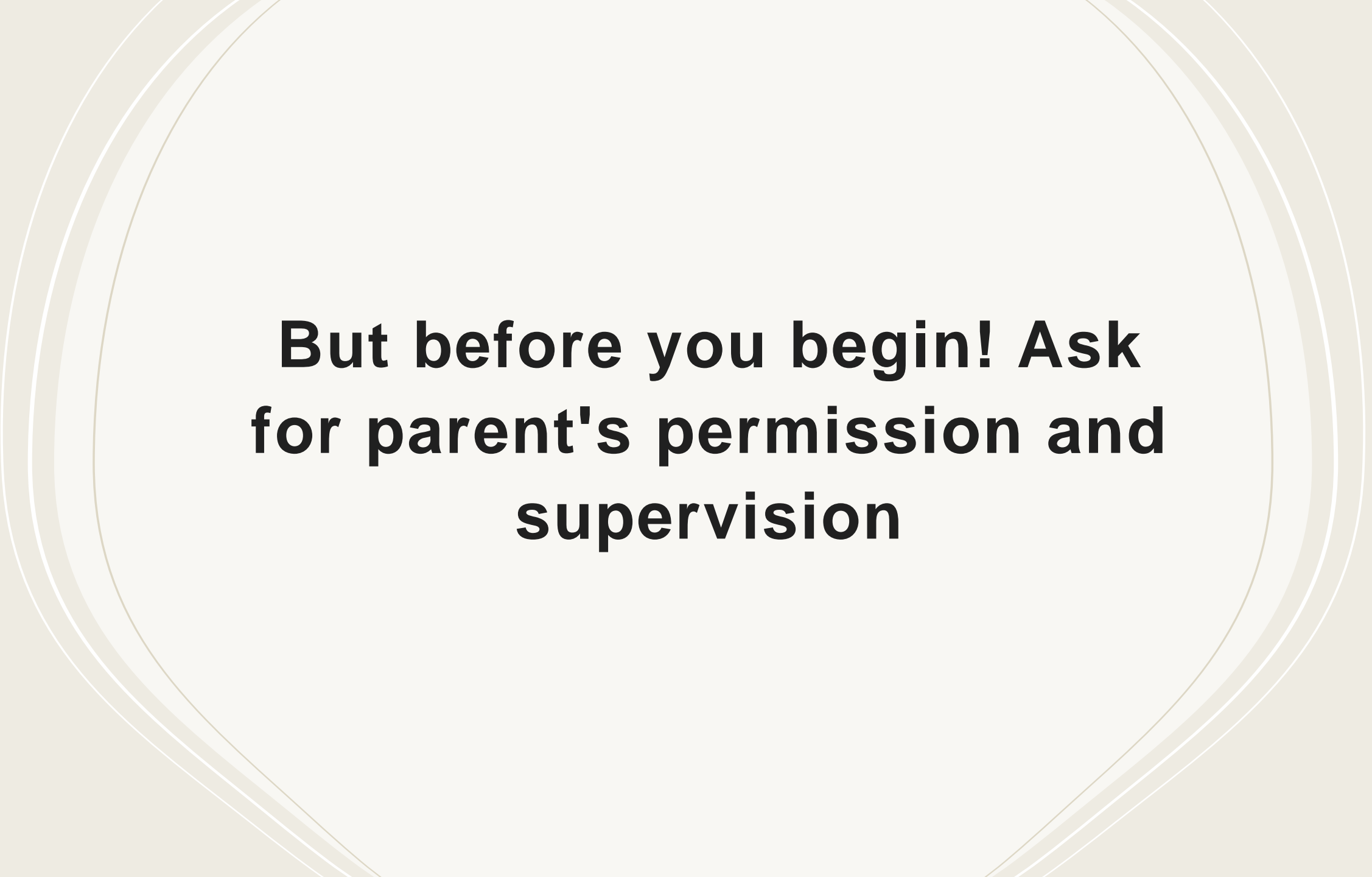


# No-Sew DIY Face Mask





**But before you begin! Ask  
for parent's permission and  
supervision**

# Why is it important to wear a mask??

- To protect yourself & others from getting sick
- To help you enjoy your favorite activities while staying safe
- To set an example for others about how they can do their part in helping stop the spread of COVID-19

Check out this YouTube video for more info about why masks are critical in reducing the spread of COVID-19:

