How to make a 4-ply Face Mask

Reason for new mask design:
- 4 layers adds two additional layers for droplet protection
- The fabric on a bias allows the fibers to not align offering additional protection from particles
- Similar design used by local manufacturers for Swiss Village and regional hospitals

What you will need:
- 100% cotton fabric
- Rope Elastic, Beading Cord Elastic, or 1/8in. Flat Elastic
- Optional: 21 Gauge Wire, Jewelry Wire, or Pipe Cleaner

How to make the mask:
1. Cut out two 9x6 inch rectangles – patterned, print, or plain fabric will work, just 100% cotton
2. Cut another two 9x6 inch rectangles on the bias (45 degree turn from original layout) - cotton
3. Cut two 7” elastic pieces (if using rope or beading elastic, please make sure to knot the ends for durability – the ends do not have to be knotted for the flat elastic)
4. Place the two rectangles cut on the bias on top of each other (these will be the interior “filters” of the mask)
5. Place the outside fabric right side up on top of the bias-cut fabric rectangles

6. Place the other outside fabric, not cut on a bias, on top of the stack – right side down (right sides of fabric should be together on the top two pieces)

7. Pin in the elastic on both short sides between the top two layers of fabric – make sure that the ends of the elastic will get sewn but not the part that will loop around the ears

8. Starting at the center of the bottom edge of the mask, sew around the outside edge ensuring you catch the ends of the elastic at each corner (leave your needle in the fabric to help turn at each corner)
   a. One elastic should be used on each of the short sides

9. Make sure to leave about 1.5”-2” opening at the bottom of the mask so that it can be turned right side out
10. Turn the mask right side out – the two pieces on top should be the front and back of the mask and the elastic ear loops should pop out

11. If using a piece of metal for the nose bridge you would insert that now – this step is NOT required, but can help the mask to better fit on the face
   a. Place the metal at the top of the mask and sew around all sides with a top stitch so that it stays in place

12. Pin 3 tucks on each side of the mask – make sure the tucks are all in the same direction and roughly spaced equally

13. Sew around the edge of the mask twice for reinforcement and to hold the pleats in place

14. Congratulations you have completed your mask! This project takes roughly 15-20 minutes per mask.