No Sew Face
Mask

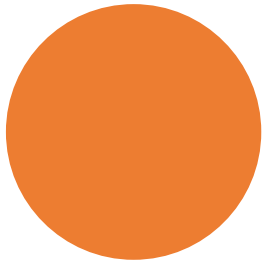This will hold the optional nose piece

8.5"

16"

The Fabric

- Find a cotton sheet and identify the side that has a narrow seam along the edge. You will use this edge in your design to hold the flexible nose piece.

- Cut an 8.5"x16" rectangle, making sure the folded over section is on the short, 8.5" side

Create a double – sided rectangle

- Iron the lower edge ¼"
- Fold the bottom edge to just under the roll and iron in place
- Fold over the top roll and press

Make the Pleats

Pinch and press in place three pleats,
pressing towards the top nose channel

Create the Duct Tape Ear-Piece – Side 1

Cut an 8" piece of duct tape and wrap it around the edge of the mask, overlapping about ¾".

Repeat, overlapping with a second piece of tape.

Cut a 1" loop from a pair of panty hose and wrap around duct tape.

Fold over duct tape and secure with a half-width piece of tape.

Insert Flexible Nose Piece

- <u>Before</u> starting the second side, insert your flexible nose piece
- Suitable materials include a heavy-duty twist tie or floral wire
- I have also used the edge of a tin pie plate and rolled up heavy-duty aluminum foil
- Make sure any sharp ends of the nose-piece are folded over and no sharp edges remain

Create the Duct Tape Ear-Piece – Side 2

Cut an 8" piece of duct tape and wrap it around the edge of the mask, overlapping about ¾".

Repeat, overlapping with a second piece of tape.

Cut a 1" loop from a pair of panty hose and wrap around duct tape.

Fold over duct tape and secure with a half-width piece of tape.

Adjust the Fit

- At this point your mask is ready to be fitted
- Try it on, it will most likely be too loose
- If it is too loose, cut the band
- Tie the ends together to tighten the straps
- Once you have the right fit, rotate the bands so the knots are on the inside
- Your mask is complete

BONUS

- If desired, you can add additional insulating material by lifting up the nose piece, exposing the "inside" of the face mask