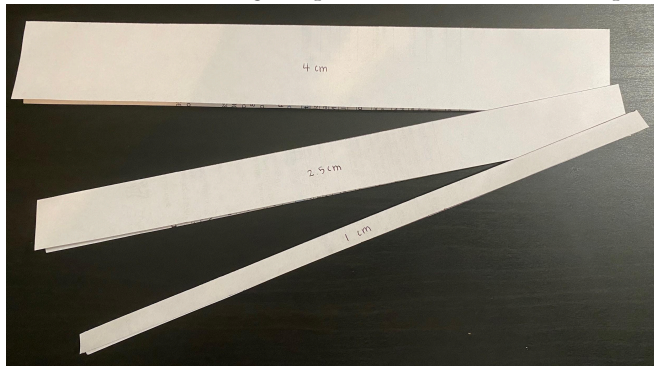


These instructions are for making cloth surgical masks that can be worn by themselves, (or in a medical setting) with a surgical mask insert, or over an N95 to allow for reuse of materials. Be sure to wash the mask between each use!

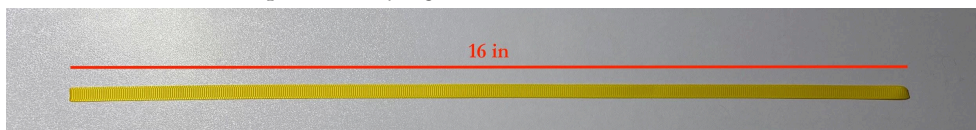
Materials:

- tightly woven cotton
- ribbon
- thread
- pipe cleaners
- 1 cm, 2.5 cm, 4 cm ironing templates (I made these out of printer paper folded in half)

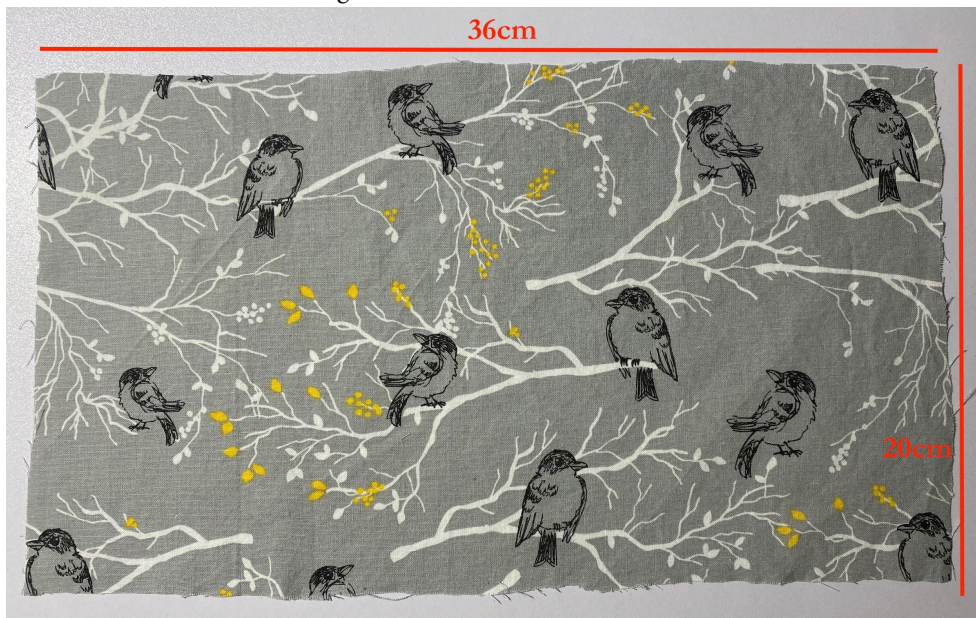


Instructions:

1. Cut ribbon into 16" length ribbons.
 - a. If using grosgrain ribbon or another ribbon that frays, run the ends over the tip of a flame to melt the ends and prevent fraying.



