



Fabric Face Masks

“OLSON” style pouchless mask

Material: cotton weave fabric , hair ties /elastics



Each Mask will require 4 small pieces of fabric. Two pieces for the front, two pieces for the back. You can start with squares that are about 7" x 8".

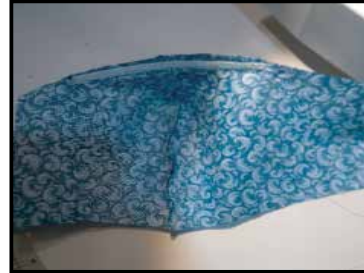


STEP 1. Using the pattern provided cut 4 shapes.

Suggestion: use a different fabric to easily identify inside from outside.



STEP 2: Sew a ¼" seam down side 3 as indicated on the pattern piece. Do this on each pair.



STEP 3: Optional nose pincher
Material: twist tie, pipe cleaner, etc.,
Pincher attached to what will be the top of the mask centred with your centre seam (zig zag stitching in image)



STEP 4: Sew all way 'round, using a ¼" seam allowance (leave gap you will need for turning). Turn it right side out, push out your corners and seams, press and then and sew a topstitch all the way around.

These steps are just suggestions and process and final outcomes will be determined by your creativity, expertise and materials available.

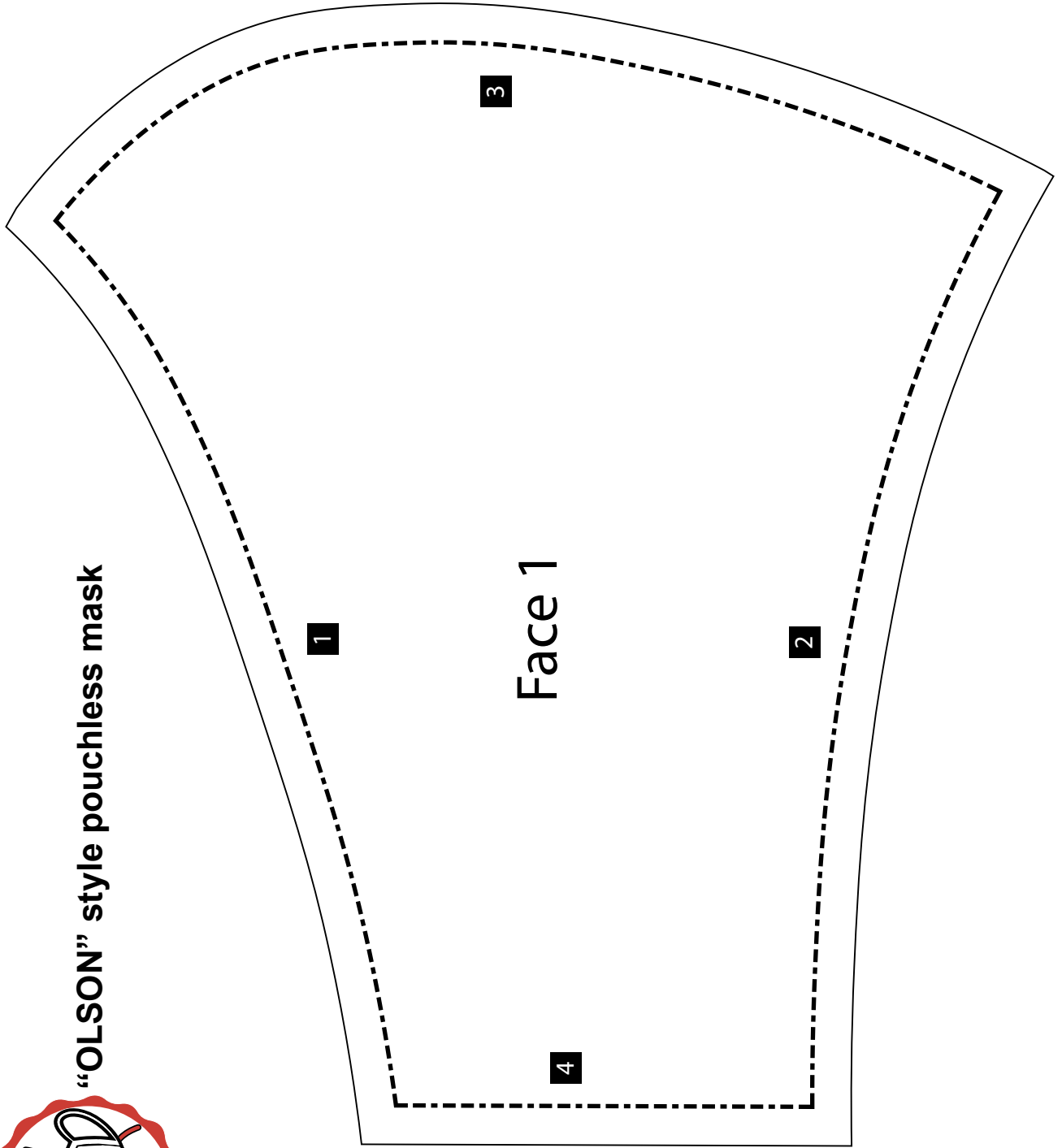


STEP 5: Cut elastic pieces about 7 - 7 ½" long (width of elastic is ¼"). Prepare a channel for the elastic by turning in each end sufficiently and sew a seam. This seam is going to take some wear - lots of backstitching. Pull elastic through the channel and then hand sew it together. Hide your handsewing by pulling it inside the channel.



