



FACE MASK DIY

HOW TO EASILY MAKE A FACE MASK USING OLD T-SHIRTS OR LEGGINGS

As we look at the return to golf, school and other additional extra-curricular activities students were used to doing prior to the COVID-19 pandemic, it is increasingly important for us to have an adequate number of face masks available to wear throughout our day and week.

With that said, Links to Learning has searched for an easy, no-sew option for facemasks that anyone can do from material within their own home. We would like to share this easy tutorial with you so you can make your own mask right at home. Now, of course, these DIY face masks are not meant to replace the need for N95 masks, which are tight-fitting and medical grade. However, by making and wearing DIY face masks, we are able to reserve the N95 masks for frontline healthcare workers. Plus, they can be a fun, colorful and creative way to make a mask in a snap. These masks are also made so that you can place a filter in-between the layers of fabric, which is just one more layer of protection.

LET'S GET TO IT!

1. Determine your size by measuring your head from ear to ear across your nose:

Ear to Ear Length --- T-Shirt size recommended

8.5"-9" Youth Small/Youth Medium

9.5"-10" Youth Medium Youth Large

10.5"-11" Youth Large Adult Small

11.5"-12" Adult Small Adult Medium

12.5"-13" Adult Medium Adult Large

13.5"-14" Adult Large Adult Extra Large

2. Then, cut out the pattern that best matches your size. The patterns are attached below. They are from a DIY blogger Jennifer Maker and really are the best size/fit for this project!

3. Look through your closets and find an old T-shirt, pair of leggings or even a pair of thick tights that fit the size you have chosen. Upcycling your unwanted clothes is a creative way to reuse materials and keeps the cost at a minimum.
4. Grab a ruler, a piece of chalk or marker and spread out the fabric on a flat surface. The shirt and/or material should be laid flat, but with both layers on top of each other. Lay the pattern on the fabric and trace or just cut around the pattern.



5. Hold the face mask up to your face with the nose bump facing up. Twist the ear loop once and slip the twisted loop over one ear. Twist the other loop once and slip the twisted loop on the other ear. Adjust as necessary so the entire lower half of your face is covered. If the mask feels too tight, remove it, stretch it lengthwise and replace!

CONGRATS! YOU NOW HAVE A DIY FACE MASK IN NO TIME!