<https://www.youtube.com/watch?v=qDeP7-rUZmo&list=WL&index=7&t=561s>

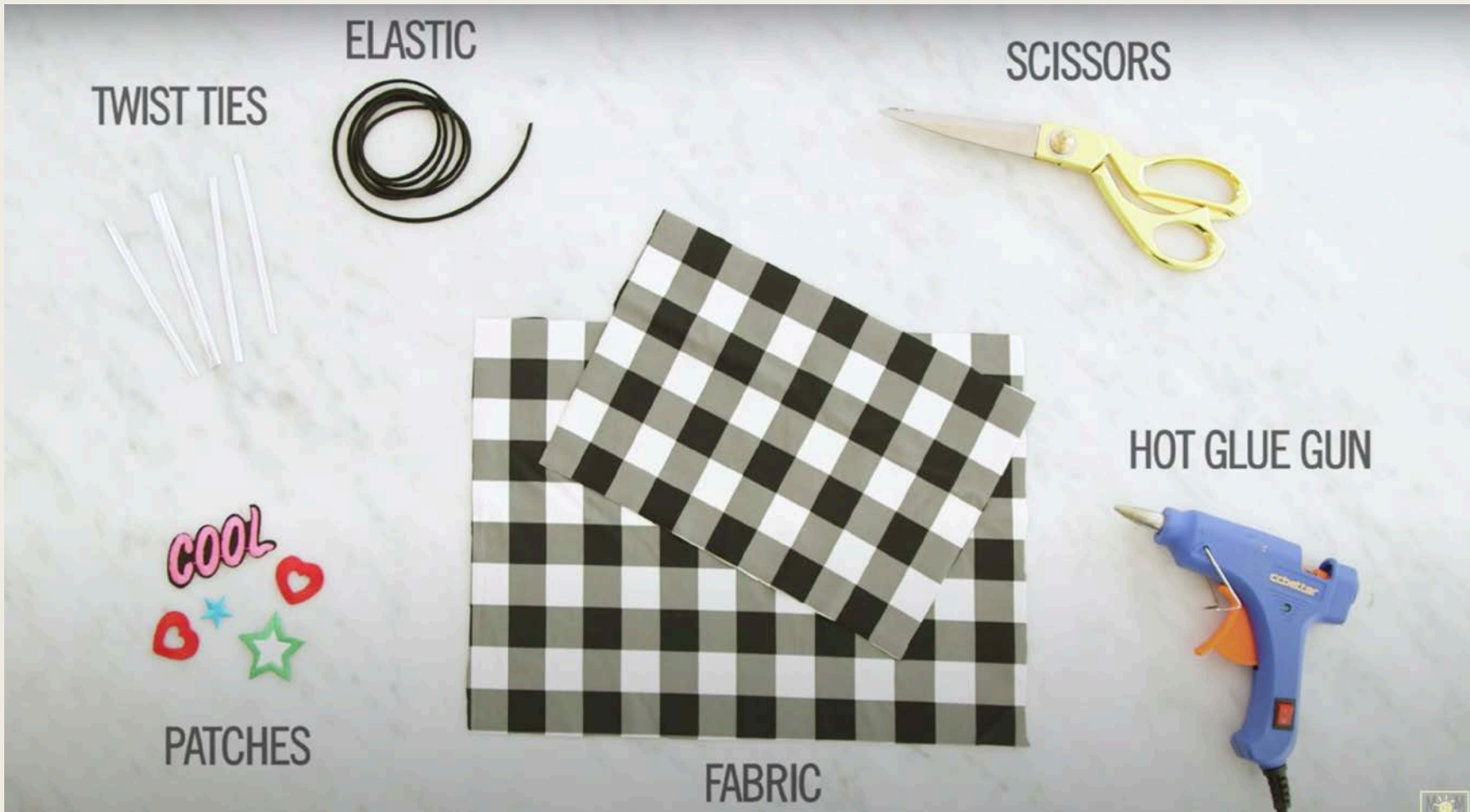
# Design and Steps brought to you by WhatsUpMoms

For Full Video:

[https://youtu.be/xIIRQA\\_y6wE](https://youtu.be/xIIRQA_y6wE)

Or see follow along with the steps provided





# Materials

- Fabric or T-shirt (we recommend picking a color to match your Halloween costume!)
- Scissors
- Ruler
- Hot glue gun
- Elastic
- Twist Ties
- Your desired decorations (patches, markers, etc.)



## **Step 1 – Cut your Material**

Cut your piece of Fabric to  
the desired size:

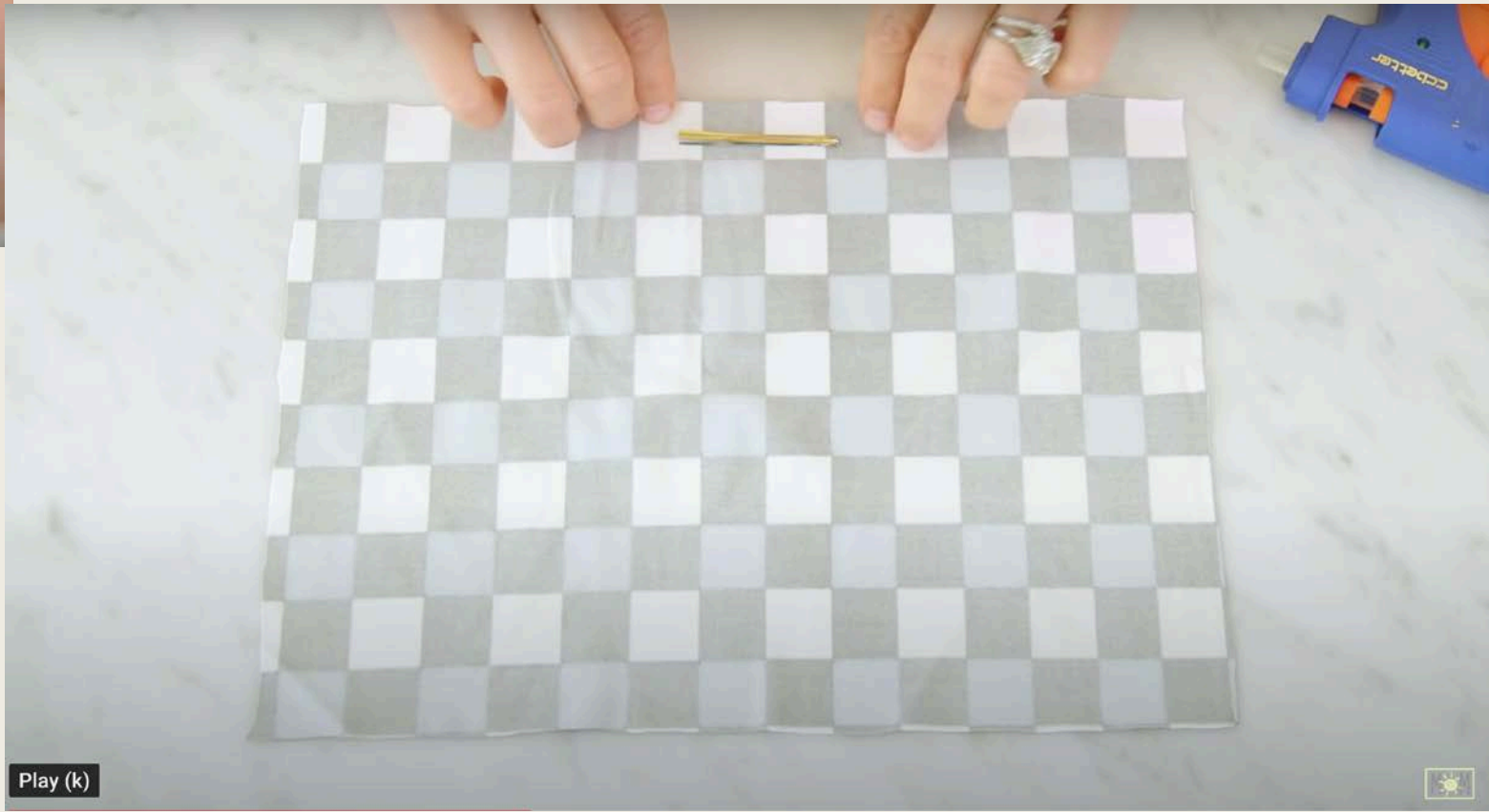
8x11" for adults

7x9.5" for kids

6x8" for toddlers

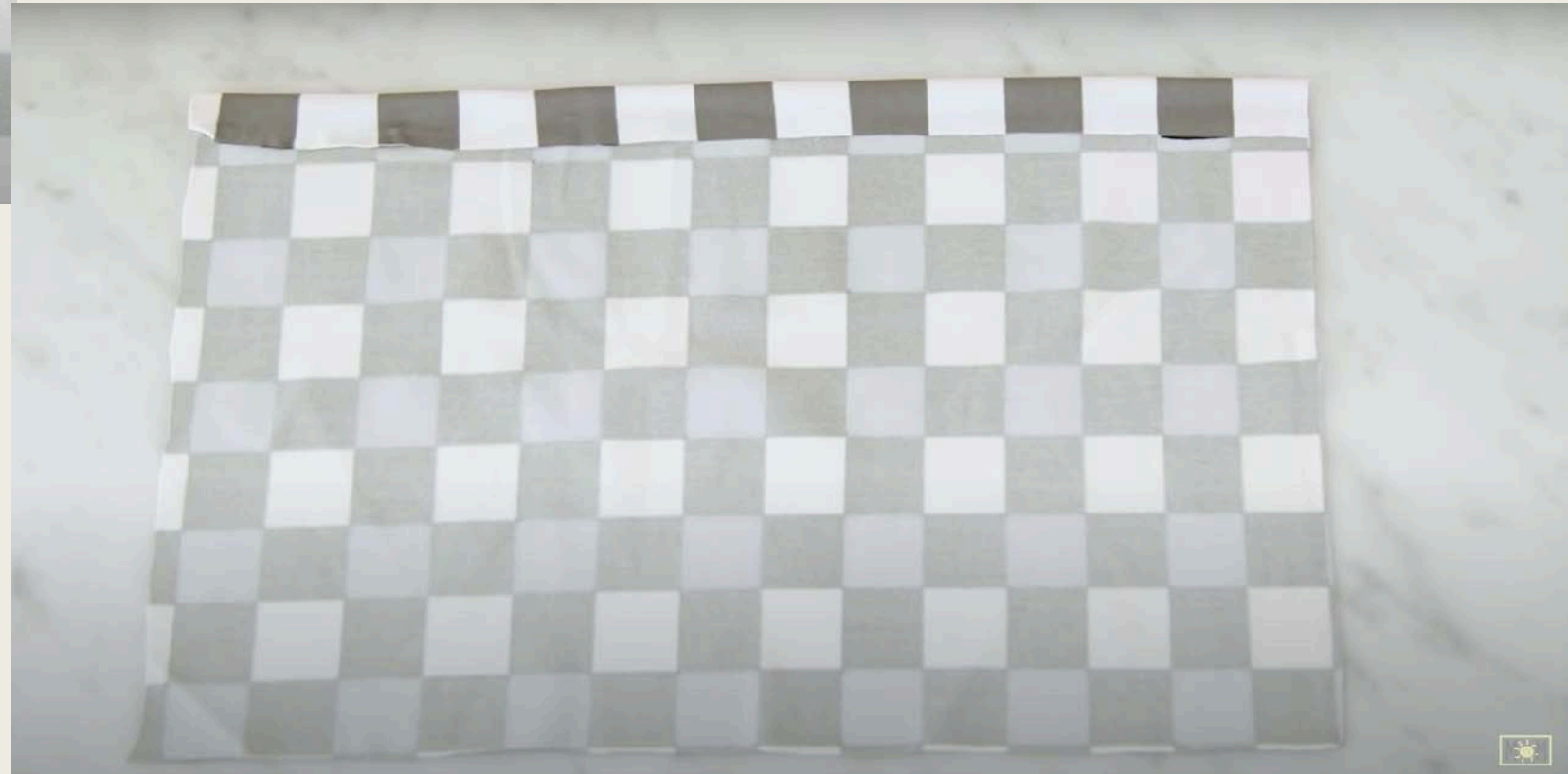
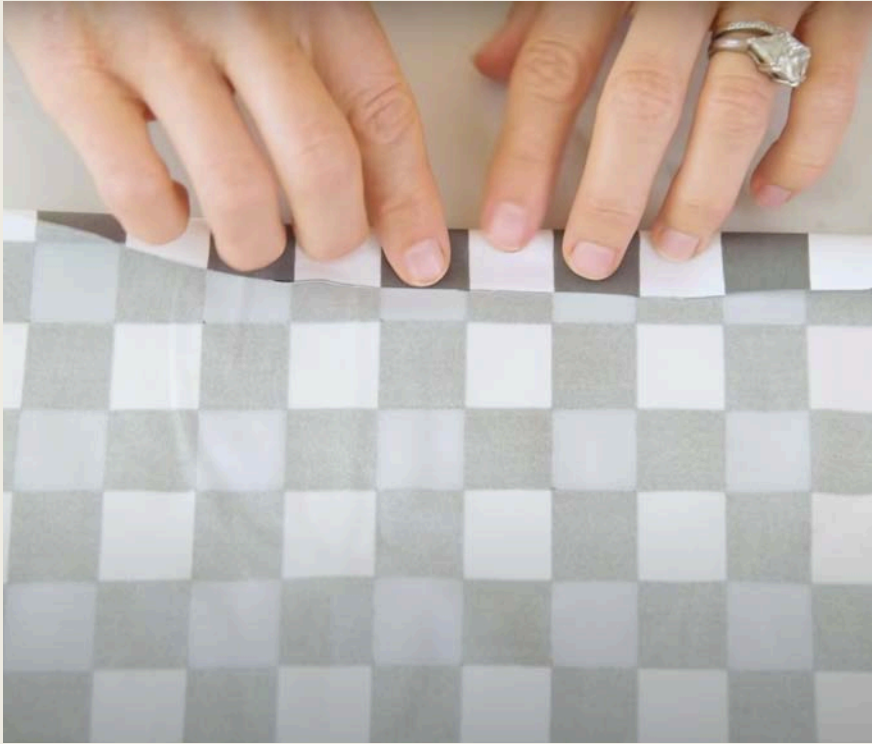
## Step 2 – Make the "pocket" to hold the nose piece

