

# HOW TO MAKE A NON-MEDICAL FACE MASK

*A joint effort by PEI Mask+Aide and PEI Women's Institute*

**\*Please note:** These are NOT to be used as a substitute for proper PPE and will not protect you from COVID-19 infection. For full details on safe use, handling, and sterilization, please visit Health Canada's website. Always use physical distancing and hand washing as a first line of defense.

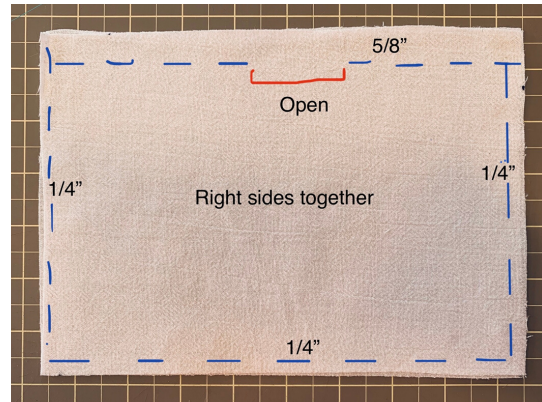


## What you will need:

- Tightly woven, cotton 100% fabric (pre-washed and dried on HOT)
- 1/4" flat elastic (provided)
- Metal nose piece (provided)
- Sewing machine and thread (any sturdy thread in any colour)
- Scissors

## Directions:

1. Cut two pieces of cotton 9" (long) x 7" (tall). This will be the body of your mask.
2. If you receive elastic that is not cut to approximately 6.5", please do so. The longer pieces of elastic have been cut to make 5 masks.
3. Place the right side of the mask together.
4. Starting two inches to the right of center top edge and using a larger seam allowance of 5/8", sew almost to edge of the top right corner.



4. Add a 6.5"-7" elastic in between the two mask pieces (sandwiched between right sides). Sew the elastic with the edge out into the corner. A few stitches forward and back will hold this.
5. Turn by lowering needle into fabric, lifting foot, and turning material. Lower foot and begin sewing down right side (using the 1/4" seam allowance). Stop almost at the bottom and bring the other end of the same elastic to the corner (make sure it's lying flat underneath) and sew a few stitches forward and back to anchor it at the bottom. Turn.

6. Now sew across the bottom of the mask (1/4" seam allowance) to the bottom left corner. Again, sandwich an elastic between the two pieces and place in the corner and sew in.
7. Sew to the top left corner (1/4" seam allowance) and sew in the other end of the same elastic.
8. Switching to the same 5/8" seam allowance as before, sew across 2 inches of the top, leaving about 2 inches open in the middle. Stop, cut the thread. Turn right side out (*pictured right*).

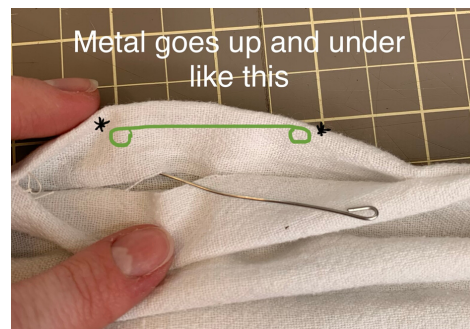




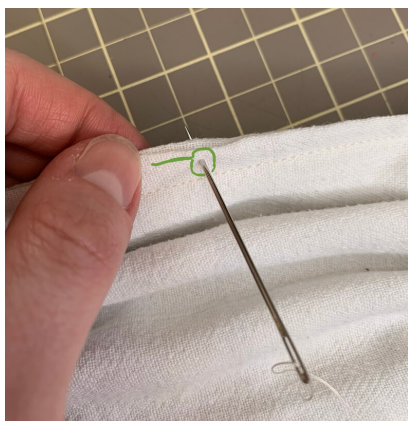
9. Pin 3 pleats on each side of the mask so the folds run the length of the mask. To make a pleat, pinch up small gather and fold over. Make sure the pleats are folded in the same direction.



10. Start at the top right and sew down along the tucks, across the bottom, and back up the left side (1/4" seam allowance is fine).
11. When you reach the top, insert the metal nose piece into the 2" hole and fold in the remaining material to close the hole and encase the metal wire up into the crease. Sew the remaining seam along the top, sandwiching the metal nose piece up into the fold. Make sure to catch the edges of the fabric inside but **avoid the metal piece with your machine as it will break the needle.**



12. The last step is to anchor the nose piece in the center of the mask. Center the metal nose piece in its fabric sleeve an equal distance from both ends of mask (so it's placed over where the bridge of the nose will be). Use a double thickness of thread and a needle to sew through the end hole of the nose wire and loop up, over, and back in through the loop 3 times. Tie off and sew the other end of nose piece in place.



## CONTACT INFO

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*Thank you for your work to help those needing it in these uncertain times!*