2. Cut fabric into 20 x 36 cm rectangles.



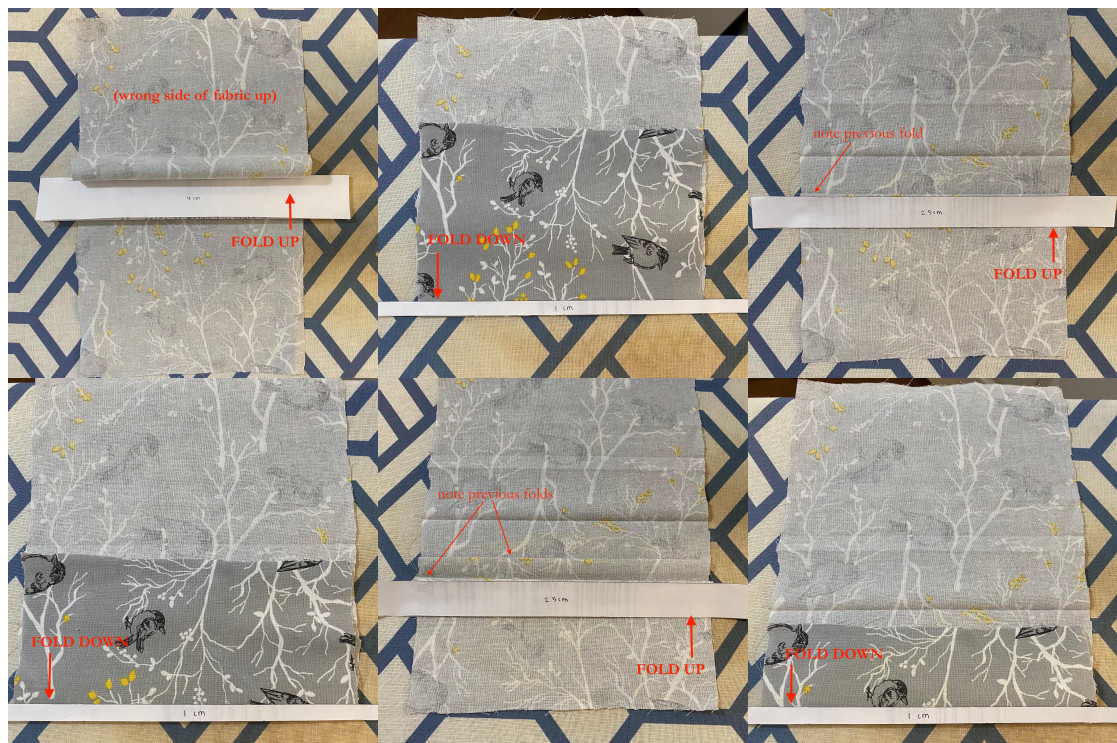
3. Fold/iron and fabric in half lengthwise (becomes 20 x 18cm).



4. Wrong side of fabric facing up. Using templates, fold one side 4 cm up, 1 cm down, 2.5 cm up, 1 cm down, 2.5 cm up (the video tutorial for this is in chinese, but you can watch how she does it)

https://www.youtube.com/watch?v=an5iCrCr_7Q&feature=youtu.be

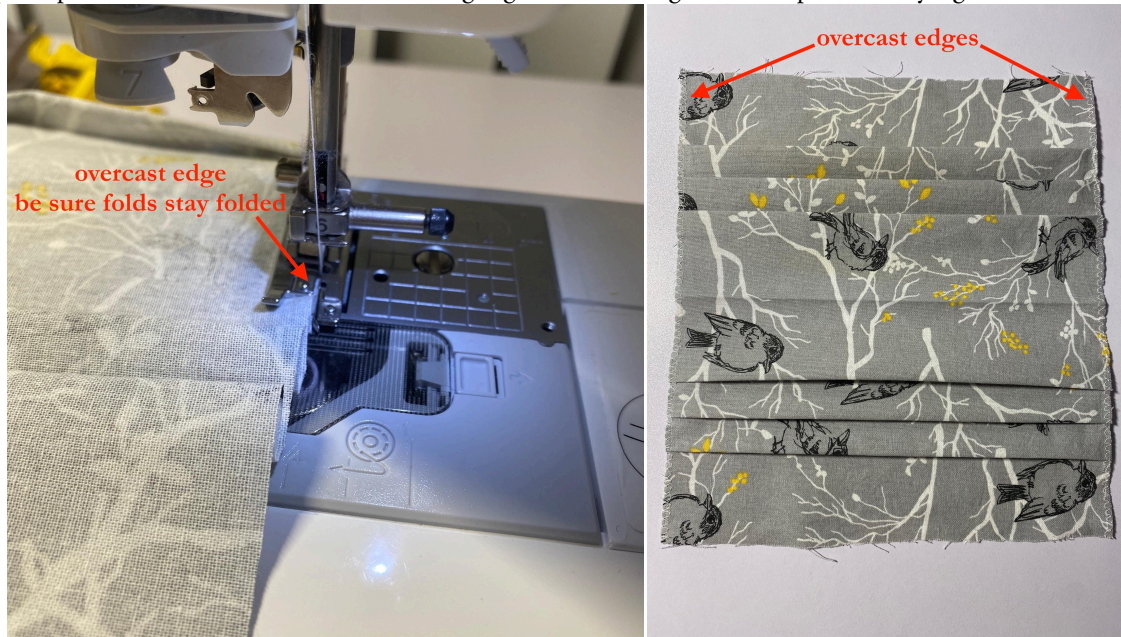
- a. Tip: cotton frays very easily. To prevent fraying when you iron, pick up and place the iron down onto the fabric and don't move it back and forth.



