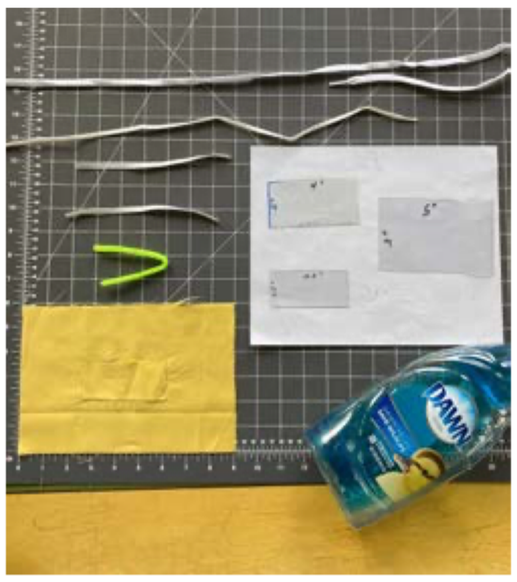
How to Make a Mask for Some who is Hard of Hearing, Reads Lips, or is Deaf

Disclaimer: These masks are made of cotton, vinyl, and elastic material. It is important to note that this step-by-step tutorial is a guide and is not intended to replace traditional, tested, FDA-Approved PPE. The CDC recommends the use of cloth face masks as a last resort, when other PPE is not available. The decision to use this particular guide is your own. These masks have not been tested or proven to protect against illness.

Materials:

- (2) 9”x6” pieces of fabric material for mask, washed and ironed (we use 100% cotton fabric)
- 8 gauge clear vinyl fabric, cut into a 3”x5” rectangle (available at fabric stores)
- Thread
- Sewing Machine (optional)
- Pipe Cleaner or Twist Ties, cut into 6” pieces
- (2) pieces of ¼” width elastic **OR** (4) pieces of 27” flat shoelace or (4) pieces of¼” width Ribbon, cut into 27” pieces
- Scissors
- Ruler
- Pencil/Pen to mark fabric
- Sewing needle
- Sewing Pins
- Dawn dish soap
- 4” x 2” rectangle template
- 3.5” x 1.5” rectangle template



Instructions:

1. Cut cloth fabric into two pieces of 9” x 6” rectangle.

2. Match up the two pieces of fabric with the two right sides together. If you are using a solid color material, there may not be a right and wrong side. Place your 4” x 2” template in the center of your fabric squares, and trace all the way around the square.

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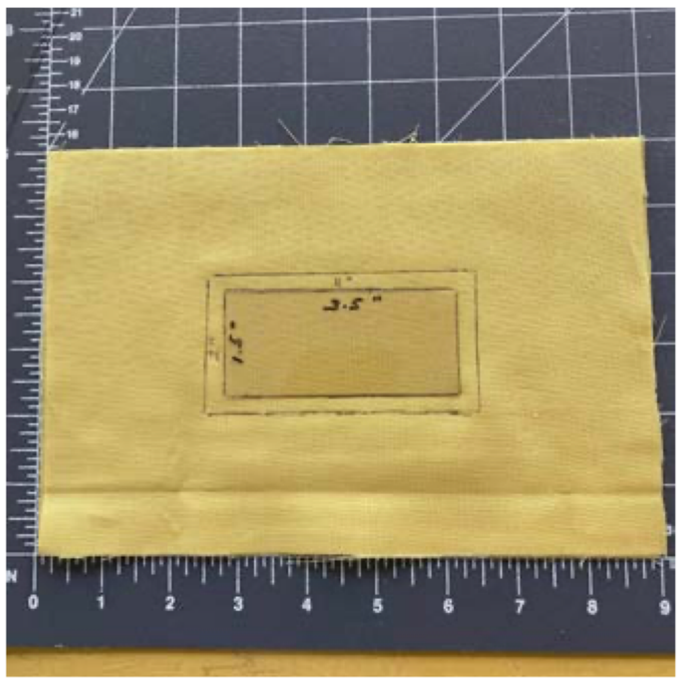
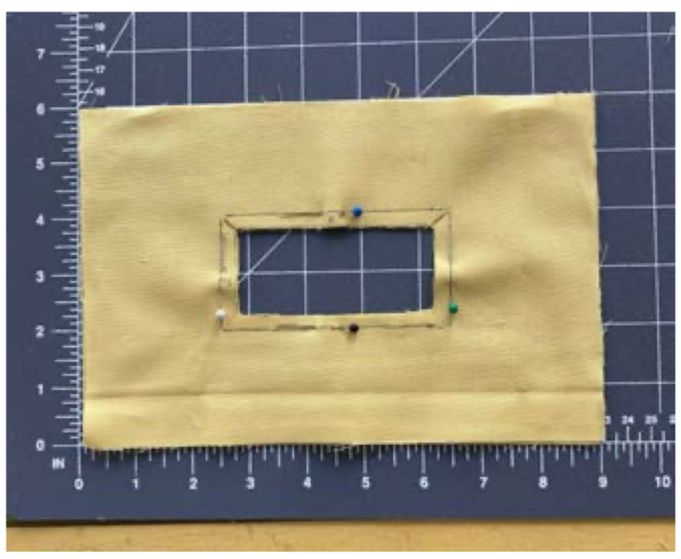
3. Using your smaller template, make a second square that is 3 ½” x 1 ½” in the center of your previously traced/drawn square on the fabric. You should now have two squares on your fabric, one inside the other. Tracing the second square gives you your ¼” seam allowance for the opening.



