



## How to make a hospital mask

Thank you for helping us provide personal protective equipment (PPE) to our health care workers. Our PPE supply situation changes frequently and normal supply continues to be disrupted.

### Important reminders

- Do not make masks for donation if there is anyone in your home who:
  - Smokes
  - Has tested positive for COVID-19
  - Has any symptoms of any respiratory illness
- Please prewash fabric, wash your hands and work in a clean environment.
- Work with the supplies you have at home.
  - If you do not have elastic options, you can drop off the masks without elastic and the hospital will add elastic and the filters for the pocket.
  - The hospital is in need of large, thin, metal-free elastic hair ties that are 6" long (pony tail rubber bands with covering).
- Please do not try the masks on.

### Material list

- (2) 7 ½" x 7 ½" 100% cotton squares (pillow case or 100% cotton quilting material with high thread count)
  - If you do not have 100% cotton squares, you may also use a cotton tea/dish towel with a high thread count or a cotton or poly cotton t-shirt material
- (2) Elastic hair ties, make 1 cut in each to make (2) 6-7" lengths of covered elastic OR very thin 1/8" to 1/4" elastic also works
- 5 ½" length of florist wire. Other wire options include:
  - Plastic twist ties
  - Beading wire
  - Pipe cleaners

**Please note:** The hospital will insert filters after masks are provided.

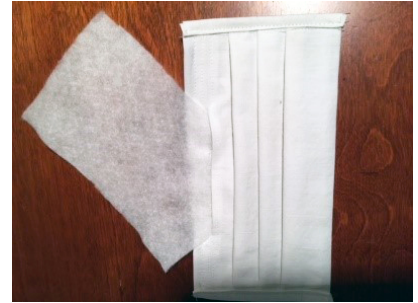
## Finished masks



(Outside)



(Inside)

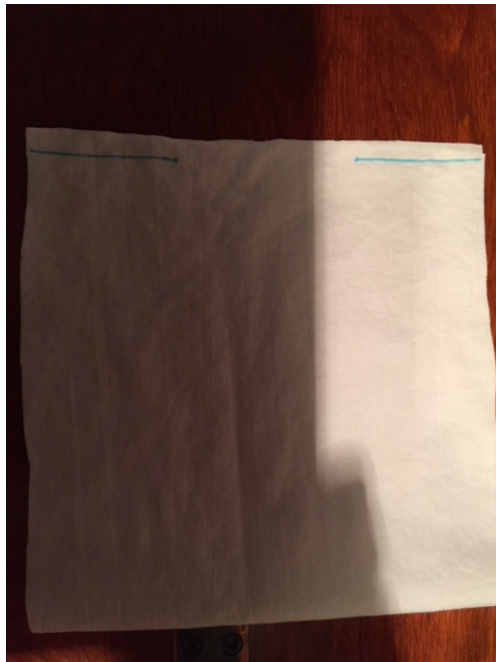


(Filter pocket)

## Directions

Click [HERE](#) for a PDF template and [HERE](#) for a video tutorial.

Cut (2) 7 ½" x 7 ½" cotton squares



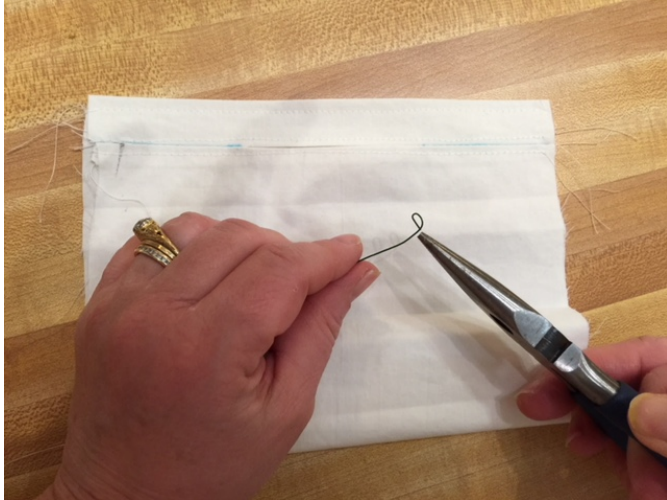
Place right sides together and at the top sew ¼" seam from edge inward toward the center 1 ½", repeat on top from other side 1 ½". There will be a central opening. This is where the filter will be inserted. This side of the mask is nose side or TOP



