How to make a hospital mask

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 ¼” 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 ¼” 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) ¼”

• Turn right side out, and adjust the fabric so that there is ½” above the gap, press.

• Topstitch at top of mask near top fold ~ 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.
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 92nd St., Milwaukee, WI, 53226).

- 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.