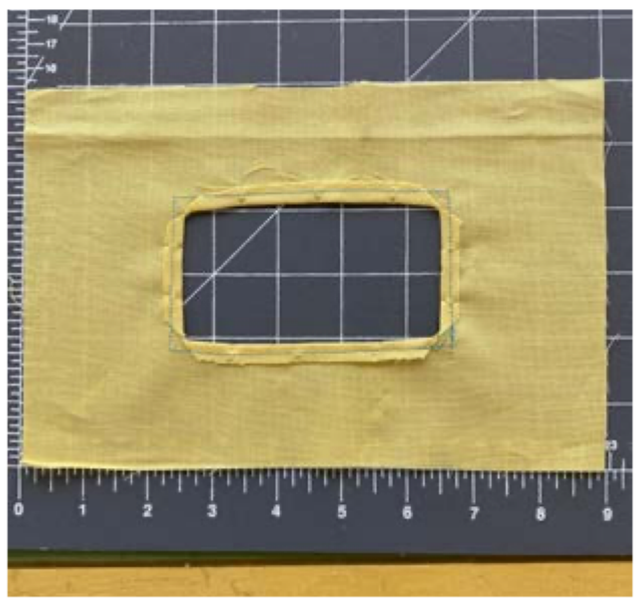
4. Pin the fabric on all four sides of the larger rectangle so the fabric remains in place, and then cut out the 3 ½” x 1 ½” rectangle in the center of your fabric.



5. Cut diagonally into the corners of the 4”x2” rectangle. Fold your quarter inch allowance up on all four sides and pin them in place. When completed, all four sides of your rectangle on both pieces of fabric should be folded up, with the folded pieces facing out.

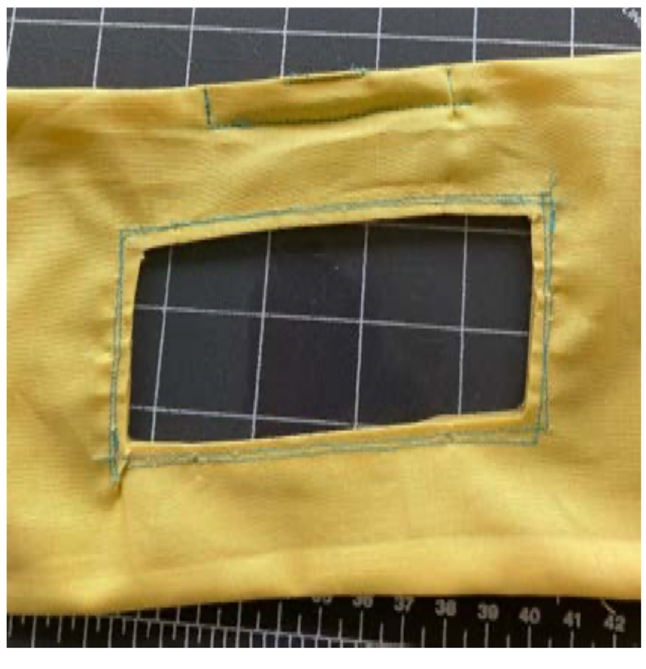
How to Make a Mask for Some who is Hard of Hearing, Reads Lips, or is Deaf

