

Creating Cloth Face Masks

Cloth face masks to be created will be:

- Crafted from the [“Olson Mask” pattern](#) created by UnityPoint Health, which is demonstrated in the [tutorial published by North Memorial Health](#);
- Made of a cotton-weave or cotton-blend fabric; and
- Laundered daily by the Community separate from resident laundry.

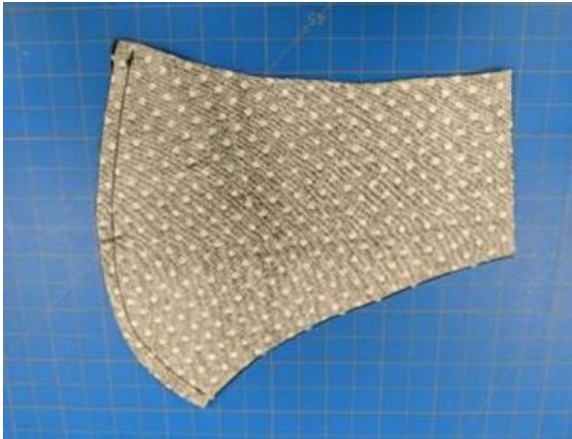
To craft a cloth face mask:

1. Gather required materials, to include:
 - a. Densely woven cotton blend fabric (1 yard for 4–6 masks);
 - b. Elastic, including:
 - i. Large hair bands (hair ties)—estimated 7” around);
 - ii. Rope elastic (roughly 7” length per mask);
 - iii. Beading cord elastic (roughly 7” length per mask); or
 - iv. 1/8” flat elastic (roughly 7” length per mask).
 - c. All-purpose thread;
 - d. Pins;
 - e. Scissors or rotary cutter;
 - f. [Face mask pattern](#); and
 - g. Filter insert (0.3 micron), if available (e.g., coffee or dust filters).
2. Prepare the patterns by printing, or if no printer available, trace onto paper from a computer monitor;
Note: When printing the patterns, ensure the document is not set to “Fit” or “Scale” and instead prints to the patterns’ actual sizes.
3. Use a quarter inch (1/4”) seam for the entire face mask pattern;
4. Cut two (2) of each shape using the patterns—this will create six (6) total pieces:
 - a. Two (2) face pieces;
 - b. Two (2) mouth pieces; and
 - c. Two (2) cheek pieces.

New Perspective



5. Sew the two (2) face pieces together along the curved edge (side 3 in the pattern);



6. Sew the two (2) mouth pieces together along the curved edge (side 3 in the pattern);



7. Sew a finished seam onto the straight edges (side 5 in the pattern) of the combined mouth piece;
 - a. Open the combined mouth piece;
 - b. Fold side 5 over to the 1/4" seam; and
 - c. Sew the edge down.



8. Sew a finished seam onto the straight edges (side 6 in the pattern) of the cheek pieces;
 - a. Fold side 6 over to the 1/4" seam; and
 - b. Sew the edge down.



9. Attach the cheek piece and mouth pieces;
 - a. Overlap the cheek piece and mouth piece along dotted line "7" with side 5 of the mouth piece overlapping side 6 of the cheek piece—the finished edge of the cheek piece is applied to the unfinished side of the mouth piece;
 - b. Sew a 1-inch tack on the top and bottom of the mask where the pieces overlap; and
 - c. Reinforce the stitch with a backstitch.



10. Repeat the above steps to attach the other cheek piece to the opposite side of the mask;
11. Attach the top layer of the mask (face pieces) to the bottom layer (mouth and cheek pieces);
 - a. Line up the two layers, pinning where necessary to keep the layers in place;
 - b. Sew along the quarter-inch (1/4") seam; and
 - c. Pivot at each corner, ensuring not to sew end-to-end.



12. Turn the face mask right-side out by pulling the two ends through the filter gap; and



13. If available, place the filter into the filter pocket. **Note:** This step is not required if no filter is available.

To add the elastic earpieces to the mask, the crafter will:



1. When using hair bands (hair ties):
 - a. Place a hair band (hair tie) on the edge of the mask;
 - b. Fold over the edge of the mask;
 - c. Sew the edge of the mask down; and
 - d. Repeat the process on the other side of the mask.
2. When using other forms of elastic:
 - a. Cut a strip of elastic to 7–8 inches;
 - b. Tie the two ends of the elastic in a [square knot](#);
 - c. Place the loop of elastic on the edge of the mask with the knot on the inside;
 - d. Fold over the edge of the mask;
 - e. Sew the edge of the mask down; and
 - f. Repeat the process on the other side of the mask.