NO-SEW FACE MASK PATTERNS BY JENNIFERMAKER

These patterns work with the instructions available online at jennifermaker.com/facemask-nosew

Step 1:
Determine your pattern size by measuring your head from ear to ear across your nose.

<table>
<thead>
<tr>
<th>Size Chart:</th>
<th>Knit T-Shirt Material</th>
<th>Woven Cotton Material</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ear to Ear</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8.5”-9”</td>
<td>Youth Small</td>
<td>Youth Medium</td>
</tr>
<tr>
<td>9.5”-10”</td>
<td>Youth Medium</td>
<td>Youth Large</td>
</tr>
<tr>
<td>10.5”-11”</td>
<td>Youth Large</td>
<td>Adult Small</td>
</tr>
<tr>
<td>11.5”-12”</td>
<td>Adult Small</td>
<td>Adult Medium</td>
</tr>
<tr>
<td>12.5”-13”</td>
<td>Adult Medium</td>
<td>Adult Large</td>
</tr>
<tr>
<td>13.5”-14”</td>
<td>Adult Large</td>
<td>Adult Extra Large</td>
</tr>
<tr>
<td>14.5”-15”</td>
<td>Adult Extra Large</td>
<td>Increase by 1/2” in height</td>
</tr>
</tbody>
</table>

Step 2:
Watch a video and/or read my face mask tutorial:

- Video #1: 3-minute T-Shirt Method video at: jennifermaker.com/facemask-tshirt
- Video #2: 3-minute Cotton Method video at: jennifermaker.com/facemask-cotton
- Video #3: Extended Edition video at: jennifermaker.com/facemask-video
- Photo Tutorial: jennifermaker.com/facemask-nosew

HOW TO WEAR THIS FACE MASK

1. Hold the mask up to your face like this, with the bump pointing up:

2. Twist an ear loop once and slip the twisted loop over one ear.

3. Twist the other loop once and slip the twisted loop over the other ear.

4. Adjust as necessary so the entire lower half of your face is covered. If the face mask feels too tight, remove it, stretch it lengthwise, and replace it on your face. If it continues to feel too tight, go up a size. If the face mask feels too loose, go down a size.

Learn how to make this no-sew face mask yourself at jennifermaker.com/facemask-nosew
CUT TWO (2) FROM KNIT T-SHIRT ON RED LINE, PUT BOTH LAYERS TOGETHER

NOTE: IF USING WOVEN COTTON, CUT PATTERN ON THE BIAS (AT A 45° ANGLE)

(OPTIONAL) FABRIC GLUE ALONG BLUE DOTTED LINE

PLACE BOTH LAYERS ON FACE, TWIST ONCE AT EACH END, & LOOP OVER EARS

SEE FULL TUTORIAL AT JENNIFERMAKER.COM/NO-SEW-FACE-MASK-TSHIRT
NO-SEW FACE MASK (YOUTH MEDIUM)

BY JENNIFERMAKER

CUT TWO (2) FROM KNIT T-SHIRT ON RED LINE, PUT BOTH LAYERS TOGETHER

NOTE: IF USING WOVEN COTTON, CUT PATTERN ON THE BIAS (AT A 45° ANGLE)

(OPTIONAL) FABRIC GLUE ALONG BLUE DOTTED LINE

PLACE BOTH LAYERS ON FACE, TWIST ONCE AT EACH END, & LOOP OVER EARS

SEE FULL TUTORIAL AT JENNIFERMAKER.COM/NO-SEW-FACE-MASK-TSHIRT
NO-SEW FACE MASK (YOUTH LARGE)
BY JENNIFERMAKER

FOLD THEN CUT TWO (2) FROM KNIT T-SHIRT ON RED LINE, PUT BOTH LAYERS TOGETHER.

NOTE: IF USING WOVEN COTTON, FOLD FABRIC ON THE BIAS (AT A 45° ANGLE) BEFORE CUTTING.