6. Sew your ¼” seam allowance on all four sides of both pieces of fabric.



7. Put fabric pieces back together, with the seam allowance facing out, right sides together. Pin the two pieces of fabric together for added stability. Sew the two pieces of fabric together with a ¼” seam allowance on all four sides. Cut your corners outside the thread line for a cleaner corner on the finished mask.

8. Using the opening in the center of the fabric, turn the mask right-side-out. Determine which 9” side is going to be the top of the mask. Fold your 6” pipe cleaner piece in half. Slide the pipe cleaner/twist tie into the center of the top edge of the 9” side of fabric and sew one end closed and then sew the other end closed. Finally, sew just below the pipe cleaner/twist tie, securing it in place.



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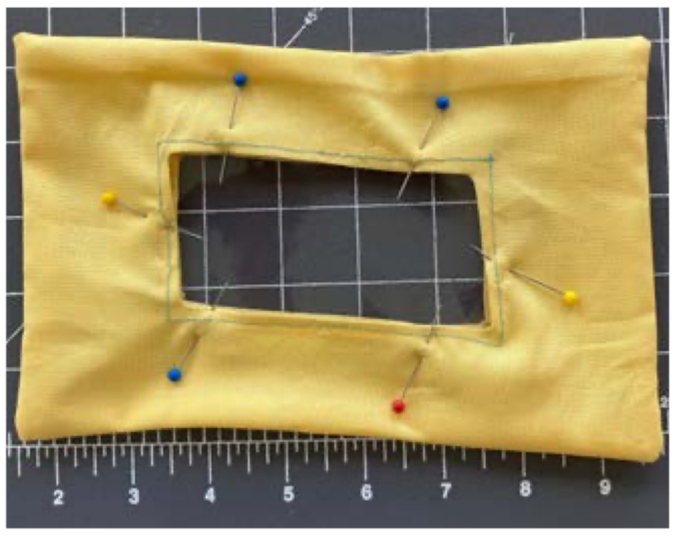
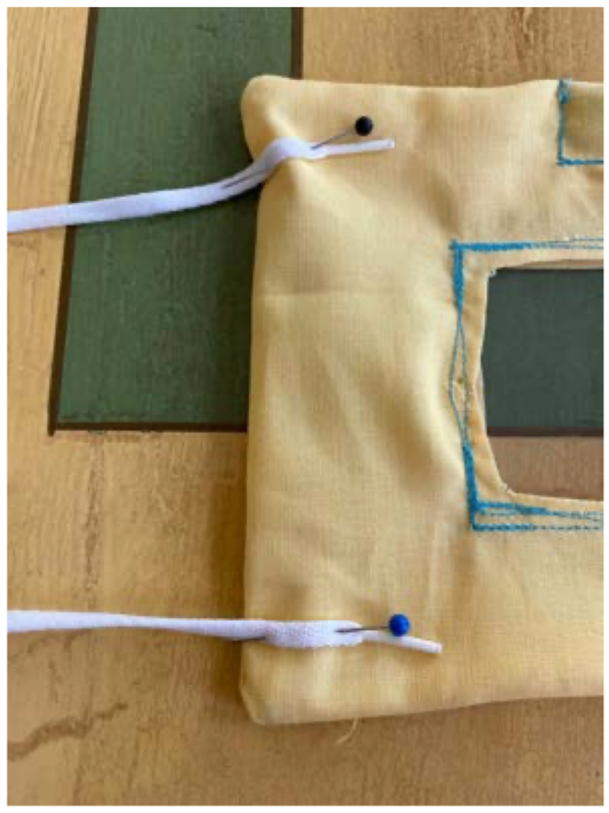
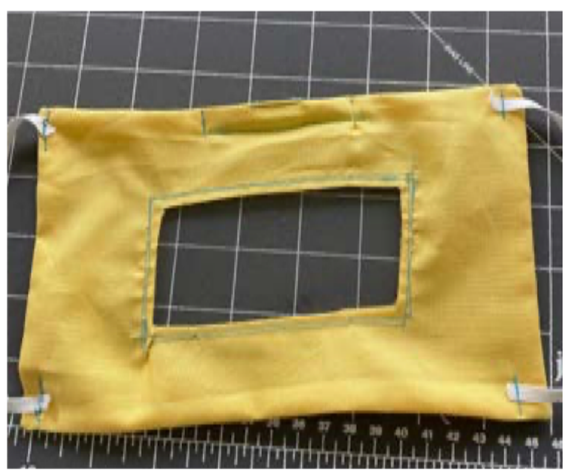
9. Insert your 3”x5” piece of vinyl into the hole in the middle of the fabric, and sandwich it in between the two pieces. Secure the vinyl inside the window with sewing pins, and sew all the way around. After you sew the vinyl into the fabric, tug on the fabric to ensure there are no gaps in the stiching.