“OLSON” style pouchless mask

1" x 1"
Test Square

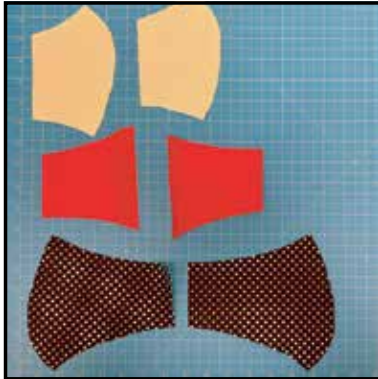




Fabric Face Masks

“OLSON” face mask

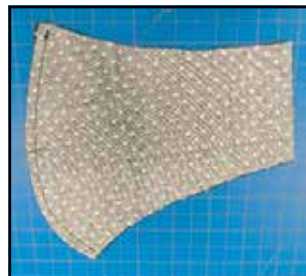
Material: cotton weave fabric , hair ties/elastics



STEP 1: Using the patterns, cut one of each shape. (6 total pieces)

VIDEO Instructions:

Google *Instructional video for sewing the Olson mask (COVID-19)*



STEP 2: Sew face 1 and face 2 together along side 3.



STEP 3: Sew mouth 1 and mouth 2 together along side 3.



STEP 4: On mouth 1 and mouth 2 sew fold side 5 over $\frac{1}{4}$ inch and sew down.



STEP 5: On cheek 1 and cheek 2 fold side 6 over $\frac{1}{4}$ inch and sew down.



STEP 6: Match cheek 1 and mouth 1 at the dotted line (7). Sew a 1-inch tuck at side 1 and side 2 where the two pieces overlap.

STEP 7: Repeat STEP 6



STEP 8: With the fronts of the fabric facing each other, sew along the entire perimeter of the mask.



STEP 9: Use one of the slits between the mouth and the cheek to turn the mask right-side out.



STEP 10: Add hair tie/elastic to each side by folding the fabric on the end of the mask over the tie and sew down. * This last step is open to creative variations.



