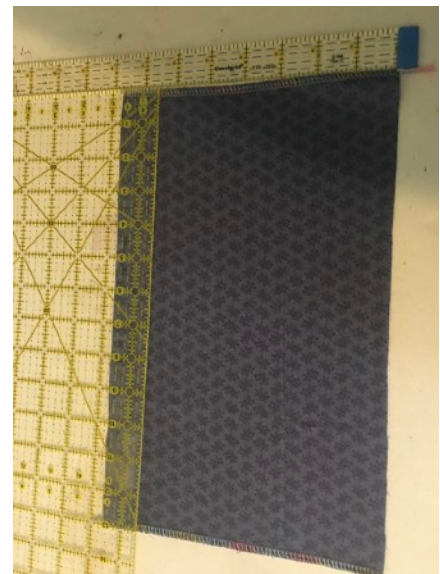


Supplies:

- 1 yd cotton fabric (will make more than one)
 - or
- ½ yd cotton plus twill tape, bias tape, ribbon or shoe laces.
- thread

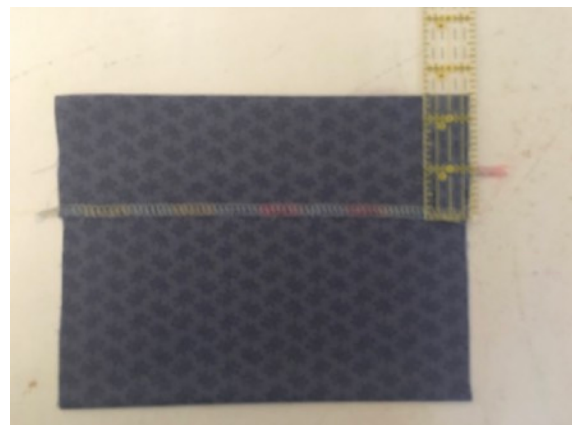
Cutting:

1. Cut one piece 7.5" wide by 13" high
2. If using fabric ties, cut 2 strips 1-¾" wide by 34" long.
3. Alternatively another type of tie can be used such as bias tape, twill tape, shoe laces, ribbon, etc). Cut 2 lengths of 34" each.



Sewing:

1. Serge or zig-zag each of the short edges. If hand-sewing, leave this edge raw or turn under ¼" and stitch in place.
2. Fold bottom upward, 4-½". Press in place.
3. Fold top edge down 2-½". Press.



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4. Form 3 small pleats on each side and pin in place. After pleating, the height of each side should be ~3 inches. The pleats do not need to be identical on each side.



5. Using a zig-zag or by hand, stitch the pleats in place and remove the pins.



6. Make a $\frac{1}{8}$ " pinch at the center top and the center bottom of the mask. Take a few stitches to hold in place. This is so the mask fits tighter over the nose and the chin.

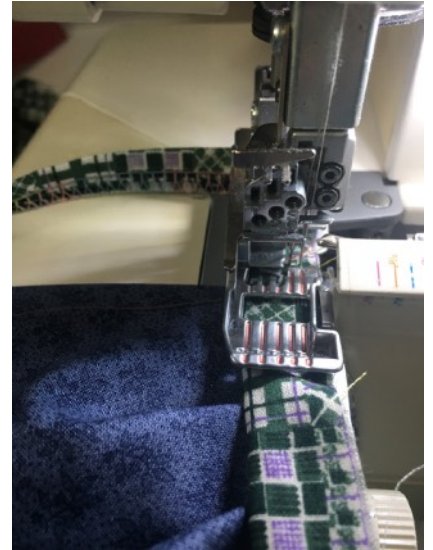


7. Mark the half-way point on each tie.
8. Place the half-way point at the top of the side of the mask (the top part of the tie needs to be slightly longer to fit on the wearer's head).



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9. Serge or zig-zag all the way from the top of the tie, and then over the mask, continuing on to the bottom part of the tie.
10. Repeat on the second side.
11. If hand stitching, this part is simpler in that the tie can just be hand-stitched to the mask, securing the stitches at the top and bottom of each side.



12. When both ties are attached, it will look like this:



13. If machine stitching, fold the tie toward the outside edges and top-stitch with a zig-zag stitch.



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Your mask is now complete and from the front should look similar to this.



From the back the mask will look like this. If desired, you can slip a filtering material into the mask.



If you have questions or additions to the pattern, please contact me at [acbollig\(at\)gmail.com](mailto:acbollig@gmail.com) .