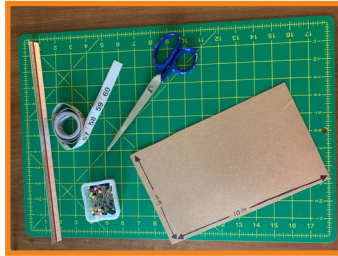




## Step 1: Gather Your Supplies

- Scissors
- A ruler or measuring tape
- A 7"X11" template
- A sewing machine and thread
- Fabric of your choice. It is best to use quilting fabric or cotton sheets, these fabrics are woven tighter than t-shirt material, and thus more effective.
- Two 7" pieces of elastic. You can also use hair ties, string or shoe laces, cloth strips, and headbands.



**Step 2:** Select your fabric and use template to cut pieces into 7x11 rectangles.



**Step 3:** Sew rectangles together and select your tie materials.



**Step 4:** Place elastic tie and fold fabric around it. Secure with pins and sew along the edge.



**Step 5:** Repeat on opposite side. When finished, rotate elastic tie to be inside the fabric closure.



**Step 6:** Mail the completed mask to Family Houston at 4625 Lillian St. Houston, TX 77007.



For more information contact us at [volunteer@familyhouston.org](mailto:volunteer@familyhouston.org).