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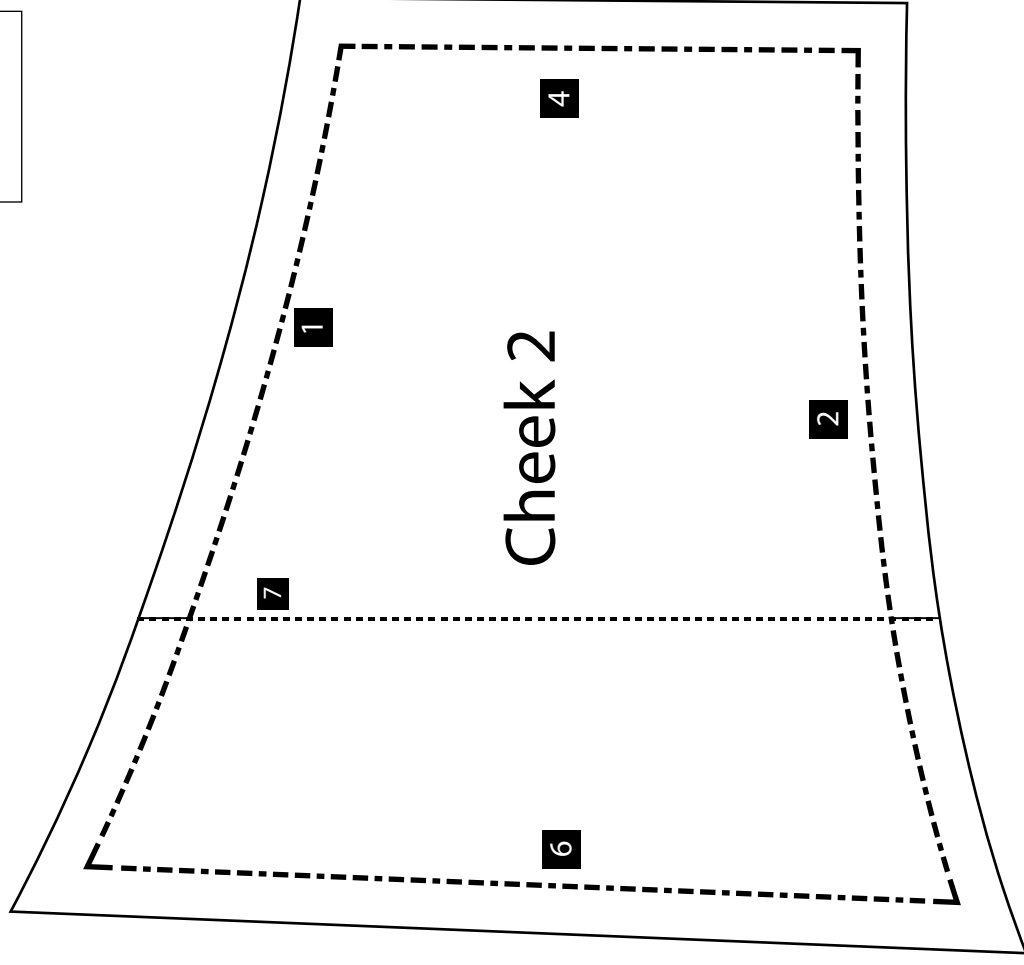
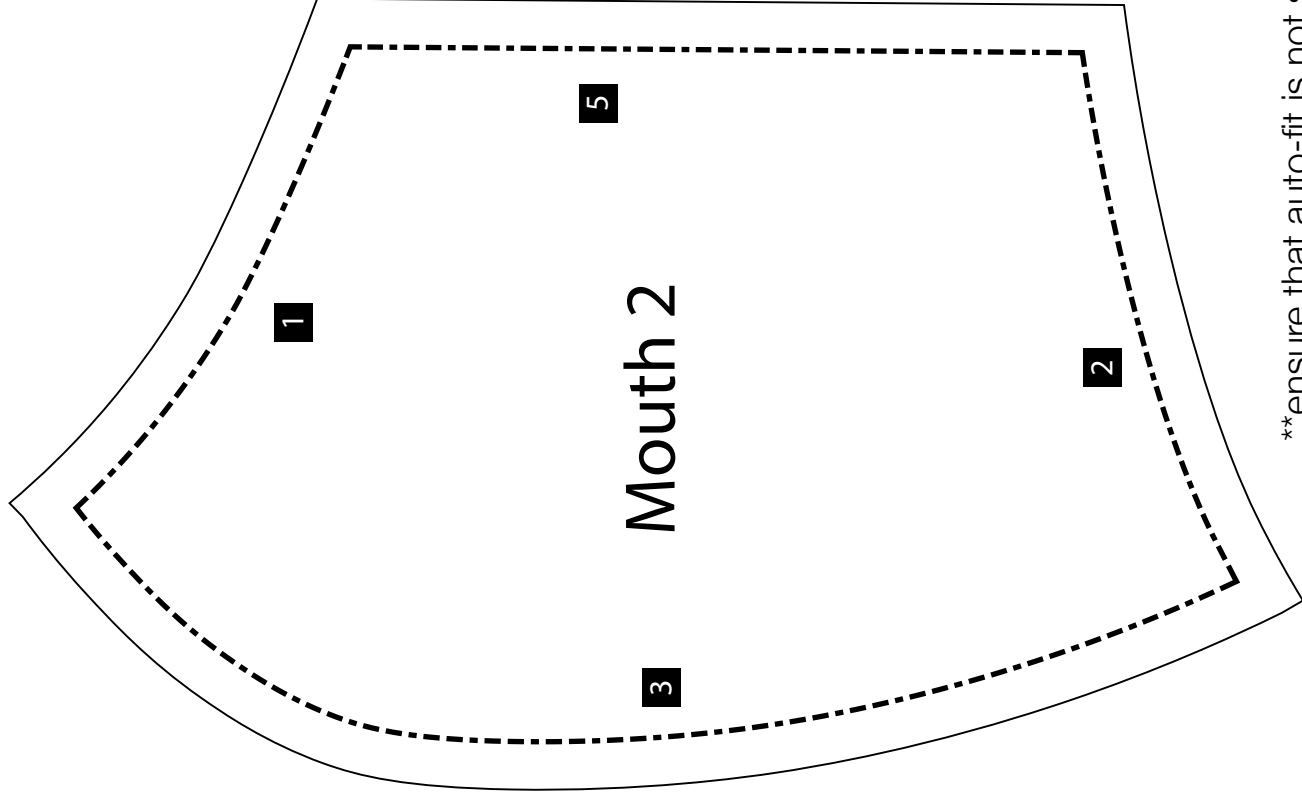
Instructions and pattern:

