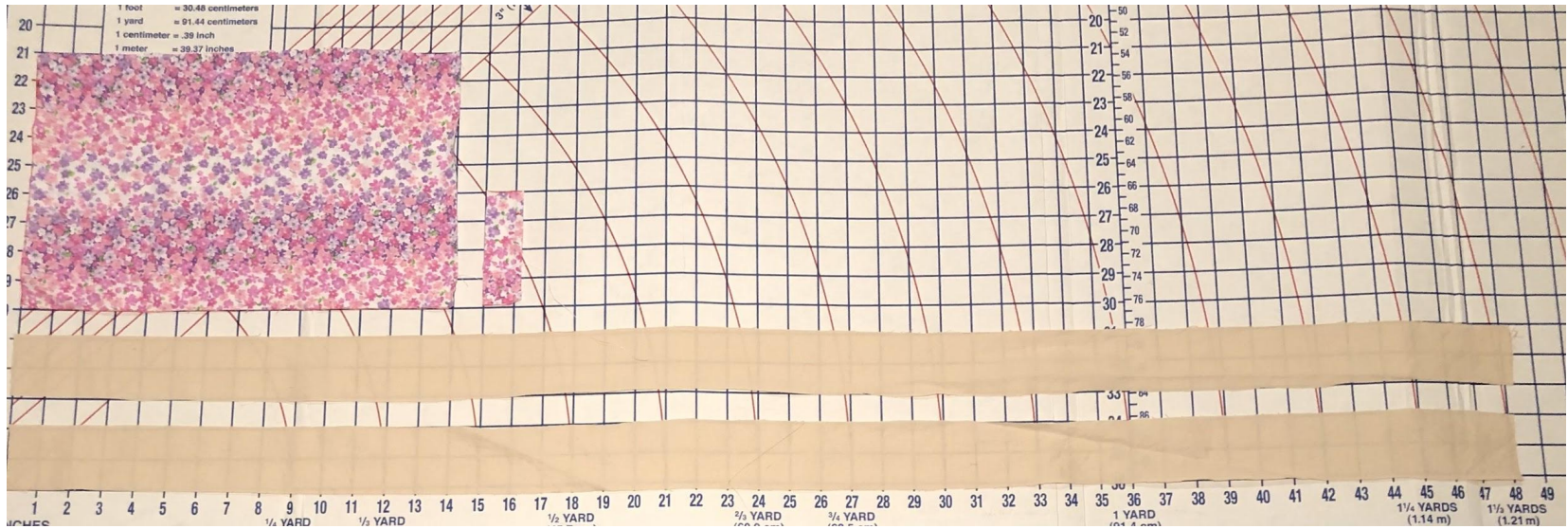


**PUNCH's
SewGood
Mask-Making**

April 14th, 2020

Materials

- ★ (1) 9 x 14 in rectangle of woven cotton
 - ★ (2) 2 x 48 in. rectangles of woven cotton
 - OR (2) 48 in. strips of ½ in. double fold bias tape
 - ★ (1) 4 x 1.25 in. rectangle of woven cotton
- ★ Sewing Machine
 - ★ Iron
 - ★ Sewing pins (not required)



Step 1: Fold and Sew

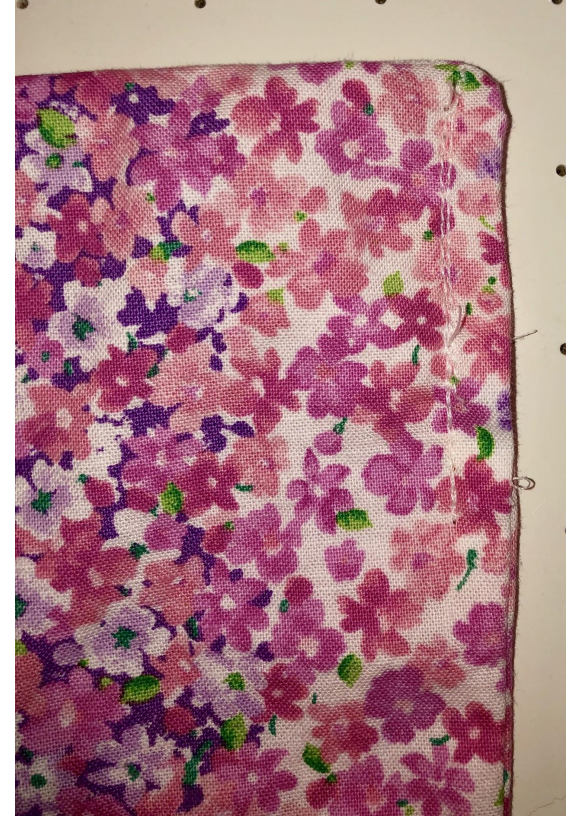
- ★ Fold your 9x14 in. rectangle so that the correct sides of the fabric are facing each other on the inside
- ★ On the open side (non-folded/ top), with a marker, mark 2 inches from the top of the fabric
- ★ About $\frac{1}{4}$ or $\frac{1}{2}$ inch away from the edge of the fabric, sew around the perimeter, except for the 2 inches you marked



2 in. marking --
don't sew

Step 2: Turn Inside Out and Finish Seam

- ★ Using the 2 in. opening, turn your mask inside out so the correct side of the fabric is facing out
- ★ Tuck in the open edges of the 2 in. opening and sew it shut