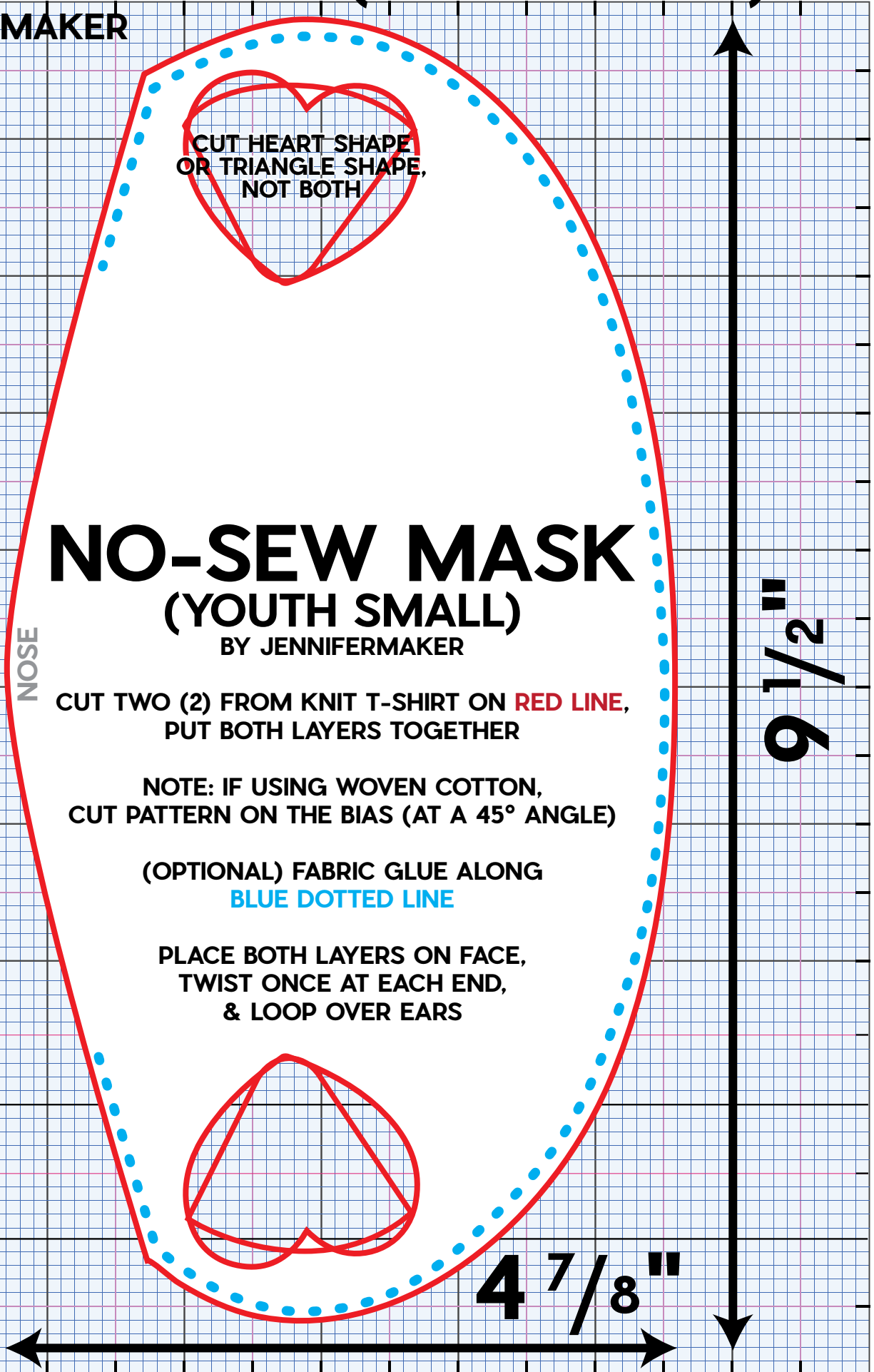


To wash a fabric face mask, launder it in your washing machine using the hottest water possible in order to rid it of any potential germs.

NO-SEW FACE MASK (YOUTH SMALL)

BY JENNIFERMAKER

SEE FULL TUTORIAL AT JENNIFERMAKER.COM/NO-SEW-FACE-MASK-TSHIRT



CUT HEART SHAPE
OR TRIANGLE SHAPE,
NOT BOTH

NO-SEW MASK (YOUTH SMALL)

BY JENNIFERMAKER

CUT TWO (2) FROM KNIT T-SHIRT ON **RED LINE**,
PUT BOTH LAYERS TOGETHER

NOTE: IF USING WOVEN COTTON,
CUT PATTERN ON THE BIAS (AT A 45° ANGLE)

(OPTIONAL) FABRIC GLUE ALONG
BLUE DOTTED LINE

PLACE BOTH LAYERS ON FACE,
TWIST ONCE AT EACH END,
& LOOP OVER EARS

NOSE

9 1/2"

4 7/8"

NO-SEW FACE MASK (YOUTH MEDIUM)

BY JENNIFERMAKER

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OR TRIANGLE SHAPE,
NOT BOTH

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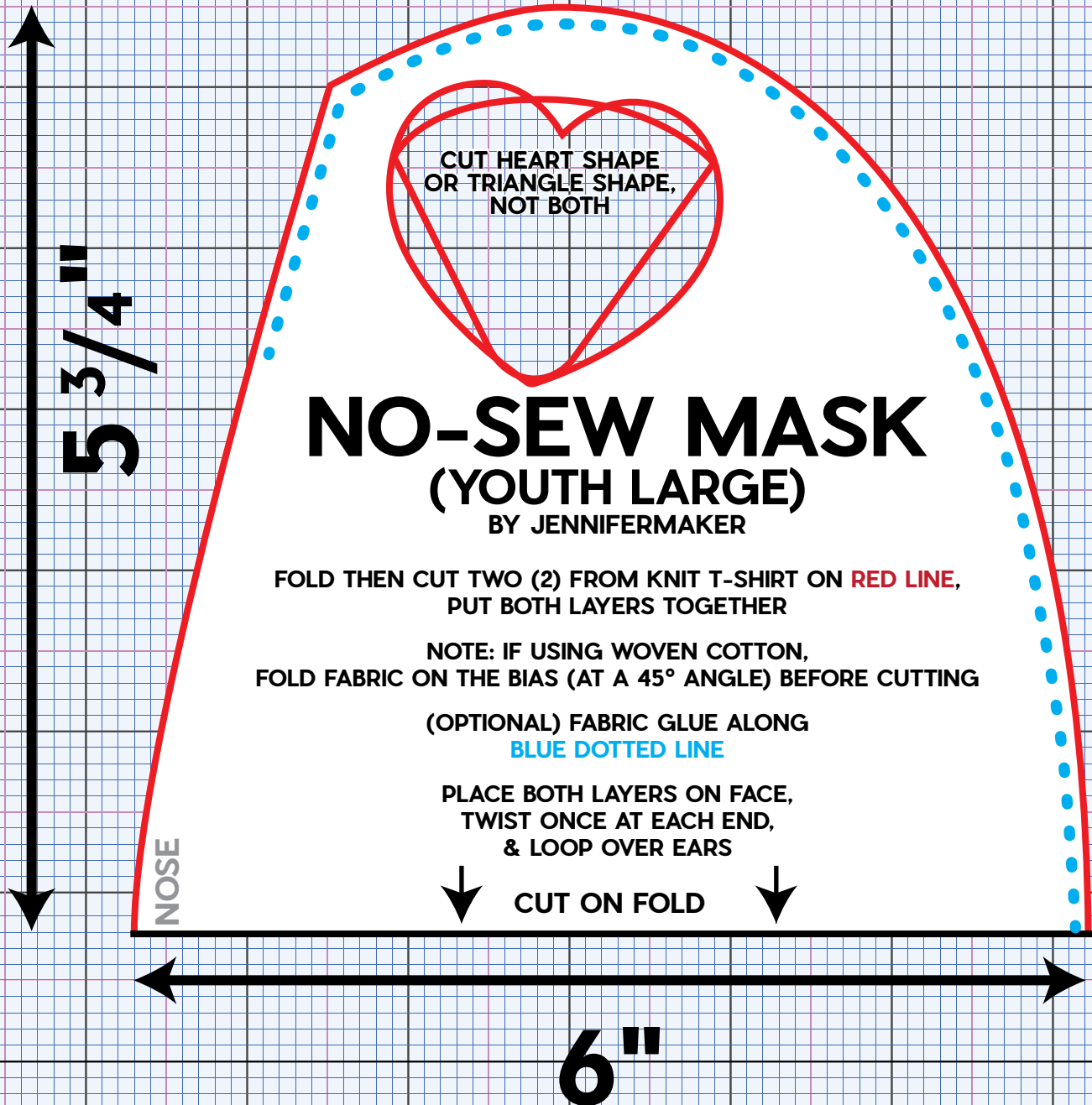
10 1/2"

5 3/8"

SEE FULL TUTORIAL AT JENNIFERMAKER.COM/NO-SEW-FACE-MASK-TSHIRT

NO-SEW FACE MASK (YOUTH LARGE)

