

How To Make A No-Sew Face Mask

While fabric masks are not to be used in the care of COVID-19 patients, according to the CDC, fabric masks are a crisis response option when other supplies have been exhausted. Fabric masks can also be helpful in other areas of patient care as supplies of PPE are depleted.



Recommended Tools

- Cotton fabric, a pretty print is best
- Rope Elastic, beading cord elastic will work (you may also use 1/8" flat elastic)
- Cut the elastic 7" long and tie a knot at each end (DO NOT knot the ends of the flat)

Optional, Helpful Add-ons: Seam Ripper, Small Safety Pin

Directions

1. Wash and dry your T shirt.
2. Using a piece of paper or cardboard, cut out a rectangle pattern template that measures 7"x9".
3. Fold the T shirt in half lengthwise, taking care to smooth out as many wrinkles as you can.
4. With a straight edged ruler, cut the hemmed edge off the bottom of the T shirt and off of the sleeves. Discard the hems.
5. Using your paper pattern, look to see how many rectangles you can cut out of your shirt. You will want a double thickness. My shirt made 6 adult masks. If you want to make smaller child-sized masks, you can make a smaller pattern (5"x7"). This might fit in the smaller parts of the yoke of the shirt, or in the excess width (I was able to turn it sideways and get 2 adult and 1 child out of body width of the T shirt).
6. Using a rotary cutter and straight edge cut 1 inch strips from the sleeves of the T shirt. If you are not using a rotary cutter, mark a 1 inch line with a straight edge and chalk/pen and cut it with scissors. Each mask will need 2 strips of fabric (1 for each side to tie), about 9-10 inches long is ideal. Make enough strips for the number of masks you are going to make from the shirt. You can split the longer ones in two. Also, the strips stretch as you use them, so you may need to retie them to refit the mask.
7. Mark 6 holes at even intervals down each side of the short side of the rectangle, 1/2 inch in from the outer edge of the fabric and about 3/4 inch from the ends of the fabric. Using a seam ripper if you have one, or a pair of scissors, cut open each hole just wide enough to pull through the fabric strips.
8. Anchor the safety pin to one end of the fabric strip and string it in and out of the holes on one side of the mask. Repeat with the other strip on the other side of the mask.
9. Pull the strings to gather the sides of the mask and fit comfortably to your face. Tie the strings behind your head or loop behind each ear, per personal comfort.

