



Surgical face mask with elastic ear loops

Time: 5 min | Difficulty: Easy | Expenses: \$

These instructions are for a simple surgical face mask with elastic ear loops. You can make masks in two sizes – adult and kid. The adult sized mask can be used by both men and women

SUPPLIES AND TOOLS:

- **fabric** – 2 pieces 100% cotton (tightly woven, prewashed)- 9"x 7" (adult) or 7"x5" (kids)
- **elastic** – 1/8" or 1/4" flat elastic (2 pieces) – each 7" long (adult) or 5" long (kids)
- **scissors** (or rotary cutter and a cutting mat)
- **clips or pins**
- **iron and ironing board**
- **sewing machine** (or you can do it by hand)

INSTRUCTIONS:

1. **Cut the fabric into rectangles** (cut 1 from the main fabric and 1 from the lining fabric if you are making two-colored mask)
(*optional* – if using the pattern: make sure the pattern is printed at 100% (no scale) on US letter paper. Measure the square test box to ensure the sizing is correct before you cut the fabric)
2. **Pin one piece of elastic to each of the short sides of the fabric.** Place the main fabric on top of the lining, pretty sides together
3. **Pin elastic to fabric** - Pin one piece of elastic to one of the short sides, 3/8" from top and bottom edges. (Repeat on the opposite side)
4. **Pin the fabrics together** after placing the second fabric with the pretty face down over the first fabric.
5. **Join the layers together.** Sew around the fabric, doing a backstitch over the elastic. Be sure to leave a 2-inch seam opening at the bottom so that you can turn the face mask later.
6. **Trim all corners** to ensure a neat finish.
7. **Turn the mask inside out**, and use a sharp object like a pencil or the sharp edge of the scissors to push out the corners and edges.
8. **Fold in fourths and press to create creases.** To do that first press the face mask to smoothen it out. Next, fold it in half and press with a lot of steam. Open it, and bring both edges to the middle, then press again.
9. **Create pleats:** Flip the face mask to the other side. Create 1/2 inch folds facing upwards, while pinning the edges until you have 3 pleats. Make sure all pleats are facing the same direction.
10. **Topstitch around the mask** using 1/4 inch allowance. This will also close up the opening at the bottom.

Congratulations! Your surgical face mask is now ready. You can use it or make several and donate to your local hospital or clinic.

Let us know how you did. We would love to hear from you and see pictures of your face masks.



Full illustrated step by step instructions, fabric and materials recommendations, and downloadable PDF pattern at <https://hellosewing.com/how-to-sew-a-surgical-face-mask/>