

Attaching Head Loops

1. Cut strips approximately 15 inches (~38 cm). You'll need a total of twenty 15 inch-length strips (twenty ~38cm-length strips).

Optional: Measure length of entire elastic strip and cut. Calculate length for 20 strips to be between 14-1/2 to 16-1/2 inches. (~37 to ~42 cm). Try to get individual strips as long as possible. It is okay for some masks to have shorter elastics and others longer, but the top and bottom elastic head loops MUST be the same length.

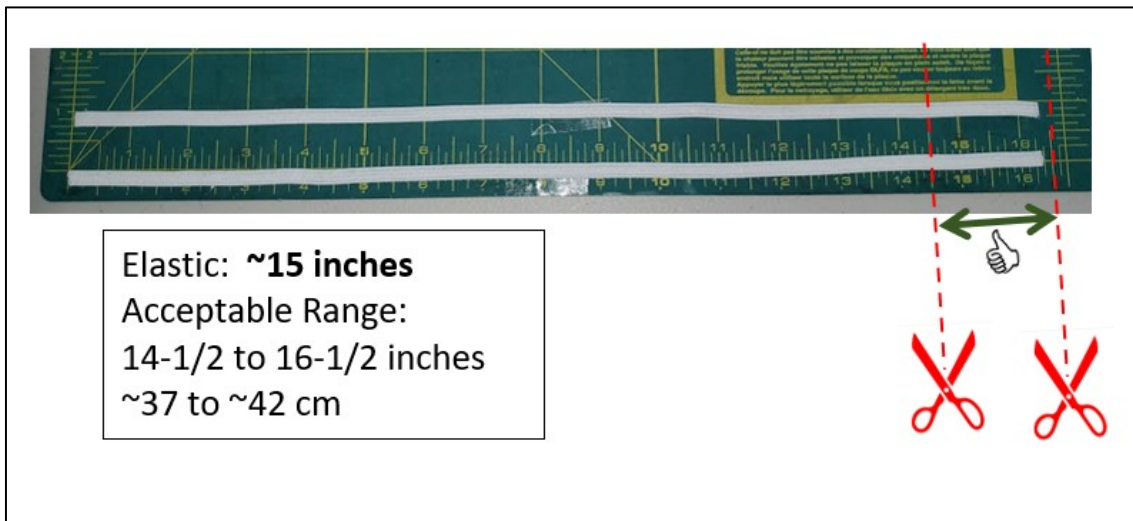


Figure #1: Cut each elastic strip the same length. Green arrows indicate acceptable length range.

2. With mask **RIGHTSIDE** out, take raw edges and turn in $\frac{1}{4}$ to $\frac{3}{8}$ inch (~3mm to 1cm). Press.



Figure #2: turn in $\sim\frac{1}{4}$ to $\frac{3}{8}$ " ($\sim 3\text{mm}$ to 1cm)