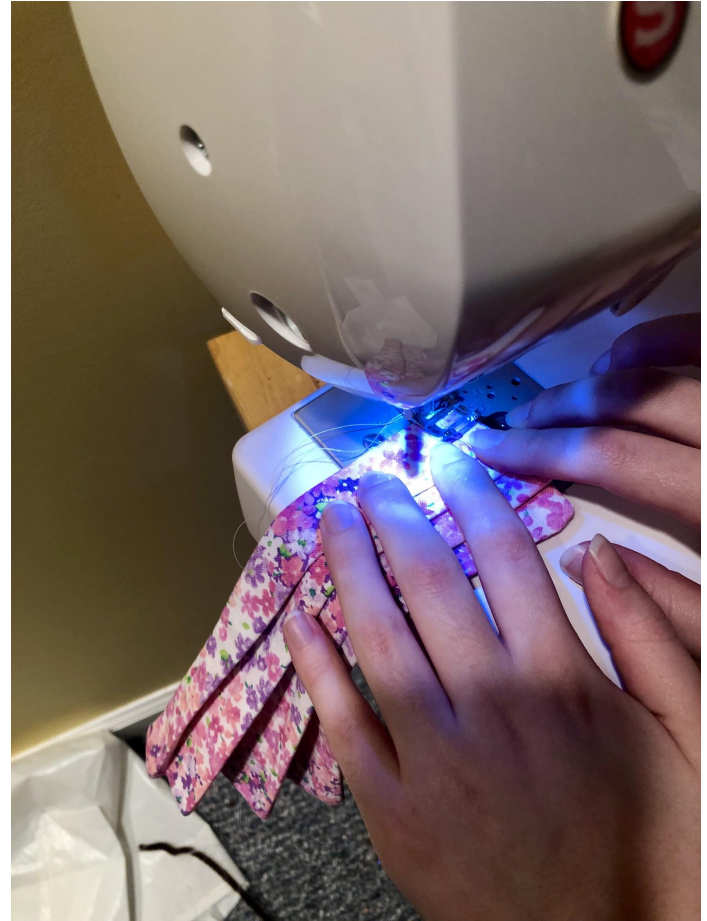
Step 3: Make Pleats

- ★ Plug in/turn on your iron and put it on the cotton setting (low/medium heat)
- ★ Using your fingers (as shown), fold 3 down-facing pleats
- ★ Iron the pleats



Step 4: Sew Pleats

- ★ With the pleats facing down, sew about $\frac{1}{2}$ in. from the edge of your mask on both sides



Step 5: Make Straps

If you are using double fold bias tape, skip this step

- ★ Plug in/turn on your iron and put it on the cotton setting (low/medium heat)
- ★ Fold one of your 2x48 in. strips so that the folds from each side meet in the middle
- ★ Iron as you move down the strip of fabric, continuing the fold
- ★ Repeat on your other 2x48in. strip



Step 6: Pin Straps

- ★ Find the middle point of each strap (length-wise) and mark it with a marker (on the face with the open folds)
- ★ With the strap face up, pin the middle of the strap to the middle of one side of your mask (as shown)
- ★ Repeat on the other side with the other strap



Step 7: Sew Straps

- ★ Make sure that the edges of your mask are aligned with the center fold of each strap (where the folds meet)
- ★ Sew the sides of the mask onto the open-faced straps (as shown)
- ★ Fold your straps over the front edges of the mask and sew down the entire strap (as shown)
- ★ Using either a ladder stitch or a straight stitch, sew across both ends of both of your straps (ladder stitch shown)



Step 8: Make Nose Strip

- ★ Expand your pleats from the inside of the mask
- ★ Pin your 4x1.25 in. piece of fabric on the inside top of your mask
- ★ Sew the 4x1.25 in. piece of fabric onto the inside of your mask, leaving one of the short edges open (not sewn)
- ★ This is where hospital workers can insert twist-ties to fit the mask to their noses



Step 9: Finishing Touches

- ★ Cut all excess threads
- ★ You're done!





No-Sew Mask

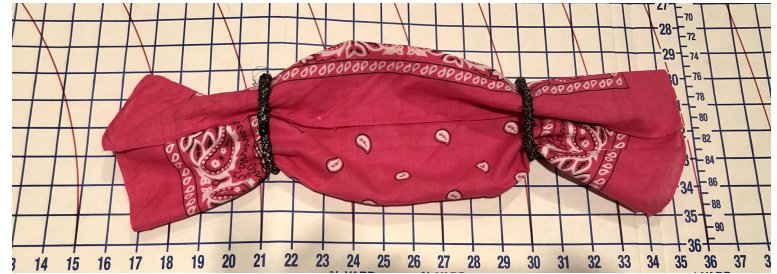
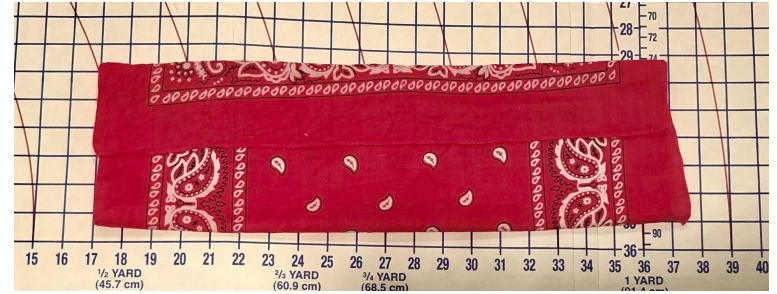
Materials

- ★ A t-shirt, bandana, etc.
- ★ 2 large hair-ties/scrunchies



How to Make a No-Sew Mask: Part 1

- ★ Fold your cloth 3 times into a rectangle (as shown)
- ★ Slide the scrunchies on both sides of the cloth



How to Make a No-Sew Mask: Part 2

- ★ Put the open ends of one side into the open ends of the other side
- ★ Put the hair ties/scrunchies around your ears
- ★ You're done!

