



**Our healthcare professionals and front line providers need our help during the COVID-19 war we are fighting. Stay home. Help equip our front line.**

Masks provide a vital barrier helping prevent or reduce the transmission of viruses, including COVID-19. Wearing a mask over your mouth and nose while coughing or sneezing protects others. Wearing a mask protects the wearer from touching their own nose or mouth with possible infection from a recently touched surface. Since asymptomatic spreaders exist, all precautions are wise. Our national mask shortage, leaving many populations vulnerable, requires sewing warriors to put needles to fabric, and stitch masks for their communities. Can you help us as we battle against this invisible enemy? See instructions and supply lists below. Email some friends, carefully pass out supplies, and sew!

**IMPORTANT:**

**All community made masks must be delivered to  
Hospital Sisters Mission Outreach  
4930 LaVerna Road, Springfield, IL 62711  
so they can be properly cleaned for distribution.**

They are passing these masks on to our pastors, elderly, medical waiting rooms, and others. While we sew, our prayers continue for everyone fighting COVID-19. Bless you, protect you and give you strength and wisdom to carry on amid these trying times.

**“God is our refuge and strength, a very present help in trouble.  
Therefore, we will not fear . . .”  
Psalm 46:1-2**

## Materials (pattern credit @mammacandoit.com)

- 2, 9" x 15" pieces of fabric
- small plastic-coated paper clips for nose piece
- 24" of elastic cord
- It is important the fabric be washed first for pre-shrinking

\*1 regular adult size mask materials (see below for 200+ mask supply recommendations)\*

## Instructions (<https://www.instructables.com/id/DIY-Cloth-Face-Mask/>)

1. Print the single pattern piece and cut out (consider using a plastic piece for pattern).

2. Fold your fabrics right sides together. Pin pattern piece to folded fabrics, outer and lining. Cut 4.

3. Sew center curves of outer layers, right sides together. Sew center curves of lining layers, right sides together. Clip the curved seam at about 1/2" intervals but not down to the seam.

4. Pin right sides of outer and lining layers facing each other. Sew all the way around the edge, except for a 1.5" gap on the bottom edge. Turn right side out, press. An ironing board's pointy end works well to press these masks.

5. Sew the wire channel, 1/2" down from edge and 2" to each side of the center seam. See picture.

6. Slide the wire (a small paper clip seems to work best) through the turning hole, into the wire channel. Stitch the ends of the channel closed so it won't move around when washed.

7. Top stitch 1/8" around the entire mask, closing up the turning hole as you do. Be careful of the wire.

8. Lay mask with lining side up on table and fold 1" of each end of the mask toward the center. Pin and sew, making the elastic channels. Tie ends of elastic into loops and fit mask to your head by tucking loops behind ears. Adjust knots as needed. It should fit snugly but not pull on your ears. Bend the wire to fit snugly over the bridge of your nose.



28.9 yards fabric = 202 masks 24" elastic needed for each mask 1 box paper clips.

Allow 15-20 mins per mask.

## \*Updated Instructions\*

As the elastic we normally use for the masks is in short supply, fleece cut with the fabric grain that is the most stretchy works well. It does not fray and requires zero sewing.

For each mask you will need 2 fleece ties easily cut with a ruler and rotary cutter with dimensions 1/2" x 10".

Ties need to be placed on the mask before sewing the "tie pocket" into place. You want the tie to slide around in the tie pocket, not sewn down completely, so the tie can be adjusted if necessary. See photos.



When tying the fleece, leave the knot a little more loose so the wearer may adjust it easily to fit his/her face.

pattern:

