

## No Sew Tshirt Masks

Pattern adapted from  
[instructables.com/id/Make-a-Dust-Mask-Out-of-a-Tee-Shirt](https://www.instructables.com/id/Make-a-Dust-Mask-Out-of-a-Tee-Shirt)

### Required materials:

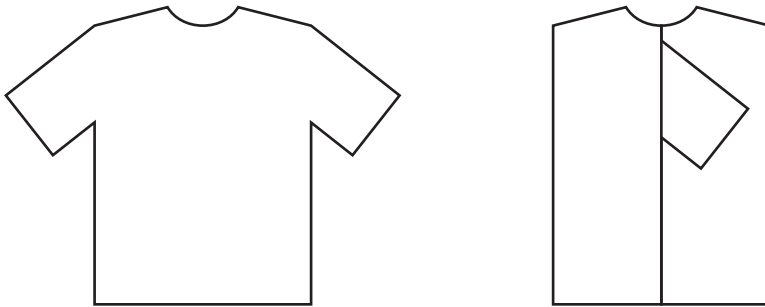
Tshirt or jersey

### Required tools:

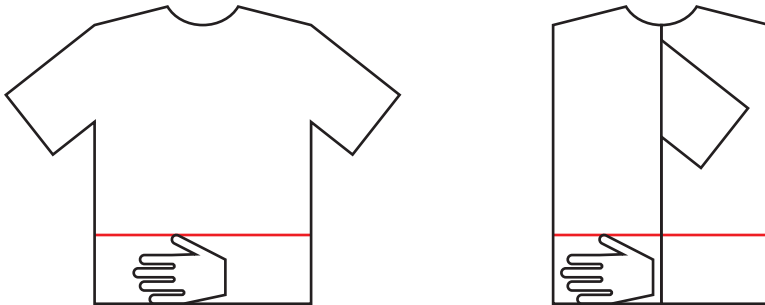
Scissors

### Instructions:

1. Lay your Tshirt out flat. If your Tshirt has side seams, fold it so the side seams touch.



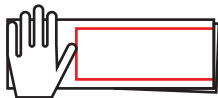
2. Lay your hand from the bottom of the shirt to measure one slightly spread handwidth up from the bottom. Cut this amount off the bottom of the shirt.



3. From the edge on the double layer of fabric, measure 3 handwidths. Cut shirt through both layers.



4. From the folded edge, cut straps through both layers to one handwidth away from the folded edge.



5. Unfolded, the mask will look like the diagram below. Center mask over your nose, tie the “top” straps behind your neck, and the “bottom” straps up on top of your head. Cut ties shorter if they are overlong.

