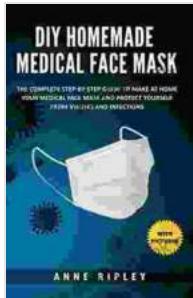# The Complete Step-by-Step Guide to Making Your Own Medical Face Mask at Home

With the ongoing COVID-19 pandemic, it's more important than ever to protect yourself and others from the virus. One of the best ways to do this is to wear a face mask. While there are many different types of face masks available, medical face masks are the most effective at preventing the spread of disease.

DIY Homemade Medical Face Mask: The Complete step-by-step guide to make at home your medical face mask and protect yourself from viruses and infections (with pictures) by Anne Ripley

★★★★☆ 4.5 out of 5

Language	: English
File size	: 1841 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 50 pages
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However, medical face masks can be expensive and difficult to find. That's why we've put together this step-by-step guide on how to make your own medical face mask at home.

Materials You'll Need

- 2 pieces of cotton fabric, each measuring 9" x 6"

- 2 pieces of non-woven fabric, each measuring 6" x 4"

- 2 pieces of elastic, each measuring 12"

- A needle and thread

- A pair of scissors

Instructions

1. Place the two pieces of cotton fabric on top of each other, with the right sides facing each other. 2. Pin the edges of the fabric together, leaving a 1/4" seam allowance. 3. Sew around the edges of the fabric, using a straight stitch and a 1/4" seam allowance. 4. Turn the fabric right side out and iron it flat. 5. Fold the fabric in half, lengthwise, and press the edges together. 6. Unfold the fabric and place the two pieces of non-woven fabric on top of the cotton fabric, with the edges of the non-woven fabric aligned with the edges of the cotton fabric. 7. Fold the fabric in half, lengthwise, again, and press the edges together. 8. Sew around the edges of the fabric, using a straight stitch and a 1/4" seam allowance. 9. Turn the fabric right side out and iron it flat. 10. Thread the elastic through the casing at the top of the mask. 11. Tie the ends of the elastic together to secure the mask.

Tips

- Use a cotton fabric that is tightly woven, such as quilting cotton or broadcloth.

- The non-woven fabric should be a material that is breathable, such as polypropylene or spunbond.

- If you don't have elastic, you can use ribbon or bias tape to secure the mask.

- Be sure to wash the mask after each use.

Making your own medical face mask at home is a simple and inexpensive way to protect yourself and others from the COVID-19 virus. By following the steps in this guide, you can create a mask that is effective, comfortable, and stylish.
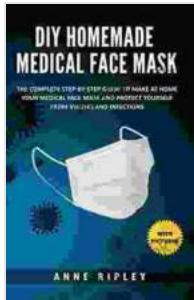
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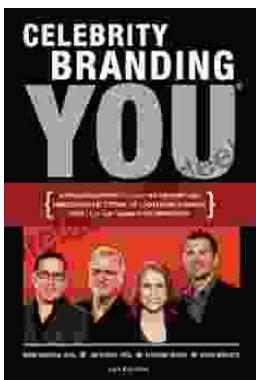
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