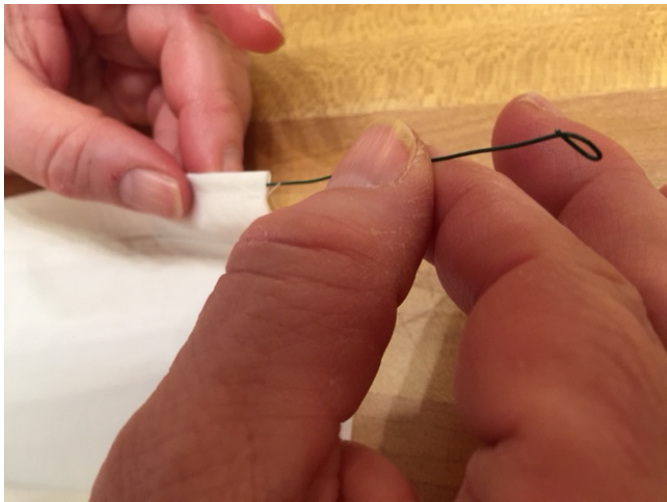
- Press top seam open, including central gap with  $\frac{1}{4}$ " allowance
- Top stitch both sides of seam including central opening which will be the pocket



- Place right sides together and sew bottom seam (chin side)  $\frac{1}{4}$ "
- Turn right side out, and adjust the fabric so that there is  $\frac{1}{2}$ " above the gap, press.
- Topstitch at top of mask near top fold  $\sim \frac{1}{8}$ " from edge. This will form the casing for the crimped wire.