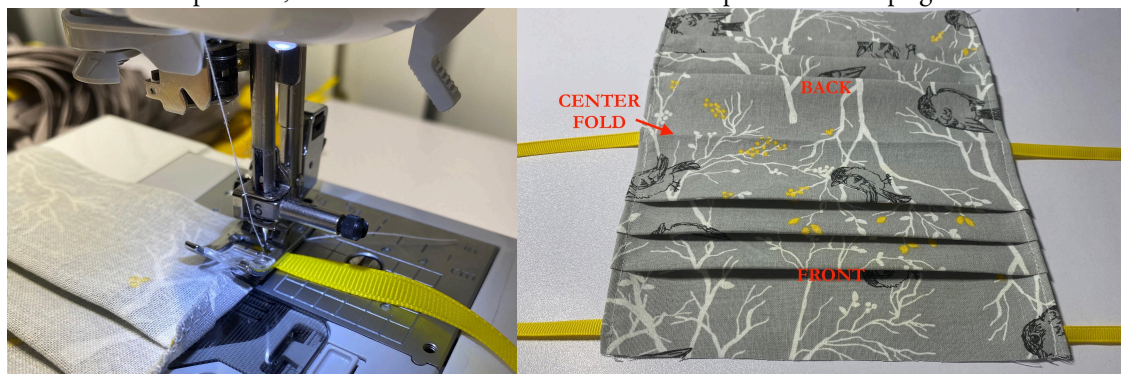
5. Repeat ironing/folding on other side.



