How to make a Fabric Mask with Filter Opening

1. Cut 2 pieces of fabric - 9x8 IN (23x20 cm)
   Cut 2 pieces of trim - 36 IN (90 cm)
   Use cotton material with a high thread count for durability.

   **Alternative sizes:**

<table>
<thead>
<tr>
<th>SIZE</th>
<th>FABRIC</th>
<th>TRIM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small Adult</td>
<td>8x8 IN (20x20 cm)</td>
<td>36 IN (90 cm)</td>
</tr>
<tr>
<td>Teen</td>
<td>8x8 IN (20x20 cm)</td>
<td>32 IN (81 cm)</td>
</tr>
<tr>
<td>Child</td>
<td>7x7 IN (18x18 cm)</td>
<td>32 IN (81 cm)</td>
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</tbody>
</table>

2. With the corners of the fabric together, sandwich and pin around fabric if needed to keep edges aligned.

3. Sew around the mask with a 1/2 IN seam allowance, leaving a 3 IN opening at the top. Sew forward and back to secure the edges of the opening.

   **REMEMBER TO LEAVE AN OPENING!**

4. Turn mask inside out. Fold fabric to create 3 evenly spaced pleats and pin fabric. Place trim over top of mask or fold over edge if trim wide enough.
   Sew over pleated area and trim pieces.
   Finished masks should be 3 IN tall.

   **MAKE SURE TO NOT SEW OVER OPENING WHEN SEWING PLEATS!**