

# HandsOn at Home

## *DIY Face Masks (no sewing machine)*

Let's create a culture of universal mask wearing! Those designated as essential workers are the backbone of our society, and every day they step outside to provide critical services they are at risk. Handmade face masks worn by everyone would help to minimize the transmission of COVID-19 to these essential workers. Think of an essential worker you know and provide them with a mask. Make one for yourself and your family members for use on essential trips outside the home. Universal mask wearing, along with staying home, and hand washing will help us flatten the curve!

Here's what you'll need to make a difference for our health professionals:

### Supply List

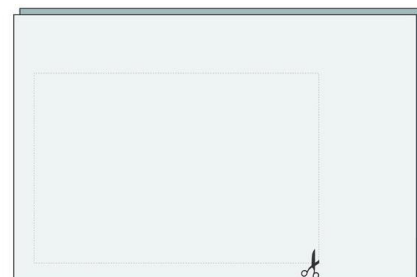
- 100% cotton fabric, a pretty print is best but a cotton tea towel is also acceptable.
- Rope Elastic, beading cord elastic will work (you may also use 1/8" flat elastic)
  - If elastic unavailable: 4 strips of cotton fabric for ties, about 18" long and 1/8" wide (or 4 flat, clean shoelaces)
- Scissors
- Pins or clips to hold fabrics in place (safety pins and paper clips will also work in a pinch)
- Ruler
- Pencil
- Needle & Thread, or a Sewing Machine if you have it.

### **How to:**

1. **Advise your network of the project.** Encourage your family, friends, and co-workers who are also comfortable with sewing to take part in the project.
2. **Purchase and/or collect supplies needed.** Make sure you have enough to make at least 2 face masks to earn 2 service hours. We understand it may not be easy to access/purchase supplies at this time, so please do so safely. If you are having trouble, please contact us for suggestions. **PLEASE NOTE: We will only give a maximum of 10 service hours per participant, but you are welcome to make more than 5 masks.**
3. **Create your page face masks.** Detailed, step-by-step instructions (useful links) are listed below.
4. **Email photo or video proof of your completed project.** Send information to Zakiya Becca, [zakiya@handsonbroward.org](mailto:zakiya@handsonbroward.org), (954)233-1300.

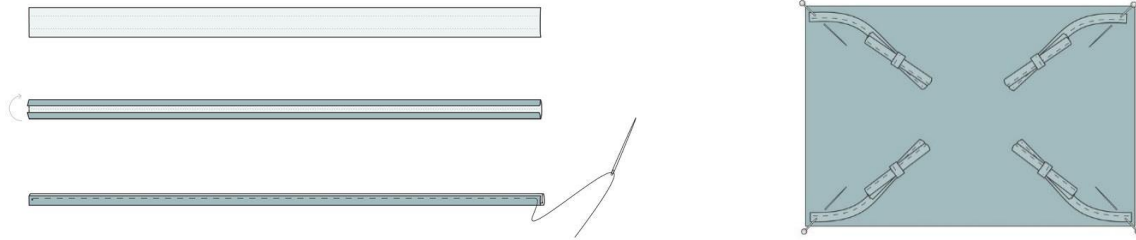
### Project Instructions

1. **Preshrink your fabric:** Choose your piece of cotton fabric, prewash it on the warmest setting and dry it on high heat.
2. **Fold Fabric in half:** Cut 9x6 (Adult) or 7.5 x 5 (Child)

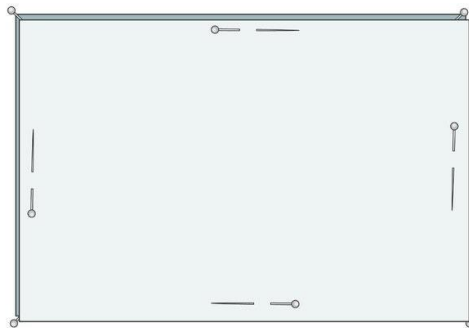


*Participants will receive a maximum of 10 volunteer service hours for completing this project.  
Volunteers are responsible for purchase/collection of the materials needed for this project*

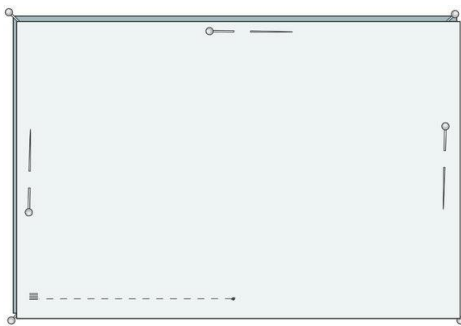
3. **If creating the fabric ties:** Cut 4 thin pieces of material, about 18" long and ¾" wide. Fold each piece of fabric twice lengthwise, then once more to tuck the rough edges inside. Sew a straight line along the middle. This will prevent the fabric ties from having frayed edges. Take one of your rectangular fabric layers. With the "right side" (or the outer-facing side, where the pattern might be) facing you, pin down the 4 fabric ties, one piece per corner.



