

How to make a face mask for

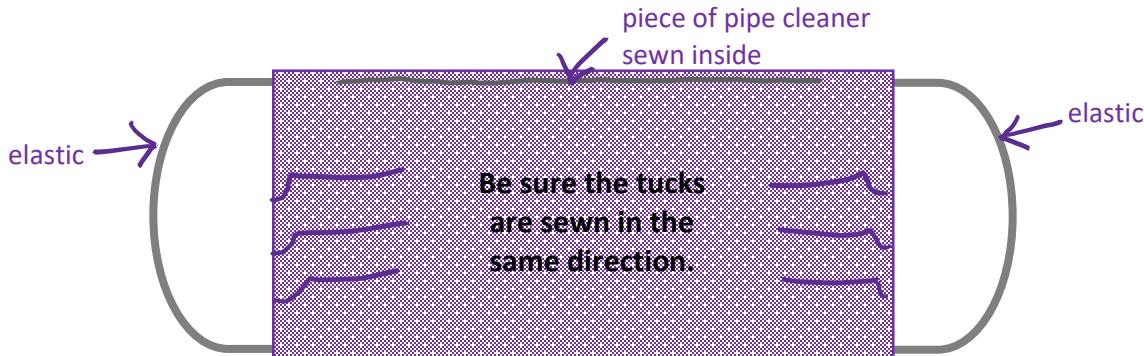


What you will need:

- Cotton fabric (preshrink before sewing)
- Flannel fabric (preshrink before sewing)
- Rope elastic (beading cord elastic and 1/8" flat elastic will also work)
- Pipe cleaners
- Thread

Instructions:

1. Cut both cotton and flannel fabric 9" h x 7" w. If possible, place the cotton fabric so the long side follows the horizontal design of the fabric because it will be the outside of the mask.
2. Cut the elastic 7" long and tie a knot at each end. You will need two 7" pieces for each mask. Note: If using flat elastic, DO NOT knot the ends.
3. Put right sides of cotton and flannel fabrics together. (If adding a pipe cleaner, see the tip/instruction on page 2.)
4. Starting at the center of the bottom edge, sew to the first corner, stop. Place the elastic with the edge out into the corner. A few stitches forward and back will hold this.
5. Sew to the next corner, stop, and bring the other end of the same elastic to the corner and sew a few stiches forward and back.
6. Now sew across that top of the mask to the next corner. Place the end of the second piece of elastic with the edge out.
7. Sew to the next corner and sew in the other end of the same elastic.
8. Sew across the bottom leaving about 1.5" to 2" open. Stop; cut the thread. Turn inside out. Pin 3 tucks on each side of the mask. Make sure the tucks are placed the same direction.
9. Sew around the edges of the mask twice. That's it; you're done!



Place completed masks into a plastic bag that seals tightly, e.g., Ziplock, and drop off or mail to Lyngblomsten, 1415 Almond Avenue, St. Paul, MN 55108.

Thank you for helping protect our residents and staff!

www.lyngblomsten.org/covid19

Influenced by Christ, Lyngblomsten provides a ministry of compassionate care and innovative services to older adults in order to preserve and enhance their quality of life.

Tips & Photos from volunteers Sarah & Esther

who worked with Lyngblomsten nurses to modify the Allina/Deaconess pattern

1. For added coverage/protection, use fabric cut 9"x7" (instead of 9x6).
 - a. The top of the mask is one of the 9-inch sides
 - b. Use flannel for the inside, thick woven cotton for outside.
 - c. Cereal box cardboard works well to create the pattern template..
 - d. If possible, place your fabric design horizontally.



2. Added step from the Allina directions: Cut a pipe cleaner in thirds or half depending on how many you have. Bend the ends of the pipe cleaner so they don't poke through the fabric. Sew a pipe cleaner into the top of the flannel after ironing a pocket for it. Iron and sew the cotton fabric down, too.



3. We added another step outside of the Allina directions: Sew on the elastic now and reinforce it as it will get hard use, and we don't want it coming out.



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4. Sew the right sides of the fabric together down the sides and bottom, making sure to keep the elastic on the inside (away from where you will sew the edge). Don't sew the top yet.
5. Turn the mask the correct way—so the good side of the fabrics are now on the outside.



6. Pin 3 tucks on each side of the mask, making sure the tucks are going in the same direction. Overall it should be about 4 inches tall now with the tucks in.



7. Sew around the edges of the mask twice, including the top of the mask.
8. Place completed masks into a plastic bag that seals tightly, e.g., Ziplock, and drop off or mail to Lyngblomsten, 1415 Almond Avenue, St. Paul, MN 55108.

Thank you!