- Place hot glue on twist tie
- Glue it to the back side of your material

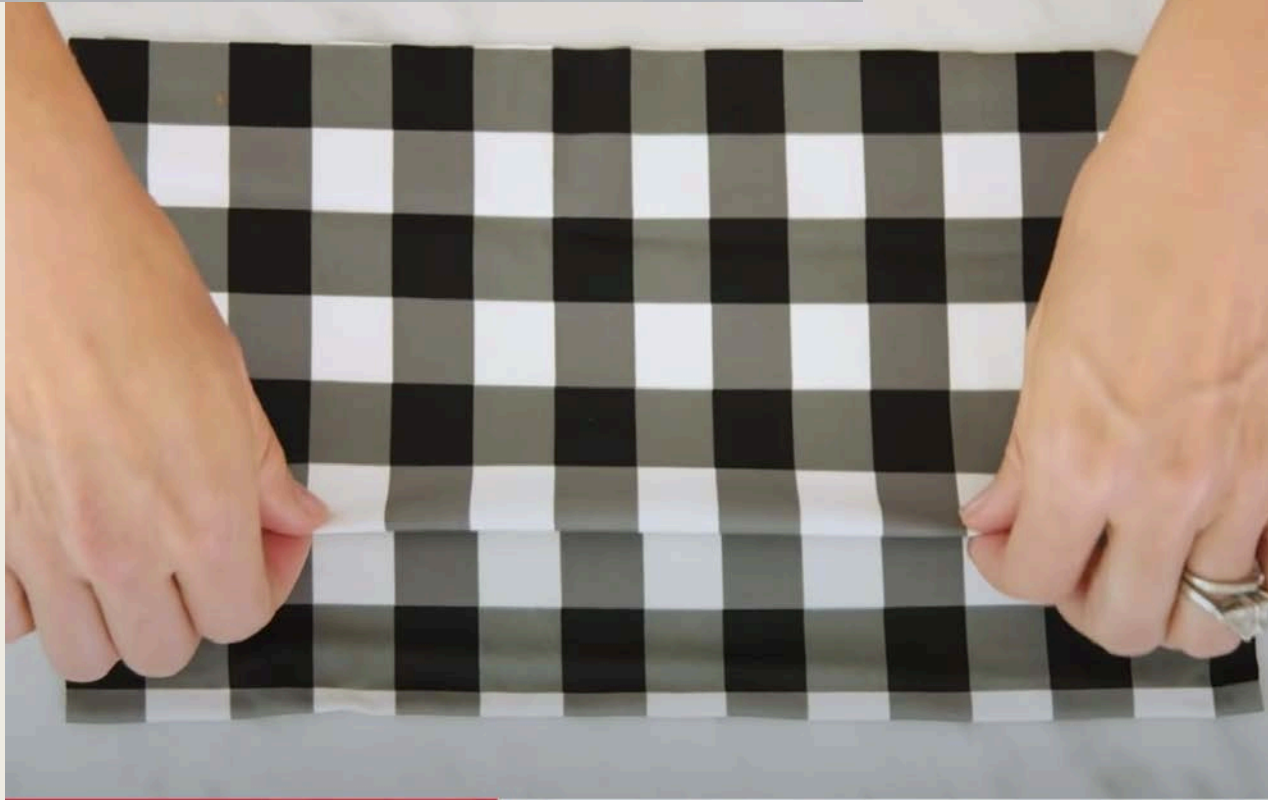
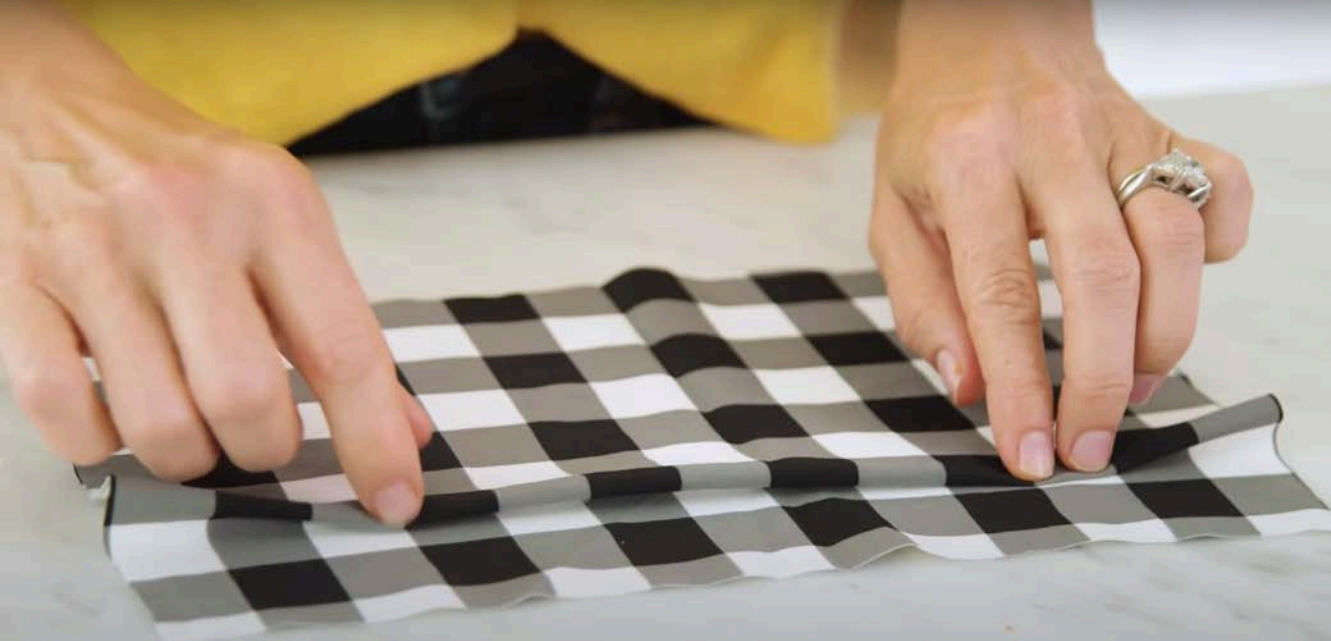


