



# **Olson Mask**

UnityPoint Health Cedar Rapids

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### Materials Needed



Cotton T-shirt Material or Cotton Weave Fabric (~1/2 yard is enough to make 2-3 masks)

Edited by Avera

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- All-Purpose Thread
- 23" <sup>1</sup>/<sub>4</sub>" Elastic (preferred) or Large Elastic Hair Ties (2)
- Scissors
- Sharpie marker

Instructions

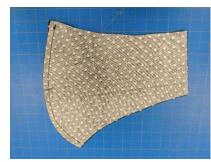
Print Pattern at 100% for Large 90% for Medium

Using the patterns, cut one of each shape. You will need six (6) total pieces.





2 Sew face 1 and face 2 together along side 3.



4

On mouth 1 and mouth 2 sew fold side 5 over 1/4 inch and sew down.



3 Sew mouth 1 and mouth 2 together along side 3.

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#### Instructions - continued

5 On *cheek 1* and *cheek 2* fold *side 6* over 1/4 inch and sew down.





6 Match *cheek 1* and *mouth 1* at the dotted line (7). Sew a 1-inch tack at *side 1* and *side 2* where the two piece overlap.





- Repeat Step 6 for cheek 2 and mouth 2.
- 8 With the fronts of the fabric facing each other, sew along the entire perimeter of the mask.





9 Use one of the slits between the mouth and the cheek to turn the mask ride-side out.







Avera 🐰

LifeScape

#### Instructions - continued

Add 23" of 1/4" Elastic (Preferred - as shown in 10 picture) or hair tie to each side by folding the fabric on the end of the mask over the tie and sew down.





Write M or L on the inside (area where mouth section and Cheek sections overlap)



## Olson Mask - Mouth & Cheek Pattern

