



This is a perfect way to use fabric you no longer need. A fat quarter will give you two with only a bit left.

1. Cut fabric 8 by 16 inches.
2. Cut interfacing slightly smaller.
 - You can also use dryer sheets and don't have to cut them.
 - Wash & dry them first, and use two per mask.
3. Put the interfacing on the wrong side of the fabric. Fold up the long sides about 3/8 inch. This doesn't have to be exact. Just more than 1/4.
4. Press it down on the short end and fold up about the same amount twice.
 - This is where the wire for nose grip will fit. If you have pipe cleaners you can sew them in at this point.
 - If you do not have pipe cleaners leave the channel open (removable twist ties will be included with finished masks.)
 - **Note:** Please do not sew in twist ties, they bind up in the wash & stab out.
5. After both short ends are folded and stitched fold it in half and press . You will now have a square about 7 by 7.



6. Fold three pleats. They don't have to be exact. This step gets much easier with practice. Pin them.

7. Cut 7 or 7 1/4 inches of elastic, two per mask.

- 1/8 inch elastic or round elastic is ideal but 1/4 is good too.

8. Insert elastic top and bottom and sew the edge. Back track over the elastic to make sure it's secure. Do the same with the other side.

9. Smile! Then make more!



Quality Control: If it's your first mask or first with a new fabric, try it on and wear it for at least 20 minutes.

- If it is hard to breathe in, try using thinner fabric.
- If it falls off, try making the elastic longer.
- If you can breathe and it doesn't fall off, carry on!



If you are located 20+ Miles away from Bloomington Indiana, please feel free to download this template and use it to start a mask drive in your own community.

More Information & Ongoing Updates: Visit: <http://patientphysicaltherapy.com/> and click "COVID-19"

or

<http://patientphysicaltherapy.com/bloomington-indiana-fabric-mask-drive-getmepe/>