Palomar Health is asking community members who sew to make washable masks. These masks will let Palomar Health preserve medical-grade masks for medical personnel. They need thousands of them.

Here is a link to a video that shows how to make the masks:  https://youtu.be/9tBg0Os5FWQ

Below are the instructions in written form. NOTE: Due to a worldwide shortage of elastic, we have added other ways to make the earbands.

Supplies:
- Fabric: Tightly woven, 100% cotton in colorful, cheerful prints, such as quilter’s calico. Each mask requires 2 pieces, 6" x 9."
- For the earbands: Two 7" lengths of 1/4" elastic OR two 7" lengths of 1/4" doublefold bias tape or two strips of fabric 7" by 1-1/4" cut crosswise on the fabric (perpendicular to the selvage)
- Thread – any color is fine

Instructions:
1. If you are making your own earbands: Take your 2 fabric strips. Fold the two long edges in toward the center with a small gap between. Press in place. Fold the tape again, down the center, lengthwise Your two long edges will be tucked inside. Topstitch to hold that in place. If you are using double-fold bias tape, topstitch that in the same way.

2. Pin the two 6x9 pieces of fabric together, right sides together, with the earbands between the layers, caught in the corners. Each earband will belong to one short side of the mask, with one end at each corner of that side.

3. Seam the two pieces together using a seam allowance between 1/4" and 3/8," leaving a 2" opening along one long edge, and catching in the earband at each corner securely. Maybe go over the earbands twice.

4. Turn the mask right side out through the opening. Push the seams out with a dull kitchen knife to form a neat rectangle. Tuck the seam allowance at the opening in place. Press.

5. Form 3 small pleats on each short side, making them even and in the same direction on both edges so they will fold flat all the way across the mask. Pin them in place. The resulting edge should be about 2-3/4" now.

6. Top stitch all around the edge of the mask, about 1/8" from the edge, to secure the pleats and close the opening. Optional: Stitch a second time for added stability. Done!

Try the mask on and adjust the length of the earbands if necessary for your next masks. If your masks fit you, they will fit others.