Adapted from UnityPoint Health – Cedar Rapids

Created by Clayton Skousen & Rose Hedges

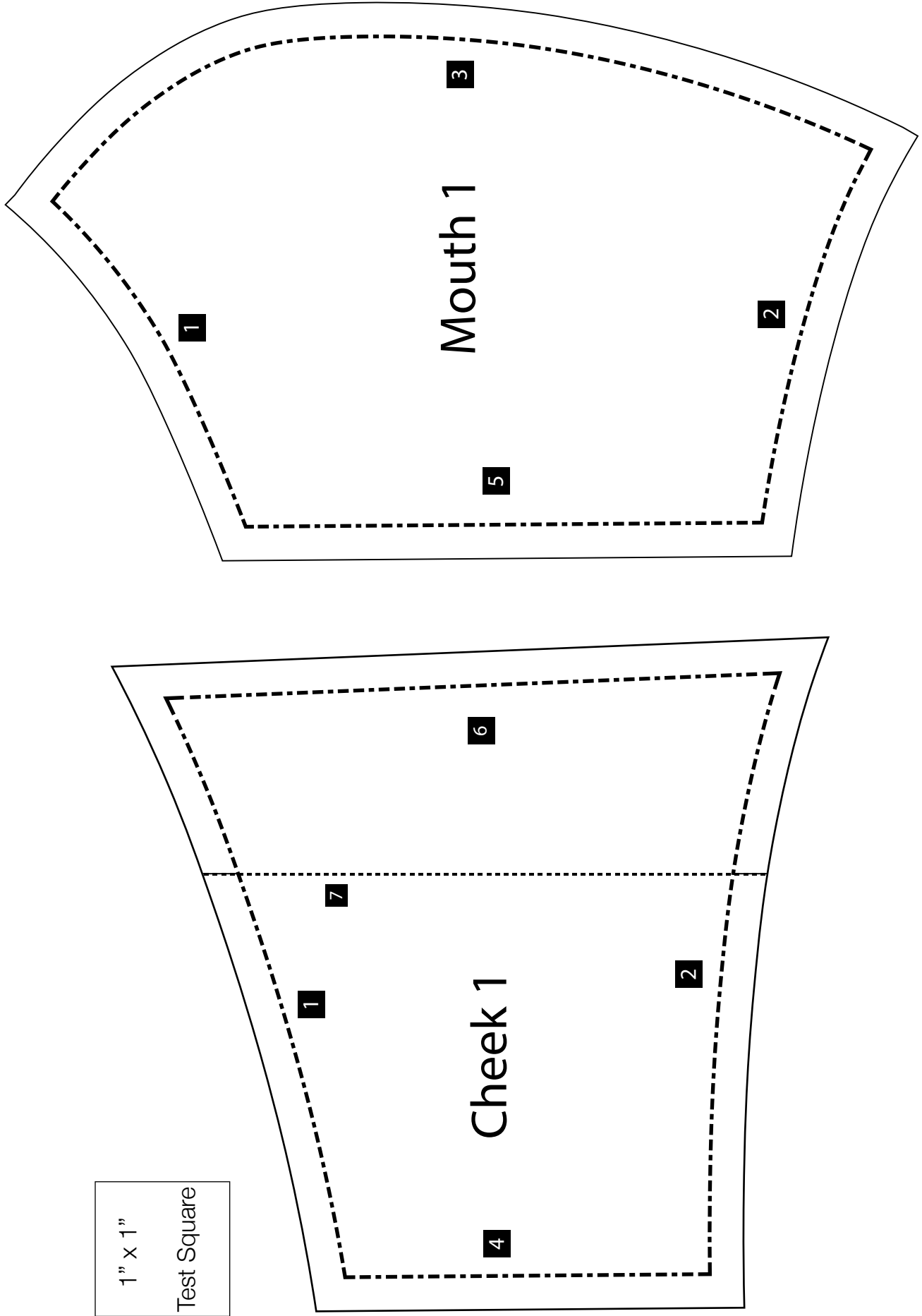
<https://www.unitypoint.org/cedar-rapids/sewing-surgical-masks.aspx>