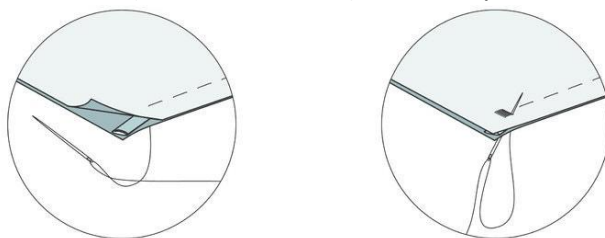
4. **If using elastic:** Attach elastics to the first layer of fabric by securing the ends at the corners, forming little hoops. Make sure the elastic lies inside the perimeter of your fabric.
5. **Take the second layer of fabric and line it up with the first.** The "right sides" (or patterned sides) of the fabric should be facing each other, sandwiching the fabric ties or elastics. Secure the fabric sandwich together with pins.



6. **Eyeball a midway point.** From the middle, sew a straight line across the mask, about ¼" above the bottom edge of the fabric, toward the bottom left-hand corner. Remove any pins as you sew past them.



7. **Make sure that the elastic or fabric ties are secured in the corners.** You want to make sure your needle goes through the three pieces: the top layer, the end of the fabric tie, and the bottom layer. Add a couple stitches forward and backward (in both directions) to secure your ties in place.

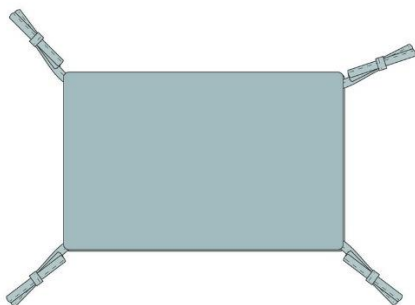


8. Stitch all around the perimeter of the fabric layers, repeating the forward and backward motion at each corner to secure all the elastic ends or fabric ties.

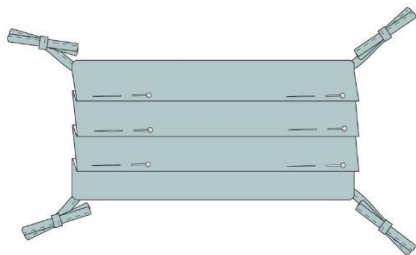
*Participants will receive a maximum of 10 volunteer service hours for completing this project.*  
*Volunteers are responsible for purchase/collection of the materials needed for this project*



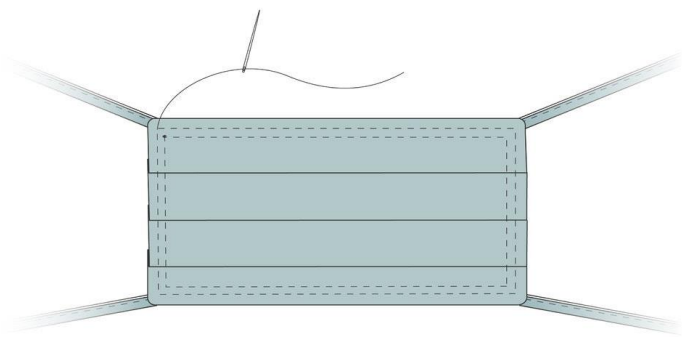
9. Continue to stitch your way toward the starting point, but stop to allow for a 1 ½" gap.
10. Turn your project right-side out from the little 1 ½" gap. Your fabric ties or elastics should now stick out, like little legs.



11. Make three staggered pleats lengthwise on the mask, as if folding a paper fan. This helps the mask conform to the wearer's face. Secure each pleat with pins.



12. With your pleats held in place by pins, stitch around the perimeter of the mask, ¼" away from the edge of the seam. This is called a top stitch. Take care when stitching over the pleats as the fabric may be quite thick.
13. Top stitch a second time around, about ¼" in from the first round of stitching. Now you have a completed mask.



VIDEO TUTORIAL: <https://youtu.be/VgHrnS6n4iA>

*Participants will receive a maximum of 10 volunteer service hours for completing this project.*  
*Volunteers are responsible for purchase/collection of the materials needed for this project*