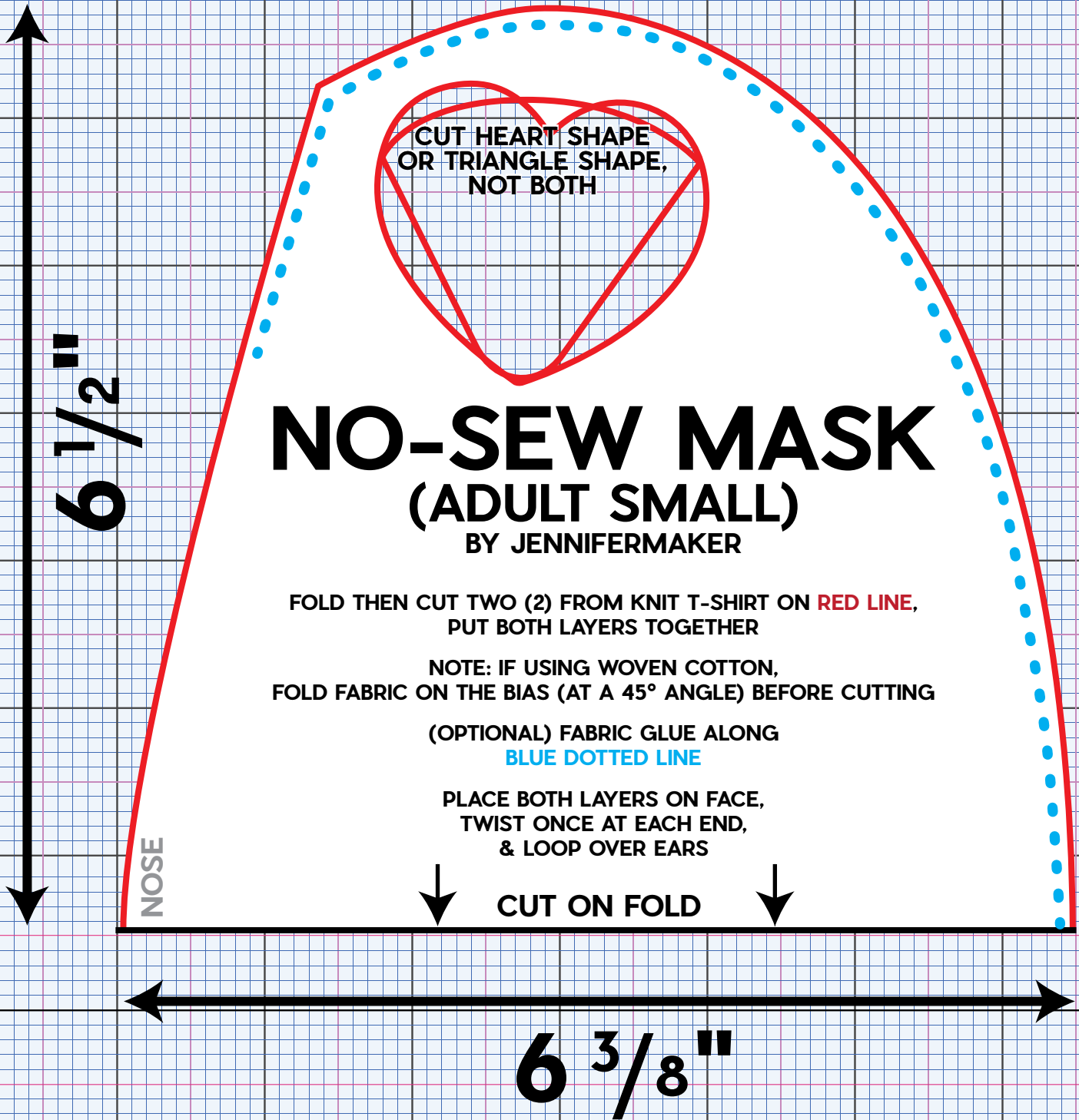
BY JENNIFERMAKER



SEE FULL TUTORIAL AT JENNIFERMAKER.COM/NO-SEW-FACE-MASK-TSHIRT

NO-SEW FACE MASK (ADULT SMALL)

BY JENNIFERMAKER



CUT HEART SHAPE
OR TRIANGLE SHAPE,
NOT BOTH

NO-SEW MASK (ADULT SMALL)

