HOW TO SEW AN EASY HOSPITAL MASK

(Adult Size)



You will need a cotton fabric, or a polyester cotton fabric.

Optional: Use cotton flannel for inside layer.

Use elastic beading cord. (You may also use 1/8” flat elastic.)

Cut elastic 7” long and tie a knot at each end. (DO NOT knot the ends of the flat elastic.)

Alternate Method: Cut 4 bias tape 18” for each tie (one for each corner).

1. Put right sides of cotton fabric together. Cut 9” x 6”.
2. If using bias tape, please pre-stitch down each length.
3. Starting at the center of bottom edge, sew to the first corner, stop. Sew the elastic (or bias tape) with the knot out into the corner. A few stitches forward and back will hold this.
4. Sew to the next corner, stop, and bring the other end of the same elastic to the corner (or sew in another bias tape) and sew a few stiches forward and back.
5. Sew across the top of the mask to the next corner. Again, put an elastic (or bias tape) with the knot out.
6. Sew to the next corner and sew in the other end of the same elastic (or bias tape).
7. Sew across the bottom leaving from 1.5” to 2.0” open. Stop, cut the thread. Turn inside out.
8. Pin three tucks on each side of the mask, Make sure the tucks are in the same direction.
9. Sew around the edge of the mask twice.

Be sure any fabric design is placed horizontally. You may use any colors or prints that are appropriate.