3. At a mask corner, insert $\sim 3/4$ to 1 inch (~ 2 -2.5 cm) of elastic in between the layers.

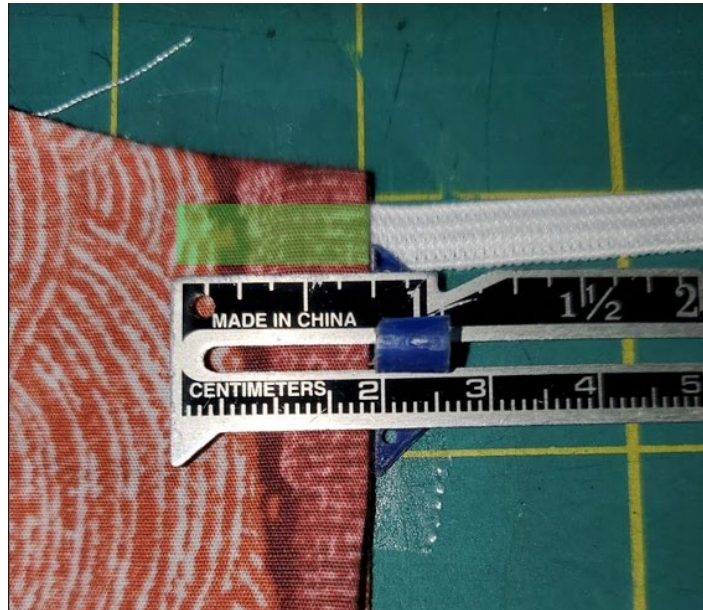


Figure #3: Insert elastic $3/4$ to 1 inch (~ 2 -2.5cm) between layers

4. Top stitch edges closed at 1/8 inch (~3 mm).

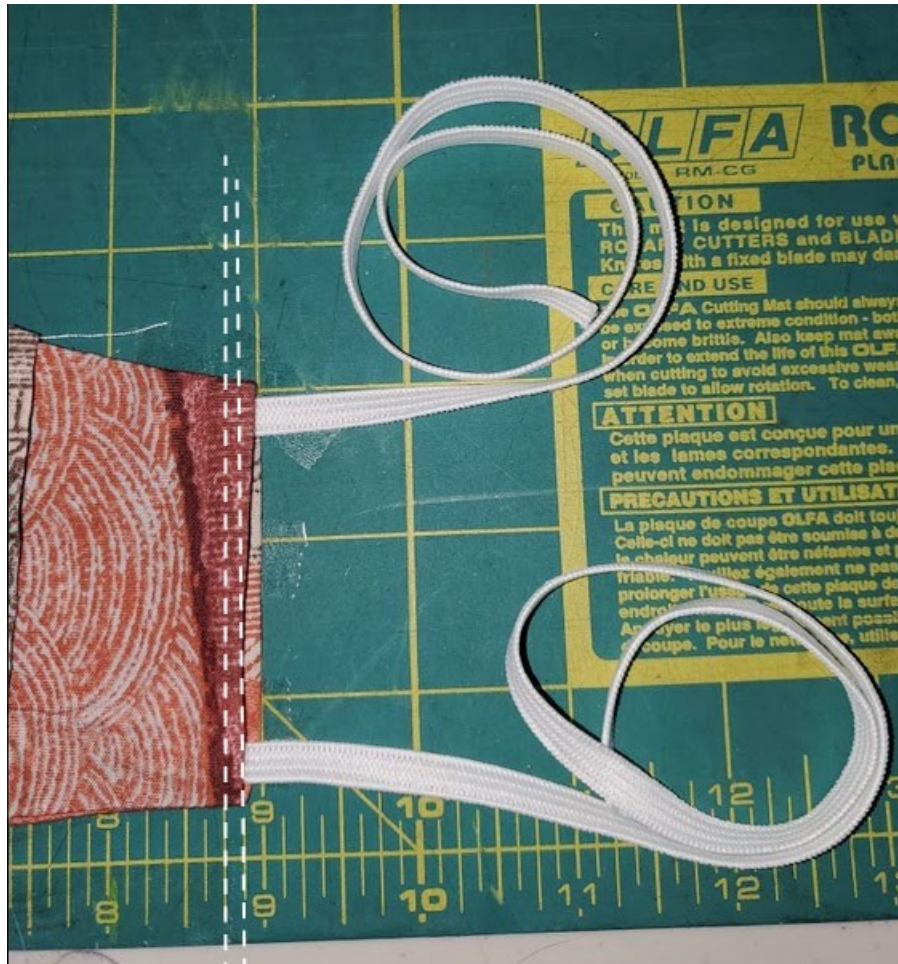


Figure #4: topstitch at white dashed lines.

5. Top stitch again closer to the edge of the mask.
6. Place loops on the matching side. Top stitch.
Take care not to twist the length of the elastic.

7. Top stitch zigzag over the elastic. Do not skip this step.

Zigzag stitch width: ~4.5mm. Feel for the inserted elastic. Adjust needle position to catch most of the elastic.



Figure #5: zig zag over elastic.

Thank you, mask is done!



Figure #6: Completed mask with head loops back view. Pencils inserted to indicate pockets.



Figure #7: Completed mask with head loops front view.

Notes:

Users report masks that do not rely on pressure on the ears are more comfortable for extended wear.

This mask is designed to accommodate most head circumferences. One-size-fits-all does not exist. Wearers may tie knots to size.

After this mask is constructed, top stitching the perimeter of the mask is okay. Please top stitch no more than 1/8 inch (~3 mm) from the edges.