## Step 2 – Make the "pocket" to hold the nose piece (continued)

- Fold over the material so it covers the twist tie.
- Place hot glue along the length of the fold and press down. This creates the "pocket" or "hem" to hold your nose piece







## Step 3 – Making the pleats

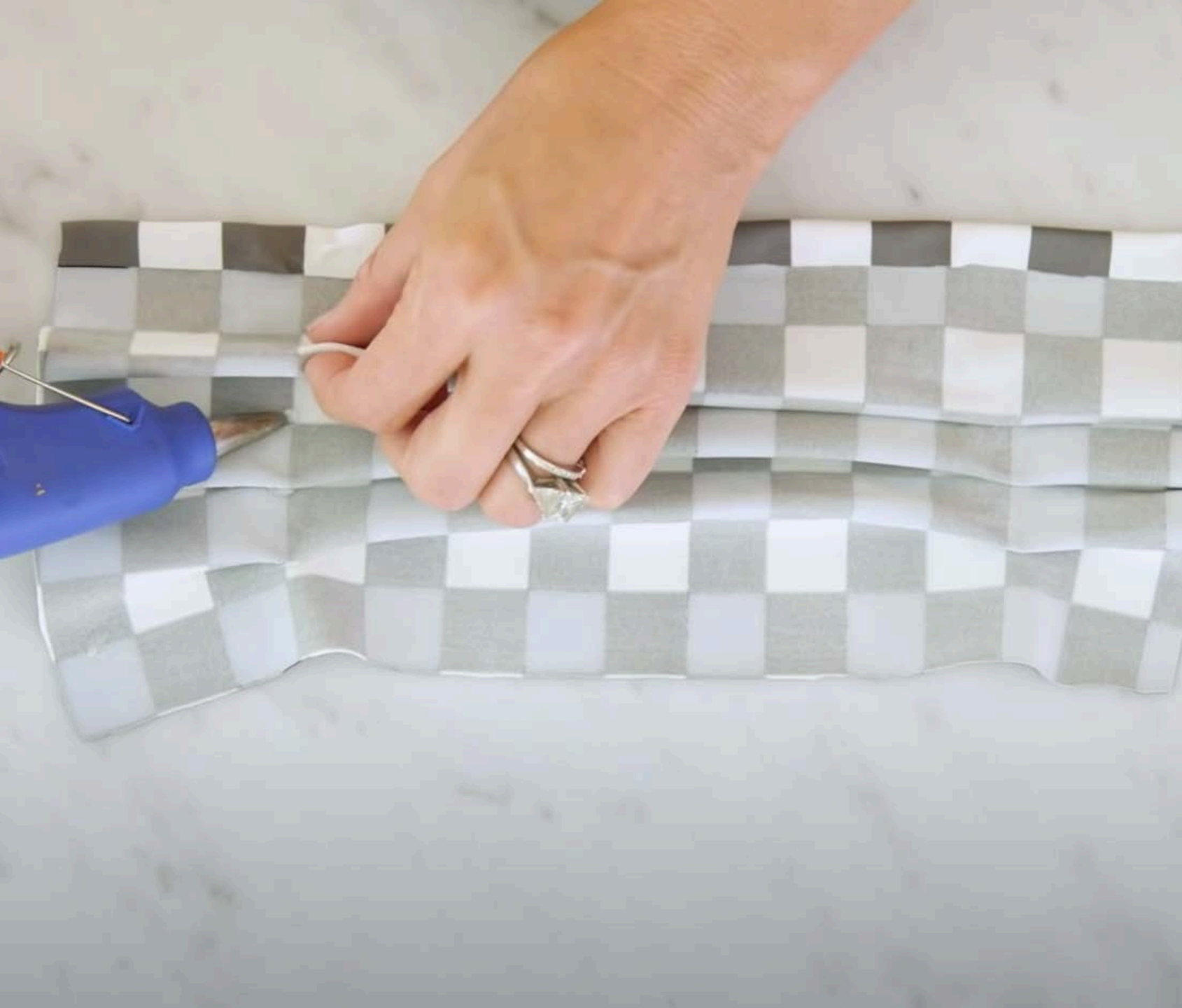
- Pinch about 1" of fabric to make the pleat
- Fold over the pleat and place a drop of hot glue along the edge of the pleat, fold it over, and press firmly to glue it to the fabric