6. Open up at the center fold and overcast or zig zag stitch the longer sides to prevent fraying.



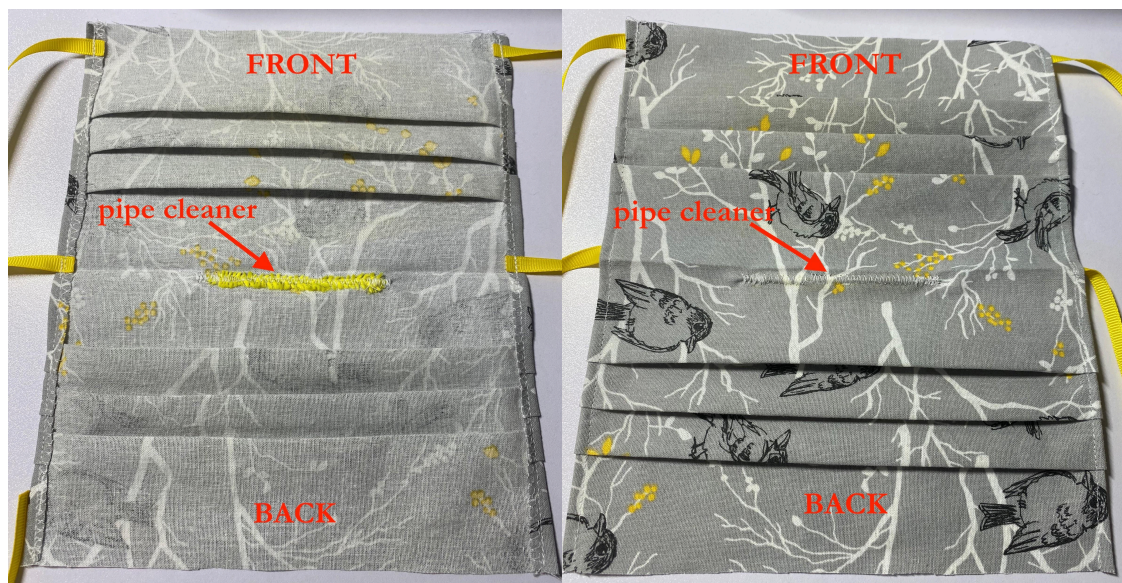
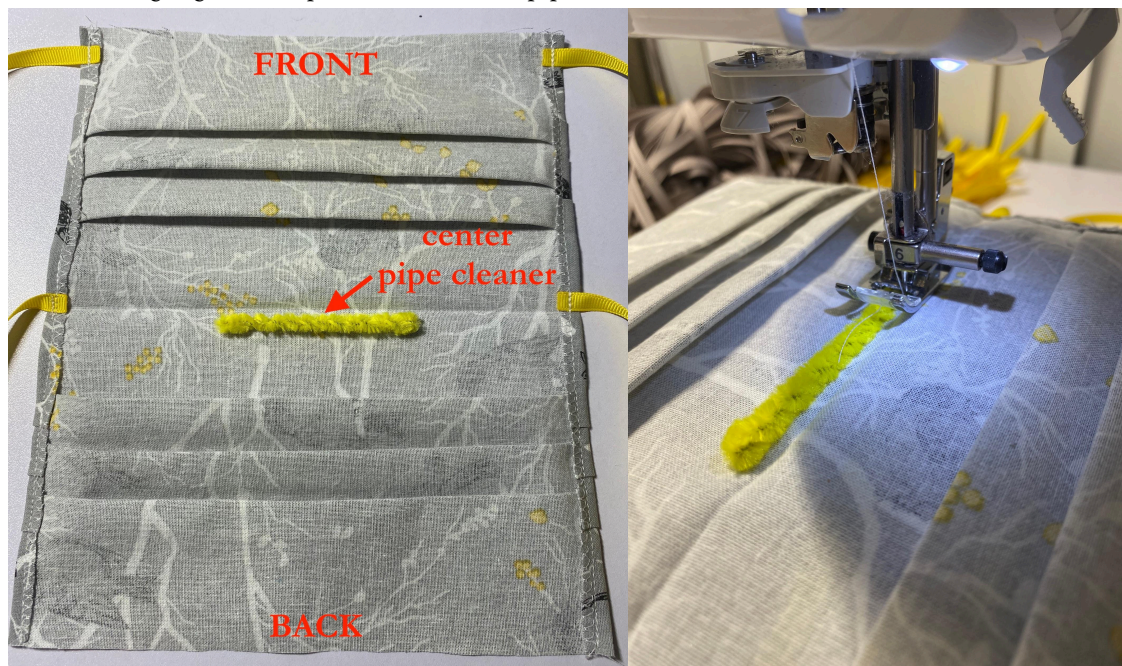
7. Hem the longer sides, attaching the ribbon to the side you designate as the “front” as you go.
- a. I looked at both sides and determined which side was prettier would be the front. In the case of directional patterns, the front was the side that allowed the pattern to be upright.



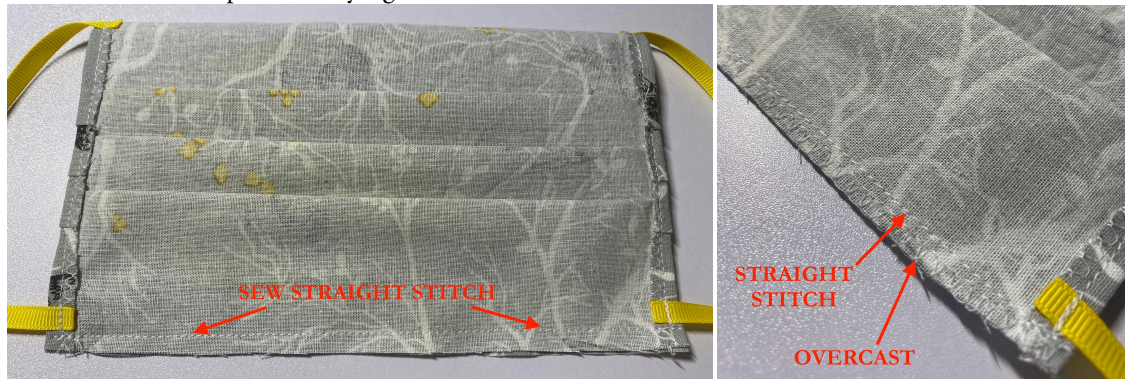
8. Cut a pipe cleaner in half and fold it in half. Twist the two metal sides together.
 - a. I also like to fold the pointy ends inward so no one gets poked.



9. Using a 5mm wide, 1.4mm long zig-zag stitch, stitch the twisted pipe cleaner onto the mask next to the middle fold on the “back” side of the mask.
 - a. I also zig-zag stitched past the ends of the pipe cleaner to make a “case” for it.



10. Fold the mask in half inside-out and sew a straight line to close up the bottom of the mask. Overcast the bottom of the mask to prevent fraying.



11. Turn back right-side-out and iron flat.
And you're done! :)

