

**DIRECTIONS FOR HOSPITAL MASK SUITABLE FOR STUFFING WITH AN OPTIONAL FILTER**

**This Mask has a sham style opening.**

You will need cotton or polyester cotton fabric, two 7-inch pieces of elastic cord or optional four bias tape 18” lengths.

1. Front piece: Cut one piece of fabric 9” x 9”. Press in three 1-inch pleats.
2. Back Pieces: Cut two 9” x 5” pieces. On both pieces, press in one 5” side only about 3/8”, then stitch down side.
3. As the mask is worn, the pleats will face down. Place mask face down in that position and place one piece on the bottom of the mask, and the other on top, overlapping like a pillow sham.
4. Position elastic between fabric pieces to make loops on end sides.
5. Stitch around mask about 1./2 inch from edge, stitching elastic in place.
6. Stitch around entire edge of mask using zig-zag or with backstitch at elastic.