## Step 3 – Making the pleats

- Repeat to make 3-4 total pleats
- The pleats provide shape to the mask and make it more comfortable





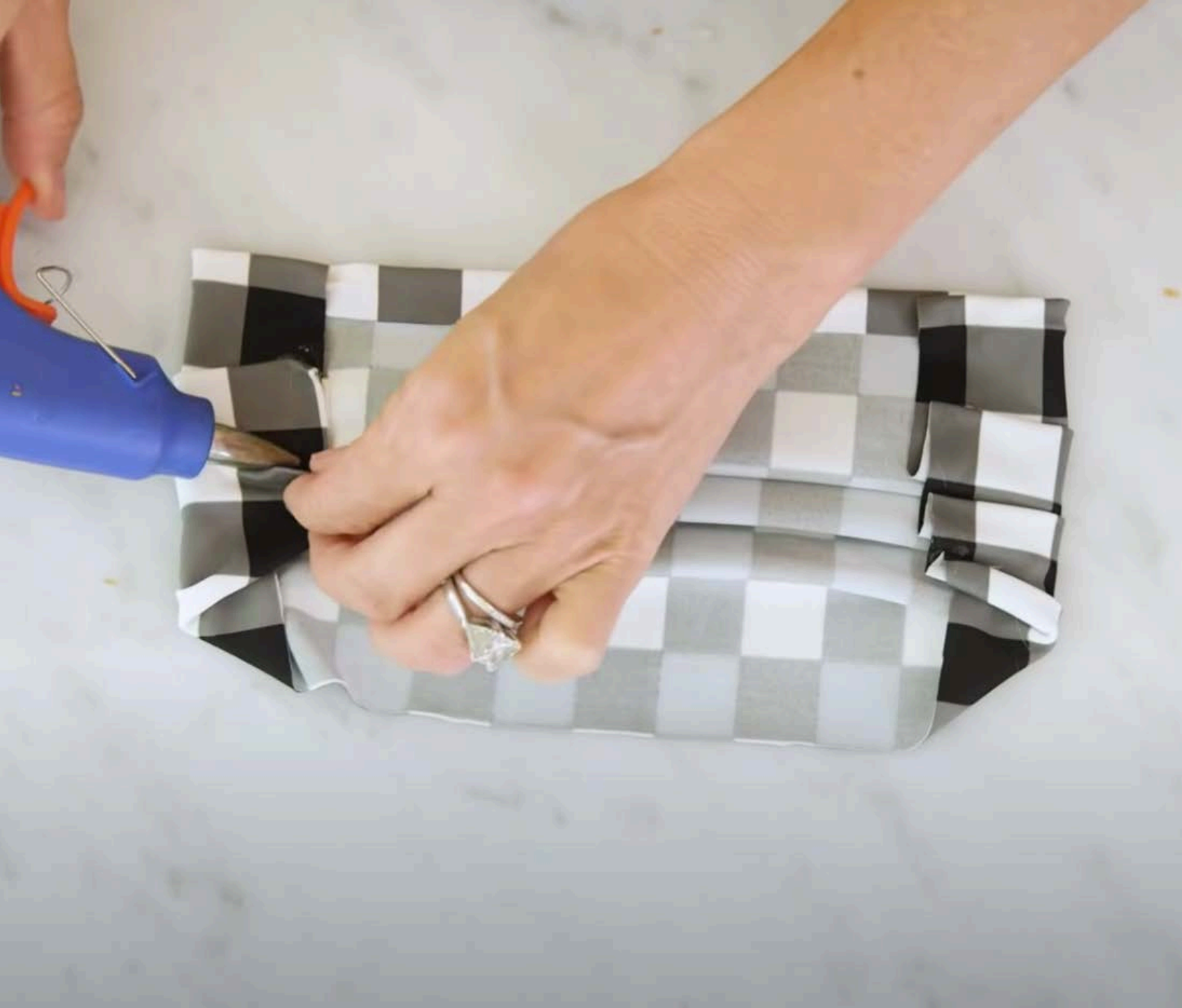
## Step 4 – Secure your pleats

- Use hot glue to secure the pleats on the backside of your mask
- Place a drop of hot glue on either edge of the existing pleat and press firmly to glue it to the fabric

## Step 5 – Fold over corners and secure

- Fold over each corner and secure with a drop of hot glue
- Repeat with all 4 corners