BY JENNIFERMAKER

FOLD THEN CUT TWO (2) FROM KNIT T-SHIRT ON **RED LINE**,
PUT BOTH LAYERS TOGETHER

NOTE: IF USING WOVEN COTTON,
FOLD FABRIC ON THE BIAS (AT A 45° ANGLE) BEFORE CUTTING

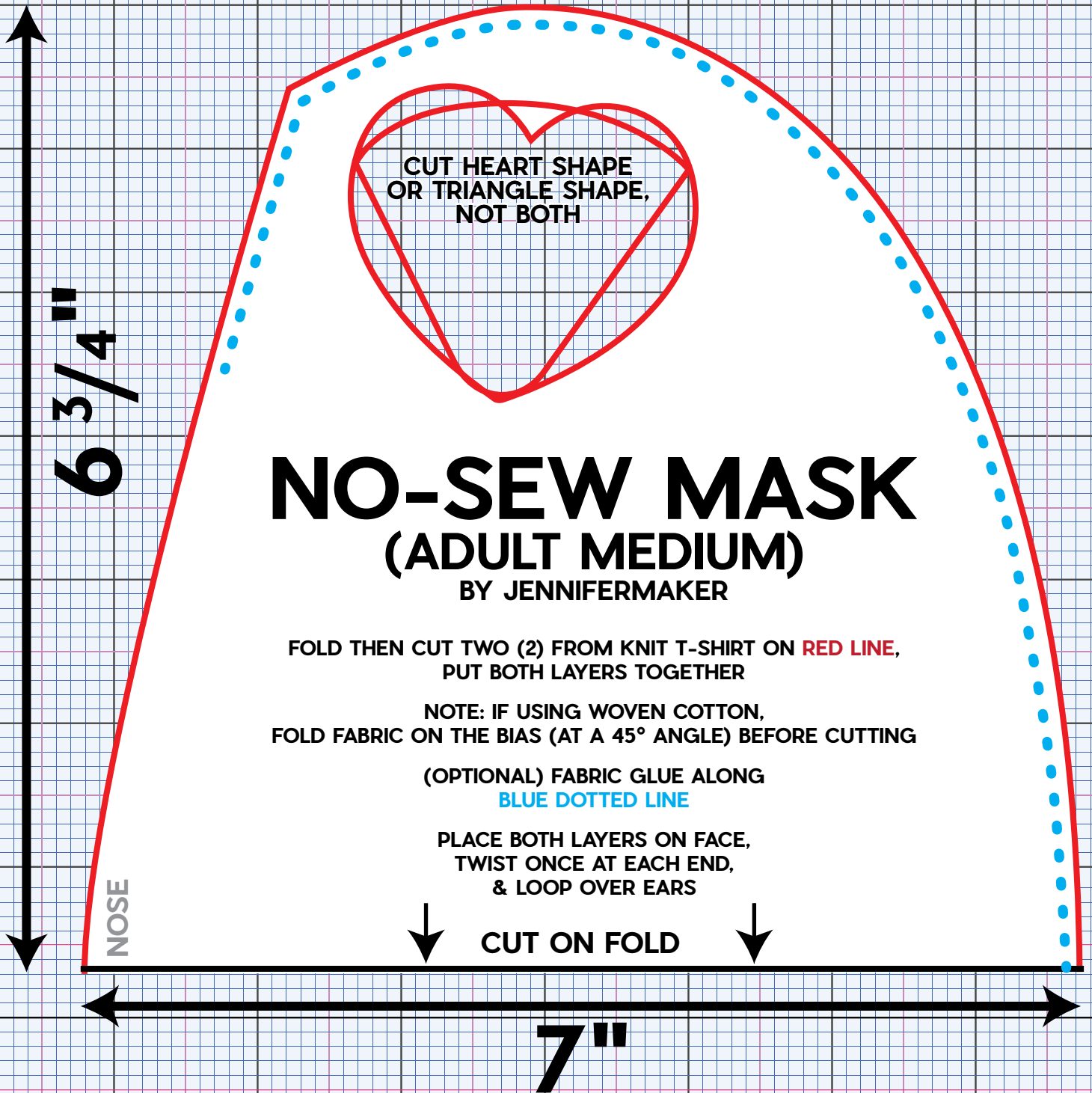
(OPTIONAL) FABRIC GLUE ALONG
BLUE DOTTED LINE

PLACE BOTH LAYERS ON FACE,
TWIST ONCE AT EACH END,
& LOOP OVER EARS

↓ CUT ON FOLD ↓

NO-SEW FACE MASK (ADULT MEDIUM)

BY JENNIFERMAKER



SEE FULL TUTORIAL AT JENNIFERMAKER.COM/NO-SEW-FACE-MASK-TSHIRT

NO-SEW FACE MASK (ADULT LARGE)

BY JENNIFERMAKER



NO-SEW MASK (ADULT LARGE)

BY JENNIFERMAKER

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CUT ON FOLD
↓

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