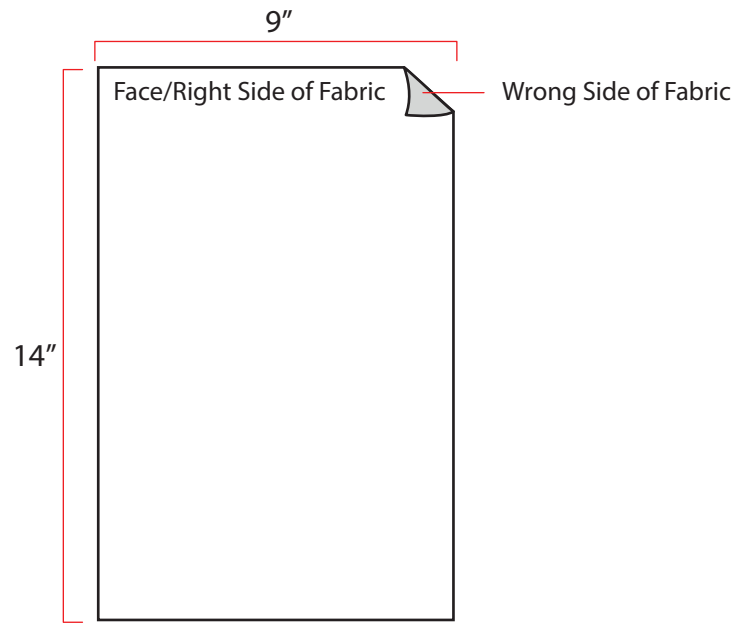


MATERIALS:

- Main Mask: 9" x 14" - 100% Cotton Fabric
- Nose Piece: 4" x 3/4" - 100% Cotton Fabric or Twill Tape
- Ties: 48" Long (x2) - This can be 1/2" Cotton Twill Tape, soft Gross Grain Ribbon, or binding made from self fabric.

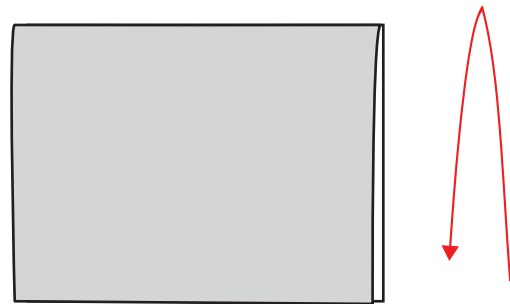
STEP 1:

Cut fabric to 9" x 14"



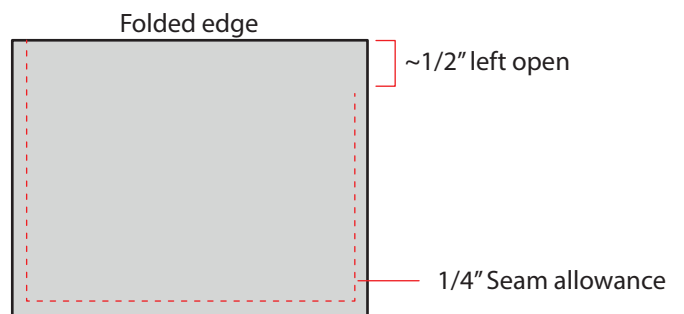
STEP 2:

Fold fabric in half.
Right sides together.



STEP 3:

Sew around open edges with 1/4" seam allowance.
Leave 1/2" open on side
to turn right side out.



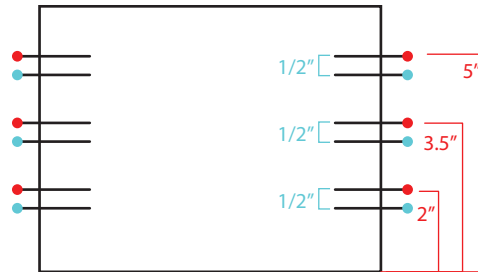
STEP 4:
Turn right side out - and sew closed hole.
Press flat.



Edge Stitch Opening Closed

STEP 5:
Prep for pleats.

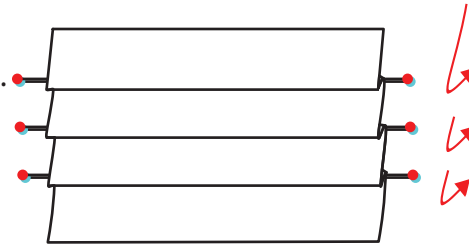
From the bottom place pins (red pins):
2"
3.5"
5"



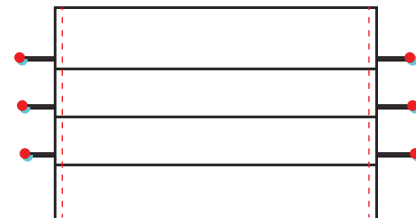
Next, place pins (blue pins) 1/2" down from each of the red pins.

Repeat on other side.

STEP 6:
Create pleats by folding the red pin on top of the blue pin.
Once folded - each pin should be about 1/2" apart.



STEP 7:
Sew Pleats



STEP 7: TIES

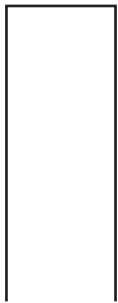
Find center point of tie, and center point of side of mask.

Fold twill tape around side of mask. Sew. be sure to reinforce at ends.

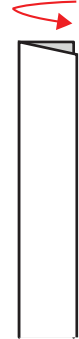
If using self fabric for binding + ties:

1" wide strip
of self fabric

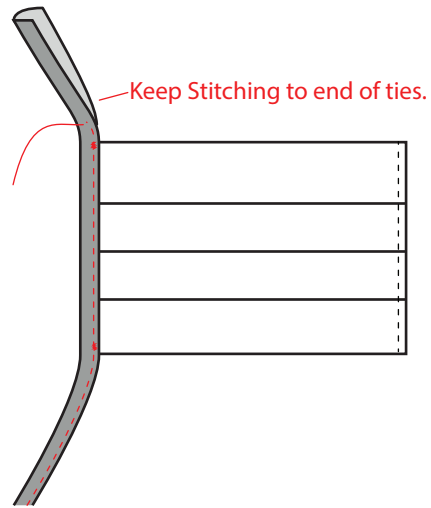
1"



Fold in Half
+ press



Fold sides in towards center
+ press



STEP 8:

Nose strip casing

(this is so doctors can put in a metal piece if desired.)

Cut 4" X 1.25" piece of self fabric.

Turn sides under 1/4" and press.

Center nose strip casing on long side of mask
and position 1/4" down.

Edge stitch around nose strip on three sides -
leaving one short side open.