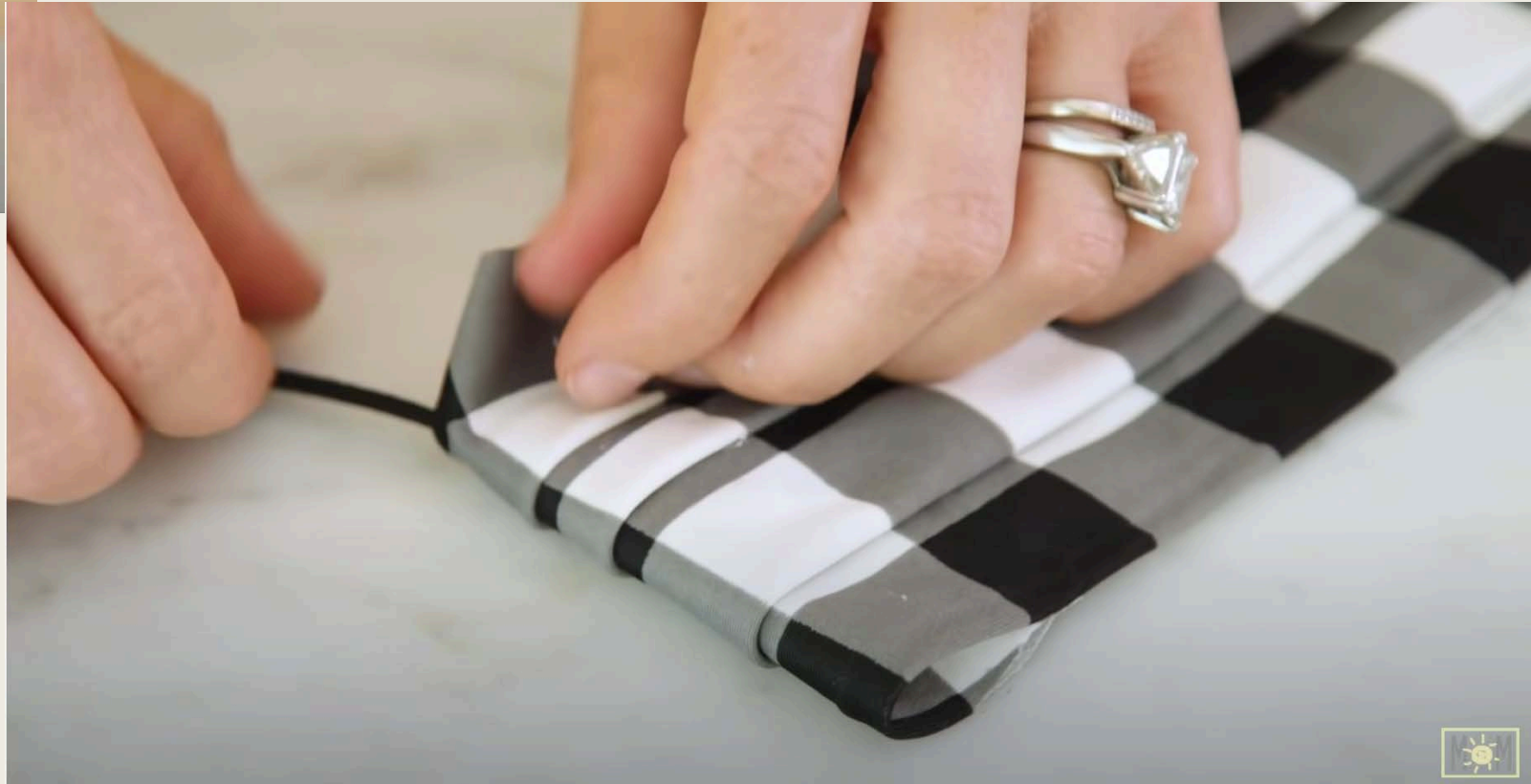


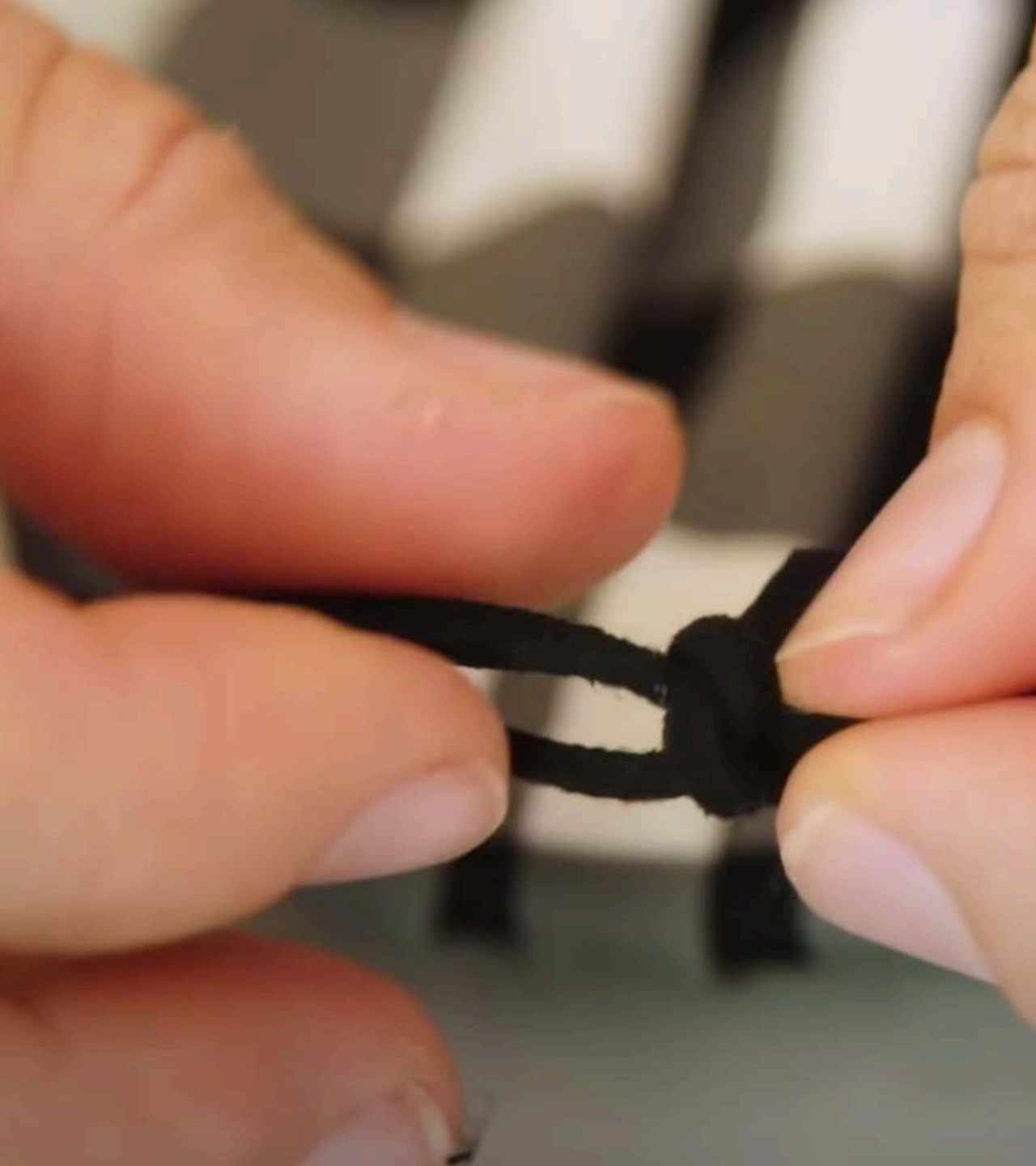
## Step 6 – Fold over the edges

- Fold over the edges and secure with a couple drops of hot glue.
- These create the "pocket" for our elastic.

## Step 7 – Cut and place the elastic

- Cut your elastic into two, 6" pieces
- Thread the elastic through the "pocket" on either side of the mask





## **Step 8 – Tie your elastic**

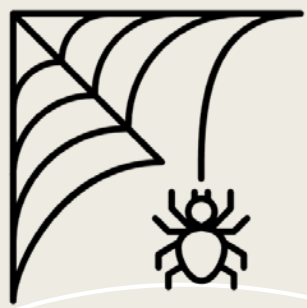
- Tie a simple knot in your elastic
- You can hide the knot of your elastic by rotating it so the knot is hidden in the "pocket" you created.

## Step 9 – Decorate your mask!

- It's time to make your mask your own!
- We recommend iron-on patches or drawing on the mask with markers to make it match your Halloween costume
- Example: Make a jack-o-lantern face on it and match with an Orange T-shirt for a simple and fun costume!







# Now show off your awesome mask!

With parent permission, post a picture sporting your new DIY mask with hashtag **#RVUSUFALLHEALTHFair** on Instagram or Facebook or email to [marketing@rvu.edu](mailto:marketing@rvu.edu) for a chance to win a prize!



# References

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1. "DIY NO Sew Face Masks!" *YouTube*, uploaded by WhatsUpMoms, 24 July 2020, [youtu.be/xIIRQA\\_y6wE](https://youtu.be/xIIRQA_y6wE).