(OPTIONAL) FABRIC GLUE ALONG BLUE DOTTED LINE.

PLACE BOTH LAYERS ON FACE, TWIST ONCE AT EACH END, & LOOP OVER EARS.

CUT HEART SHAPE OR TRIANGLE SHAPE, NOT BOTH.

CUT ON FOLD.

SEE FULL TUTORIAL AT JENNIFERMAKER.COM/NO-SEW-FACE-MASK-TSHIRT
NO-SEW FACE MASK (ADULT SMALL)
BY JENNIFERMAKER

FOLD THEN CUT TWO (2) FROM KNIT T-SHIRT ON RED LINE,
PUT BOTH LAYERS TOGETHER

NOTE: IF USING WOVEN COTTON,
FOLD FABRIC ON THE BIAS (AT A 45° ANGLE) BEFORE CUTTING

(OPTIONAL) FABRIC GLUE ALONG
BLUE DOTTED LINE

PLACE BOTH LAYERS ON FACE,
TWIST ONCE AT EACH END,
& LOOP OVER EARS

CUT HEART SHAPE
OR TRIANGLE SHAPE,
NOT BOTH

SEE FULL TUTORIAL AT JENNIFERMAKER.COM/NO-SEW-FACE-MASK-TSHIRT
NO-SEW FACE MASK (ADULT MEDIUM)

BY JENNIFERMAKER

FOLD THEN CUT TWO (2) FROM KNIT T-SHIRT ON RED LINE, PUT BOTH LAYERS TOGETHER

NOTE: IF USING WOVEN COTTON, FOLD FABRIC ON THE BIAS (AT A 45° ANGLE) BEFORE CUTTING

(OPTIONAL) FABRIC GLUE ALONG BLUE DOTTED LINE

PLACE BOTH LAYERS ON FACE, TWIST ONCE AT EACH END, & LOOP OVER EARS

CUT HEART SHAPE OR TRIANGLE SHAPE, NOT BOTH

SEE FULL TUTORIAL AT JENNIFERMAKER.COM/NO-SEW-FACE-MASK-TSHIRT
NO-SEW FACE MASK (ADULT LARGE)
BY JENNIFERMAKER

FOLD THEN CUT TWO (2) FROM KNIT T-SHIRT ON RED LINE, PUT BOTH LAYERS TOGETHER

NOTE: IF USING WOVEN COTTON, FOLD FABRIC ON THE BIAS (AT A 45° ANGLE) BEFORE CUTTING

(OPTIONAL) FABRIC GLUE ALONG BLUE DOTTED LINE

PLACE BOTH LAYERS ON FACE, TWIST ONCE AT EACH END, & LOOP OVER EARS

CUT HEART SHAPE OR TRIANGLE SHAPE, NOT BOTH

SEE FULL TUTORIAL AT JENNIFERMAKER.COM/NO-SEW-FACE-MASK-TSHIRT
NO-SEW FACE MASK (ADULT X-LARGE)
BY JENNIFERMAKER

Fold then cut two (2) from knit t-shirt on red line, put both layers together.

Note: If using woven cotton, fold fabric on the bias (at a 45° angle) before cutting.

(Optional) Fabric glue along blue dotted line.

Place both layers on face, twist once at each end, & loop over ears.

CUT HEART SHAPE OR TRIANGLE SHAPE, NOT BOTH

See full tutorial at jennifermaker.com/no-sew-face-mask-tshirt
HOW TO WEAR THIS FACE MASK

1. Hold the mask up to your face like this, with the bump pointing up:

2. Twist an ear loop once and slip the twisted loop over one ear.

3. Twist the other loop once and slip the twisted loop over the other ear.

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   If the face mask feels too tight, remove it, stretch it lengthwise, and replace it on your face. If it continues to feel too tight, go up a size. If the face mask feels too loose, go down a size.

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