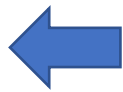


PART ONE:

- 1. Lay the t-shirt flat on your work surface with the neck at the top (like you are going to put it on).
- 2. Cut horizontally beginning 1" up from the bottom left corner and ending 4" from the right edge.
- 3. Starting at the left side, cut horizontally beginning 7" up from the bottom left corner and ending 4" from the right edge.
- 4. Starting at the left side, cut a third time horizontally beginning 8" up from the bottom left corner and ending 4" from the right edge.
- 5. Starting at the left side, cut horizontally beginning 14" up from the bottom left corner and cutting all the way across the t-shirt.
- 6. Cutting vertically, remove the fabric between the two strips.
- 7. Cutting vertically, remove the fabric from the top of the mask to the top of the higher of the strips.
- 8. Snip the end of the thin strips to separate the front layer of the shirt from the back layer.



This piece on the right will become your mask.

PART TWO:

- 9. Unfold the mask.
- 10. Fold the top layer of fabric down to make a pocket.
- 11. Hand sew the sides of the pocket and 2" on both sides of the top of the pocket using thread or thin yarn.
- 12. Wash the masks before finishing them.
- 13. If you have a filter (coffee filter or cut up portion of a HEPA filter,) insert it into the pocket through the opening at the top.
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- You should now have a mask with four ties to go around the head and a pocket for a filter.



Source: <https://sarahmaker.com/how-to-make-a-no-sew-face-mask-with-at-home-materials/>