2. "Jack O Lantern Face Mask Washable Face Covering." *Etsy*, [www.etsy.com/listing/838723361/jack-o-lantern-face-mask-washable-face?gpla=1&gao=1&&utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=shopping\\_us\\_bath\\_and\\_beauty-personal\\_care-face\\_masks\\_and\\_coverings&utm\\_custom1=\\_k\\_Cj0KCOjw5eX7BRDQARIsAMhYLP\\_8uVDsFS5\\_8TxkL747K1qk8umQo36rSjUohci9xHfm8Jio7W8LOY0aArBVEALw\\_wcB\\_k\\_&utm\\_content=go\\_10111197568\\_98761787462\\_436894229643\\_pla-908906428531\\_c\\_\\_838723361\\_123866980&utm\\_custom2=10111197568&gclid=Cj0KCOjw5eX7BRDQARIsAMhYLP\\_8uVDsFS5\\_8TxkL747K1qk8umQo36rSjUohci9xHfm8Jio7W8LOY0aArBVEALw\\_wcB](https://www.etsy.com/listing/838723361/jack-o-lantern-face-mask-washable-face?gpla=1&gao=1&&utm_source=google&utm_medium=cpc&utm_campaign=shopping_us_bath_and_beauty-personal_care-face_masks_and_coverings&utm_custom1=_k_Cj0KCOjw5eX7BRDQARIsAMhYLP_8uVDsFS5_8TxkL747K1qk8umQo36rSjUohci9xHfm8Jio7W8LOY0aArBVEALw_wcB_k_&utm_content=go_10111197568_98761787462_436894229643_pla-908906428531_c__838723361_123866980&utm_custom2=10111197568&gclid=Cj0KCOjw5eX7BRDQARIsAMhYLP_8uVDsFS5_8TxkL747K1qk8umQo36rSjUohci9xHfm8Jio7W8LOY0aArBVEALw_wcB) . Accessed 4 Oct. 2020.
3. "Mask vs No Mask Lab Results." *YouTube*, uploaded by AsapSCIENCE, 22 July 2020, [youtu.be/qDeP7-rUZmo](https://youtu.be/qDeP7-rUZmo).