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.