

Advocate Aurora Health

How to sew a mask with ties

Items you will need:

1. 8x14 inch piece of tightly-woven 100% cotton fabric (such as flat tea towel)
2. Two 1.5 x 34 inch fabric strips
3. Thread & sewing machine

**Before you get started: Prewash the fabric on the warmest setting and dry it on high heat.*



How to make the base of the mask:

1. On 8/14 inch piece, right sides together, sew 1/4 inch seam, creating a tube.
2. Turn right sides out, press seam and fabric.
3. Make 3 pleats, approximately 1 inch each in size, using steam or pins to hold. Mask will be about 3 - 3.5 inches wide.
4. Sew 1/4 inch seam on each side of the mask, securing the pleats in place.
5. Trim seam allowance.

How to prepare the ties:

1. Fold in half and press (3/4 inch). Open tie back up.
2. Fold each edge in to meet middle (3/8 inch/0.375 inch) and press.
3. Fold in half again, securing raw edges inside and press. Each tie will be about 3/8 inch in width.

Putting it all together:

1. Align center of tie with side of mask, open tie so edge of mask fits snugly inside. Pin it in place.
2. Sew tie to mask, the seam will be very short, get as close as possible while still catching all the fabric. You are just attaching the mask to the tie at this point, not sewing the whole tie yet.
3. Repeat for other tie and other side of mask.
4. Sew down the edges of tie, securing raw edges inside. The seam will be very short, you will be stitching over where the mask is already attached. It will provide reinforcement and make the mask more secure.
5. Repeat for other tie and other side of mask.