**Crimp both ends of the wire into a very small circle**

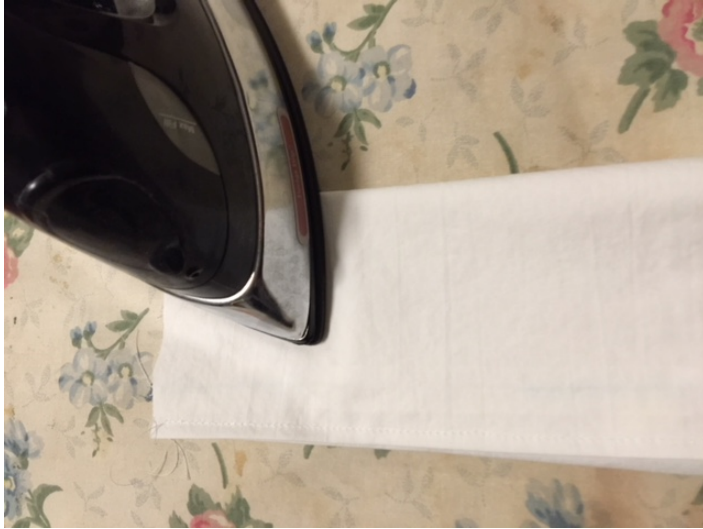


**Insert and center wire in mask casing.**

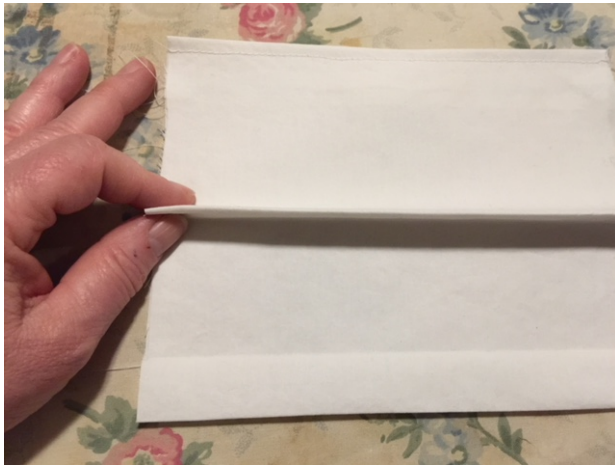


**To make 3 pleats: fold mask in half so right side is out**





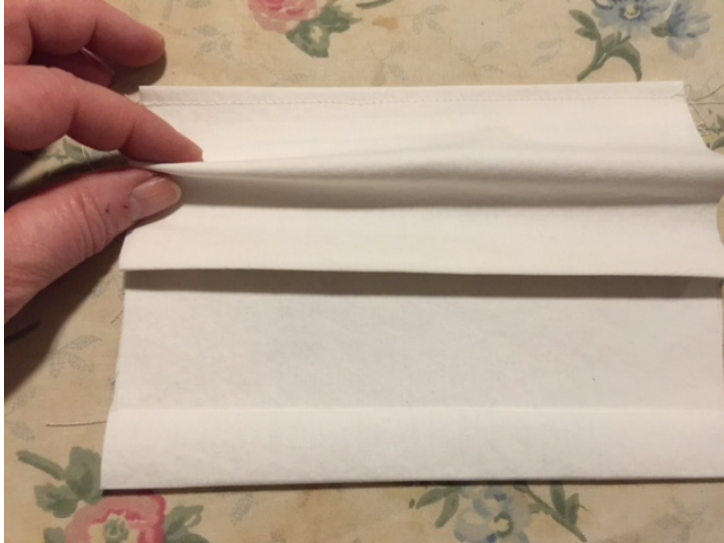
**Firmly press and crease.**



**Pinch crease at each end  
with your fingers and fold  
~ ½" downward toward chin.**



**Firmly crease and press  
while folding down toward  
chin.**



**Repeat pleats above and below middle pleat by pinching ~ ½" of fabric to make a parallel fold to middle pleat (follow pattern for direction of pleats and approximate spacing). It does not have to be perfect and does take some practice.**



**Remember to firmly press and crease each pleat and then pin sides to hold pleats in place.**



**Along sides of mask, sew over pleats to secure them,  $\frac{1}{4}$ " from edge.**

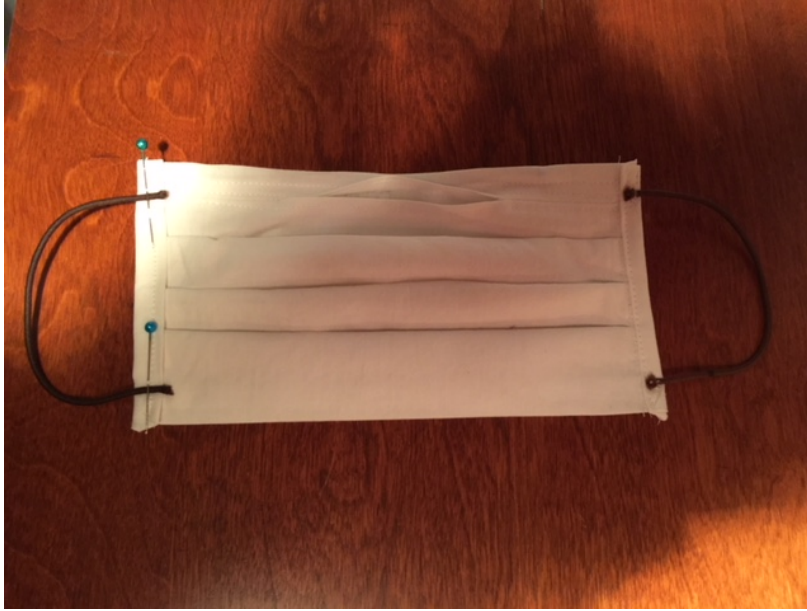


- Next, finish the sides of mask like binding tape on a quilt edge. Make two 1 ¼" strips of fabric about 1" longer than sides. Fold edges ~ ¼" to line up with top and bottom of sides. Trim as needed.
- Place strip down right side to right side of mask, lining up edges and sew ¼" seam from top to bottom.



- Press ¼" fold
- Wrap binding over edge to wrong side of mask.
- Fold under raw edge ¼" and sew over fold.





- To make elastic ear loops, snip pony tail elastic to make a 6" length. Pin elastic ½" from top and bottom, securely machine stitch back and forth over elastic
- Arrange pleats and press with iron firmly to set creases.

**You are now done!**

Filters will be added later at the hospital. THANK YOU SO MUCH!

Please place the finished product in a plastic bag. Please separate any masks that do not have elastic.

You can drop off the masks Monday through Friday from 9 a.m.-noon and 1-3 p.m. at the Children's Corporate Center lobby (999 North 92<sup>nd</sup> St., Milwaukee, WI, 53226).