

The Arc Rockland Mask Directions

Each staff member will be given one mask for repeated use; they are washable. A protective filter will be inserted in each mask for additional protection.

If you have these supplies, without shopping for them, could you please sew face masks for Arc staff working in our residences?

- sewing machine
- cotton or cotton blend fabric (approximately 16" X 9"/ mask)
- elastic band (14" around/7" flat)
- 15" piece of 1/4" elastic

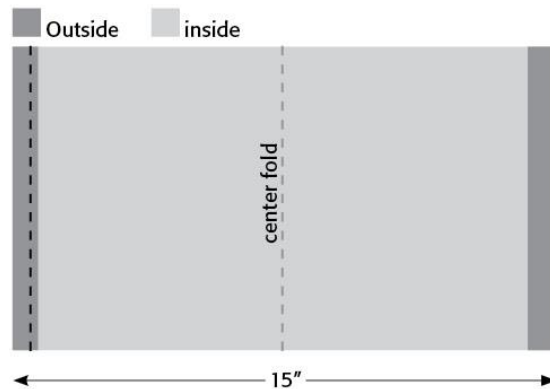
Sewing instructions are on the next page.

THANK YOU!

The Arc Rockland Mask Directions

Materials:

- 16" x 9" tightly woven cotton material
- 16" piece of 1/4" elastic
- Thread for sewing
- 6" piece of pipe cleaner/chenille stem
- Elastic loop headband (14" if laid flat)



- 1: Iron 1/2" hem on the 9" sides and then fold in half, iron with right sides out
- 2: Open and stitch 1/2" hem on ONE of the 9" sides and then fold with right sides together.
- 3: Place elastic loop around fabric at the center fold (see B)
- 4: Stitch the two sides together over the elastic loop; then stitch the other two side but stopping 1/2" from the fold. Be sure to stop before the elastic loop on the second side. This allows the bottom of the mask to be adjusted. (see C)
- 5: Stitch end of 1/4" elastic 1/2" from fold on each side. (see D)
- 6: Turn mask so the right of material is on the outside. (see E)
- 7: Stitch 1/2" from edge, across bottom, enclosing the elastic loop, making sure your loop is kept free of stitching. Then stitch 1/2" from the edge, up one side to enclose the 1/4" elastic. (see E)
- 8: Pull the elastic up to give you enough to finish the other side by stitching 1/2" from the edge, up to enclose the 1/4" elastic. (see F)
- 9: Place pipe cleaner under the top unstitched edge and zig zag stitch over edge to hold in place (see G)
- 10: The pocket allows for a filter to be inserted.

