

Guidelines for Sewing Masks

+ Supplies Needed

- Double weave cotton fabric, **two layers**
 - Fabric must be laundered in HOT water prior to sewing to prevent future shrinkage.
- Beading cord elastic or 1/8" flat elastic
 - Two pieces, cut to 7.5" long
 - Tie a knot at each end

+ Sewing Instructions

1. Cut fabric to be 9 inches long and 6 inches wide.
2. Fabric design should be placed horizontally.
3. Put the right sides of fabric together.
4. Starting at the center of the bottom edge, sew to the first corner, stop. Sew end of elastic to the corner (a few stitches forward and back will hold this).
5. Sew to the next corner and stop. Bring the other end of that same elastic to the corner and sew a few stitches forward and back.
6. Now sew across the top of the mask to the next corner. Sew the end of the other elastic with the edge out in the corner.
7. Sew to the next corner and sew in the other end of the elastic.
8. Sew across the bottom leaving 1.5 to 2 inches open. Stop, cut the thread, and turn inside out.
9. Pin 3 tucks on each side of the mask. Make sure the tucks are in the same direction.
10. Sew around the edge of the mask twice.

Thank you for your generosity—we are overwhelmed with gratitude for the support from our community.



FAQs for Homemade Masks

Fabric surgical masks can help health care providers stay safe while caring for patients. These masks also have the added benefit of being washed and reused.

Below are answers to some Frequently Asked Questions. Please adhere to these guidelines as closely as possible to ensure the masks provide proper protection!

+ Do I need to follow a specific sewing pattern?

Yes! Please follow the instructions on the reverse side to ensure proper fit and function.

+ What type of fabric should I use?

Our pattern recommends two layers of double weave cotton fabric. Please ensure that the fabric is no-stretch or minimal-stretch, and please avoid polyester/less breathable fabrics.

If using fabric that is being “recycled” please be sure it is clean and in good shape. Worn or dirty fabric will not be protective.

+ Do I need to pre-wash the fabric?

Yes, please pre-wash the fabric you are using in HOT water. This ensures that the mask will not shrink when rewashed later.

+ Do I need to use specific colors? Does all fabric have to match?

No! Non-matching fabrics, thread and binding strips are fine. We just need a well-sewn mask with **no frayed edges, missed seams, or holes.**

+ How should the masks be packaged for delivery?

Please place your completed masks in a seal-able plastic bag (i.e., Ziploc). All masks can be together in one bag.

+ How do I arrange delivery?

In order to arrange for delivery of your masks, please call Community Relations at 860-358-6200 or email info@midhosp.org.

Thank you!