How to make a healthcare face mask

Materials needed:
• Cotton weave fabric (~1/2 yard is enough to make 2-3 masks)
• All purpose thread
• Hair ties (2 per mask)
• Scissors or rotary cutter

For illustration purposes only, we are using different fabrics for each part of the mask. You would use a single fabric for all pieces.

Instructions (all seam allowances: ¼”)

1. With right sides together, layer 2 pieces of fabric. From this, cut: 2 face, 2 cheek and 2 mouth.
2. With right sides together, sew face pieces together along side 3 (curved edge).
3. With right sides together, sew mouth pieces together along side 3 (curved edge).
4. On mouth, fold side 5 over ¼” and sew down (straight edge). Repeat on the opposite side of mouth panel.
5. On cheek panels, fold side 6 over ¼” and sew down (longest straight edge).
6. Overlap the cheek panel and mouth panel along dotted line 7 with mouth edge 5 overlapping cheek edge 6. The finished edge (right side) of the cheek piece is applied to the unfinished side (wrong side) of the mouth piece. Sew a 1” tack on the top and bottom of the mask where the pieces overlap.
7. Repeat step 6 for the opposite side.
8. Layer mouth/cheek panel and face panel right sides together, paying attention to orient the top sides together. Pin edges to secure.
9. Sew ¼” seam around entire perimeter, remembering to stop ¼” from ends to pivot and turn at corners. Clip the corners, being careful to avoid the line of stitching.
10. Using one of the slits between mouth and cheek, turn the mask right side out. Using a pencil will help to get the corners completely turned out.
11. Add hair tie by folding fabric around it. Sew to secure, making sure to backstitch at beginning and end to ensure it stays put.
Healthcare Mask: Mouth & Cheek Pattern (actual size)

Pattern Reference: Olson Mask

**Mouth**
- Fold fabric in half, right sides together
- Cut 2

**Cheek**
- Fold fabric in half, right sides together
- Cut 2
Healthcare Mask: Face Pattern (actual size)

Pattern Reference: Olson Mask

Face
  • Fold fabric in half, right sides together
  • Cut 2
Healthcare Mask: Mouth Dimensions

If you do not have a printer at home, trace the actual size standard pattern from your computer monitor and use these measurements to verify accuracy OR follow the directions to draw a pattern freehand on paper.

Pattern Reference: Olson Mask

Drawing Directions

1. Draw a four sided figure that is 6¾” by 3¼” by 4¼” by 3¼” (green lines).

2. **For top and bottom curves:**
   - Mark a dot (red) on the top of the 4-sided figure on the green line that is 1½” in from from the right side (repeat on bottom).
   - Draw a ¼” line perpendicular to that dot and make a mark. Repeat on bottom.
   - Now draw a curve from corner to corner along that mark to replicate the pattern. Repeat on bottom.

3. **For the left curve:**
   - Mark a dot (pink) on the left green line that is 2” down from the top.
   - Draw a 1¼” line (pink) perpendicular to that dot and make a mark.
   - Now draw a curve from corner to corner along that mark to replicate the pattern.
Healthcare Mask: Cheek Dimensions

If you do not have a printer at home, trace the actual size standard pattern from your computer monitor and use these measurements to verify accuracy OR follow the directions to draw a pattern freehand on paper.

Pattern Reference: Olson Mask

Drawing Directions

1. Draw a four sided figure that is 5" by 3⅛" by 5" by 5¼" (green lines).

2. For top and bottom curves:
   - Mark a dot (red dot) on the top of the 4-sided figure along the green line that is 2" from the right. Repeat on bottom.
   - Draw a ¼" line perpendicular to that dot (red line). Repeat on bottom.
   - Now draw a curve from corner to corner along those mark to replicate the pattern. Repeat on bottom.
**Healthcare Mask: Face Dimensions**

If you do not have a printer at home, trace the actual size standard pattern from your computer monitor and use these measurements to verify accuracy OR follow the directions to draw a pattern freehand on paper.

Pattern Reference: Olson Mask

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**Drawing Directions**

1. Draw a four sided figure that is 6¼” by 3¼” by 6¼” by 6¼” (green lines).

2. For top and bottom curves:
   - Mark two dots on the top of the 4-sided figure on the green line (red dots) that are 2” in from the left and right. Repeat on bottom.
   - Draw two lines (red lines) ⅜” long from those dots perpendicular to the green line and make a mark. Repeat on bottom.
   - Now draw a curve from corner to corner along those marks to replicate the pattern. Repeat on bottom.

3. For the left curve:
   - Mark a dot (pink dot) 2¼” down from the top on the left green line.
   - Mark a second dot (pink dot) 3¼” up from the bottom on the left green line.
   - Draw two 1” lines from those dots perpendicular to the green line and make marks.
   - Now draw a curve from corner to corner along those markers to replicate the pattern.