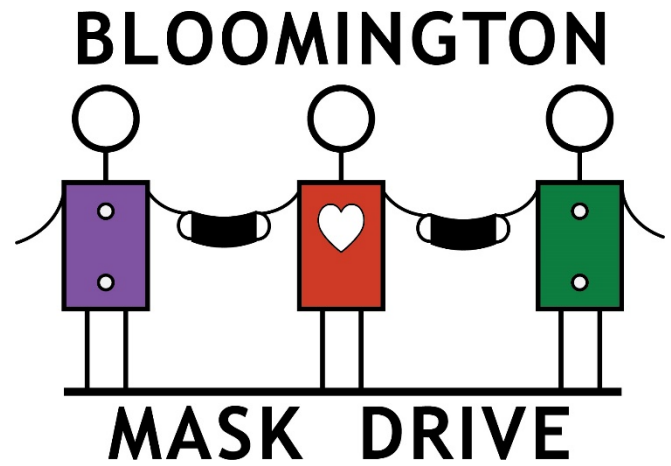


Standard, Adult-Size Mask Pattern



Materials Needed: (*sewing machine, thread*)

- 100% cotton fabric (light and breathable is best)
- ¼” or 1/8” flat elastic

Optional: *Provided as available, may be substituted or left out.*

- Lightweight interfacing (non-woven liner)
- Premade “Nose Bridge” as provided by BMD

Instructions:

1. Cut fabric rectangles, 8 by 16 inches.
2. Cut interfacing or other non-woven liner slightly smaller, but large enough to be caught in the seams (~7.5x15.5”).
 - **Pro-Tip:** *Leave out the lining for a more breathable mask.*
3. Put the interfacing on the ‘wrong’ side of the fabric. Fold up the long sides about 3/8 inch. This doesn’t have to be exact, just more than 1/4.
4. Interfacing (if used) needs to be securely attached. You can sew across the middle vertically to secure it (or if you forget, sew across the bottom after the mask is fully assembled!)
5. On the short end, fold up about the same amount you folded on the long sides, but fold twice. This is the channel for the nose grip.
6. Put the nose grip in the channel and sew closely along the edge of it. If the channel is too big or open, they bunch up & come out in the wash.



7. On the other short end, fold up twice and stitch it down. If you don't have nose grips, leave a flap so the hem at the top is open on one side, and the user can add a wire before using.
8. After both short ends are folded and stitched, fold it in half and press. You will now have a square about 7 x 7".
9. With the nose bridge side up, fold three pleats. They don't have to be exact. This step gets much easier with practice. Pin them.
10. Cut 7 or 7 1/2 inches of elastic, two per mask. (1/8" is ideal but 1/4 works too)
11. Insert elastic top and bottom and sew the edge. Back track over the elastic to make sure it's secure. Do the same with the other side.
12. Smile! Then make more!



Quality Control: If it's your first mask or first with a new fabric, try it on and wear it for at least 20 minutes.

- If it is hard to breathe in, try using thinner fabric.
- If it falls off, try making the elastic longer.
- If you can breathe and it doesn't fall off, carry on!

If you are located 20+ Miles away from Bloomington Indiana, please feel free to download this template and use it to start a mask drive in your own community.

More Information & Ongoing Updates:

<http://bloomingtonmaskdrive.com>