10. Pin the elastics/shoelaces/ribbon to the edges of the 6” side of the mask. Use one 7” elastic or two 27” inch shoelaces per side. Pin one end of the elastic to the top corner and one end to the bottom corner. **If using shoelaces: Place the end of one shoelace about half an inch down from the top. Place the other shoelace at the bottom of the mask, using the same measurements. Ensure you are sewing over top of the woven part of the shoelace, not the plastic aglet.**



11. Sew the elastics/shoelaces to the fabric. Sew forward and backward over the elastic/shoelace several times to ensure it is secure. Repeat on the other 6” side.



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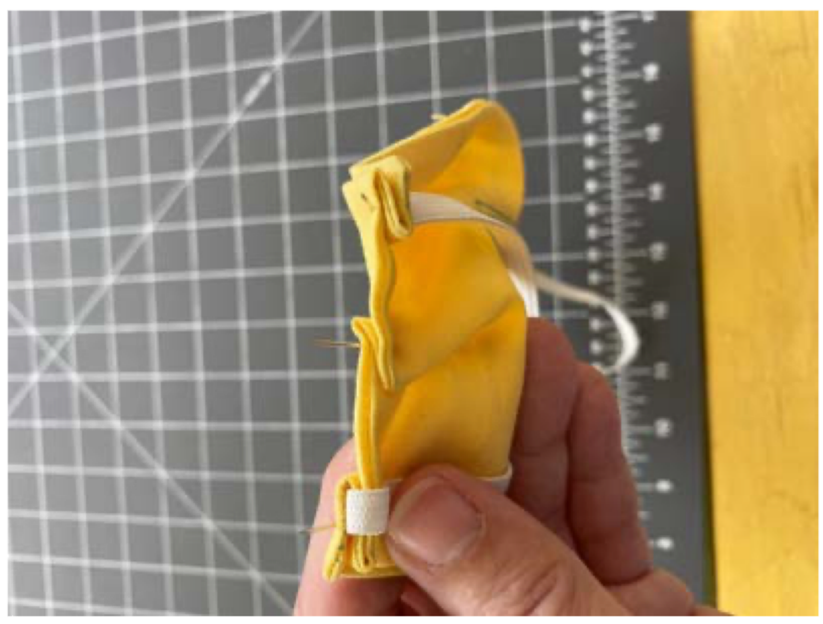
12. To make the pleats, start by folding down the top corner about an inch down, folding the fabric into itself. Pin down for security. Move down the fabric about an inch, and create another pleat. Pin down for security. Finally, move about another inch down and make your third fold. Pin down for security. All pleats should fold in the same direction.



13. Repeat the pleat process on the other side of the mask, ensuring the pleats are going in the same direction throughout the mask.
14. Sew over the pleats, making a straight seam all the way down the side of the mask. Repeat on the other side of the mask.
15. Finally, in the center of the bottom 9” length, make two ¼” vertical pleats next to each other and then sew over the pleats. This will help the mask be more form-fitting to your chin.

16. When the mask is completely finished, your nose should be covered by fabric, not by vinyl.
17. To prevent fogging inside the mask, place a small drop of dawn on your finger and rub it on the inside of the vinyl on the mask.

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