1" x 1"
Test Square

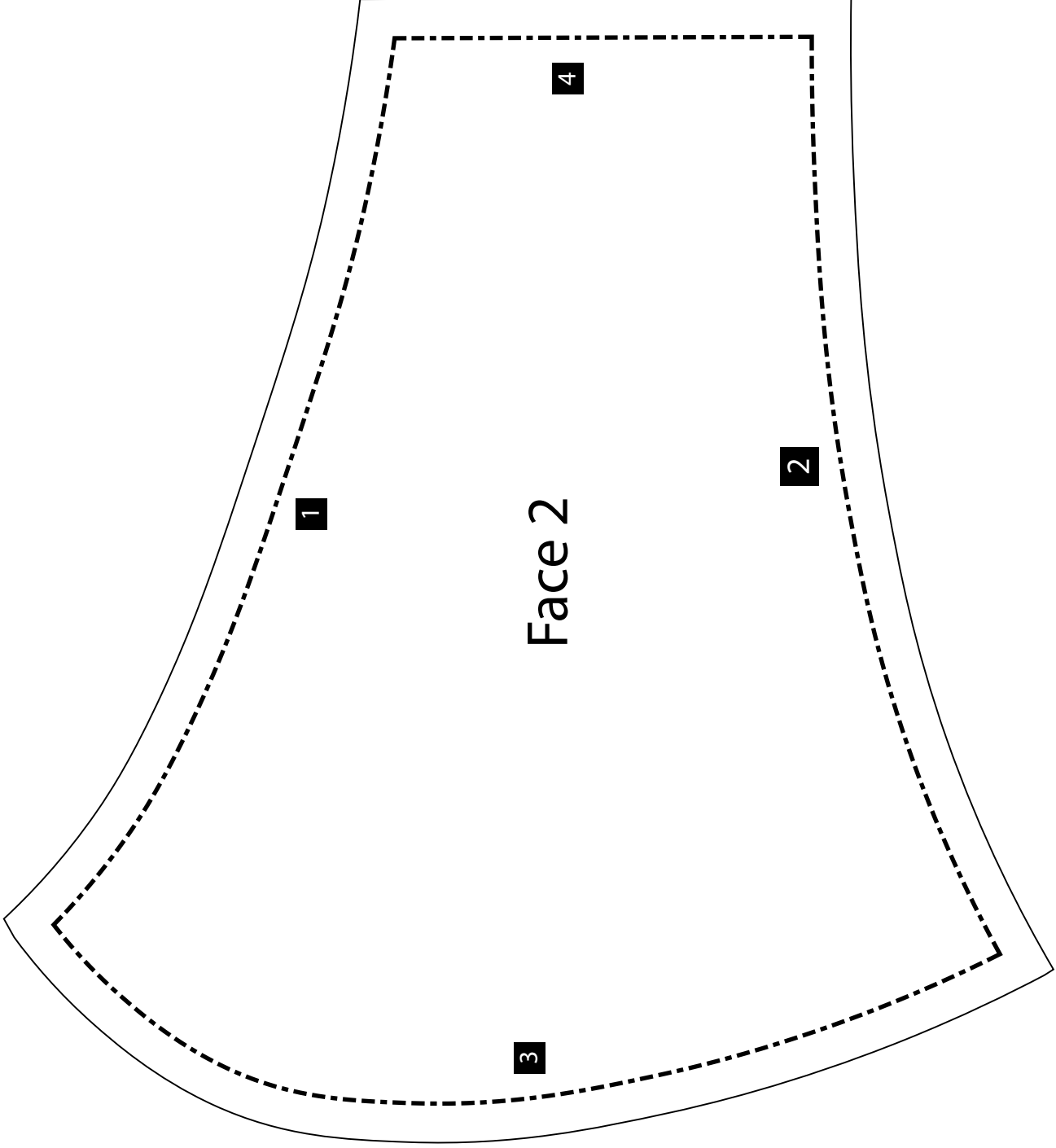


**ensure that auto-fit is not selected when printing to ensure pattern measurements are not altered

1" x 1"
Test Square



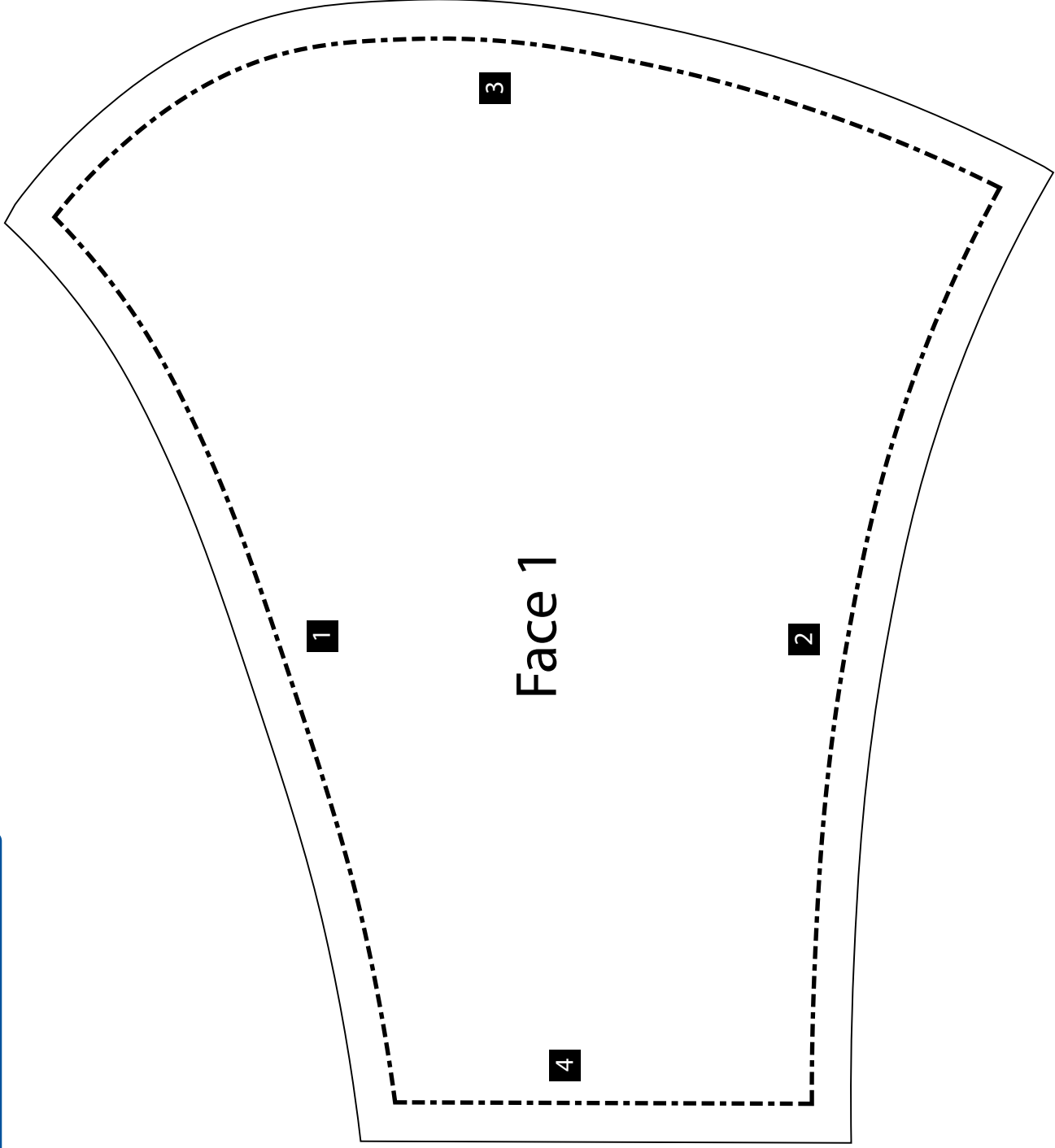
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1" x 1"
Test Square

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1" x 1"
Test Square



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Print off and put on mask storage container lid

