

Quick, Easy, Low-Waste Mask Tutorial

Thank you for your support of our PruittHealth family during this unprecedented time. Your willingness to volunteer your time to make masks for our beloved patients and caregivers is extraordinary. We appreciate your help during this extreme time of need.

Below are step-by-step instructions on how to create these homemade masks, as well as delivery instructions.

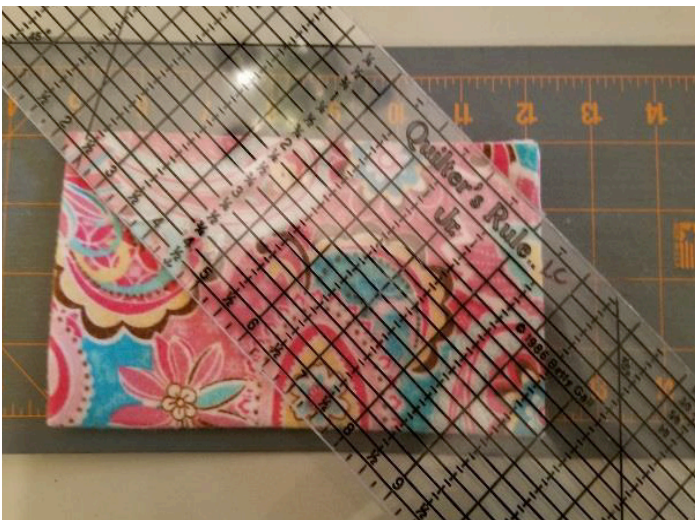
Fabric used should be high-thread count, tightly woven, breathable, and washable. Tightly woven flannel and pillow ticking are both reasonable options.

You will need for each mask:

- An 8x14 inch rectangle of fabric
- 2 pieces of 1/4" width elastic (You will need about 6.5" pieces for smaller adult faces and 8" for larger ones. 7" pieces tend to fit most faces)
- 1 pipe cleaner, cut in half

Directions:

1. Cut pre-washed fabric into an 8" x 14" rectangle. If it is wrinkled, you will want to iron it flat before starting.
2. Fold the rectangle in half, then in half again so that all of the corners are together. Cut a 1" diagonal off of the corners to reduce bulk in the edges.



3. Lay the fabric wrong side up on the ironing board and iron in about 1cm on each edge.



4. Cut the pipe cleaner in half. Place a piece at each at the fold of each of the short ends.



5. Fold over again and sew straight across to make a channel to enclose the pipe cleaner.



6. Fold the fabric in half bringing both of the short ends together. The short ends with pipe cleaner will be the top of your mask. The pipe cleaners can form down over the nose. Where the 2 short ends meet will be left open to form a pocket for a filter or ABD padding material.

7. Make 2 downward facing folds. You will get the best end result if you iron the folds down and pin for sewing.



Note: Downward folds should indicate to the wearer the OUTSIDE of the mask so that it is not taken off for something, then placed back on inside-out!

8. Insert ear loops between the layers on the sides of your mask. You will want to pin the bottom one in so that it won't pull out while you are sewing the top one in.



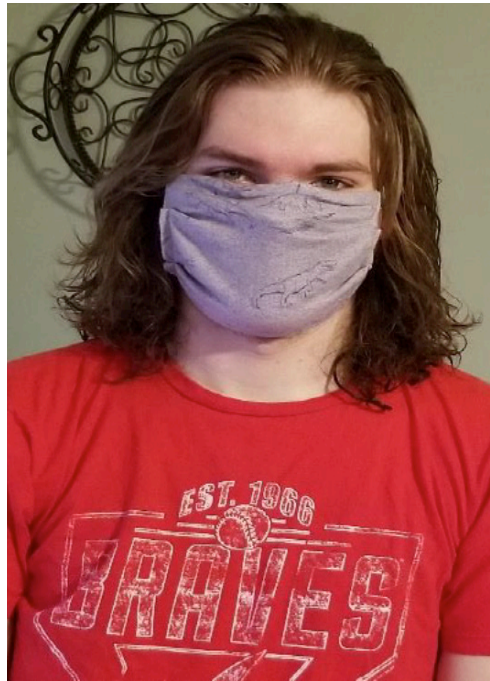
9. Sew each side edge from the top to the bottom to secure in the elastic and folds. Back-stitch over the elastic edges.



10. Your mask is DONE! The top will remain opened for possible filter use.



The finished product should fit snugly under the chin and over the nose.



DELIVERY INSTRUCTIONS

Please package multiple masks in a single plastic bag – not individual bags.

Label each bag with your name and address and deliver to:

PruittHealth

1626 Jeurgens Ct, Norcross, GA 30093

THANK YOU!

