**Mask Sewing Instructions. Medium Adult Size – seems to fit men as well as women**

(I cannot credit the creator, as I cannot find the YouTube video I started with. I have made some adjustments to her template and instructions. Blandyna Williams, 01/May/2020)

1. Ties\*: From t-shirt, cut four 1“ wide strips between 9 and 12” long (see if you can get four from one strip around the body of a t-shirt, divided into unequal sections; 2 longer for the top of the head ties and 2 slightly shorter for the back of the neck ties). You can use the sleeves as well as the body. It’s best with little to no fabric paint, as that prevents stretching. ~9” seems fine for the neck and ~10” for the top of the head.
2. Nose wire: Cut 1 piece of flexible wire 2.5” long; with pliers curl the cut ends in to form a small loop. This will prevent the cut edges from poking through.
3. Mask: Cut out the paper template. It includes a ¼” seam allowance. If you want to use elastic ties, keep the template as is. I didn’t use elastic, so instructions for how to attach it are not included here. For t-shirt or self-fabric ties, cut off 1” at the side of the template.
4. Place your fabric right sides together and cut 4 pieces using the template – 2 for the front, and 2 for the back. I used a rotary cutter to cut all 4 pieces at once.
5. Using a ¼” seam, and back-stitching at the start and end of the seam, join the two pieces of the front at the center seam, and then snip small wedges at ½” intervals out along the concave, front center seam, at the cut edge going close to the seam, but not cutting it. Repeat with the other two pieces. Finger-press the seams to one side so that when sewn together the seams lie in opposite directions. This reduces bulk when sewing down the nose seam.
6. A) With one of the two mask halves, with right fabric side facing up, place two of the longer t-shirt strips ¼” down from the top, with the long ends facing in and each short end flush with the left and right cut sides.
7. B) Repeat for the two shorter t-shirt strips, placing them in a 1/4” from the bottom edge with one short edge flush with the left/right cut sides and the long ends facing in.
8. Place the other mask half right side down and pin the four straps in place; place one pin at the top seam when the nose bridge meets and one pin at the bottom of this seam. Back-stitching at the start and end, sew all the way round with a ¼” seam, leaving a 1.5” opening at the bottom, through which you can retrieve the straps and turn the mask right side out. When sewing around, make sure the straps aren’t caught.
9. Turn the mask right side out.
10. At the nose bridge, mark the space for sewing the wire in place – ½” deep and 1” wide on each side of the seam.
11. Place the nose wire inside the mask, and pin one pin in place vertically at each marked edge, and one pin horizontally at the seam. The intention is to hold the wire in place as best as possible during sewing.
12. Pin two ¼” pleats at the bottom edge, about 1” in from each strap. These 2 pleats help create a tighter fit around the chin.
13. Sew all the way around using a 1/8” seam, following the marked lines for the nose wire, and sewing very slowly and carefully around the wire so that your needle doesn’t hit the wire and break, stopping to adjust and move the wire as necessary. I find it easiest to start at inner edge of the left nose bridge mark, sew out to the outer edge, back-stitch to the start of the line, pivot to sew the inner nose seam, pivot to sew along the right vertical marked line, pivot to sew all around the mask, finishing with carefully sewing along the outer nose bridge and then finally, one final pivot to sew another line down the right vertical nose bridge mark. The start is essentially back-stitched, and you can back-stitch at the end for good measure.

\* If t-shirt fabric is unavailable, you can create self-fabric ties by cutting four strips from your mask fabric. Two strips will be 1.5” wide and about 17” long for the top of the head, and two strips will be 1.5” wide and about 15” long for the neck. Iron each strip in half, and then iron each half in towards the middle. Fold in one cut short edge and sew, about 1/8” in from the open edge, all the way from the folded-in short edge down the folded-in edge to the cut edge that will be inserted into the mask.

If you wish to use elastic instead of straps, the 1” of fabric that you retained at the side is folded in and stitched in place to create the channel for the elastic.