

**INCLUDED IN
THIS KIT:**

1 instruction sheet

1 t-shirt

1 pair of scissors

6 safety pins

MAKE-A-MASK no. 1

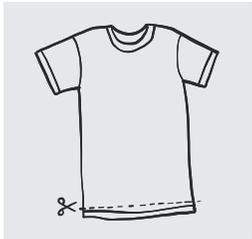
BEFORE YOU BEGIN

One t-shirt will yield at least four masks: two from the sleeves and at least two (if not more) from the torso section. Two additional pieces of fabric from the torso section will be used to make ties that can be used interchangeably for the masks in this kit.

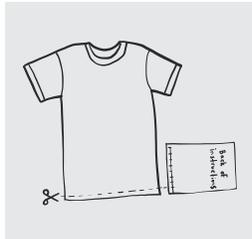
One leftover fabric panel, the scissors, and safety pins will be used in the MAKE-A-MASK no. 2, so don't throw those away!

Please read through all directions carefully before beginning.

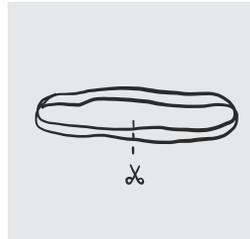
MAKING THE TIES



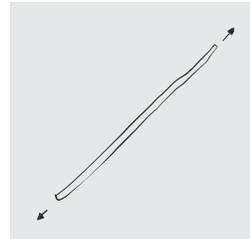
1. Cut off the bottom hem of the shirt in a straight line to square off the end of the shirt and discard.



2. Use the measuring guide along the bottom of the back page to measure up one inch. Cut all the way across the width of the shirt.



3. Make one cut through the one-inch loop to make it into one long piece of fabric.



4. Gently stretch the fabric strip to make it longer.

5. Repeat steps **2** through **4** to make one additional tie.

SLEEVE MASKS

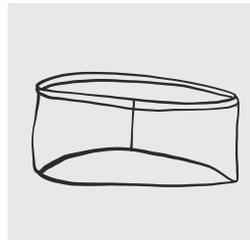


1. Lay the shirt out on a flat surface.



2. Detach the first sleeve from the torso by cutting along the outside edge of the seam that connects the sleeve to the torso. Repeat on other side to detach the other sleeve.

The finished edge/uncut end of the sleeve will become the top of the mask. The unfinished/cut edge will become the bottom edge of the mask.



3. Place the newly aligned sleeve with vertical seam side facing up (this will be the interior side of the mask).



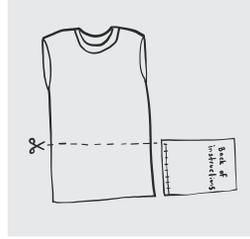
4. Thread a tie through the sleeve to create an upside-down "U" with the ends of the ties coming out the bottom of the sleeve. The loop portion should just be big enough to go over your head.



TORSO MASKS

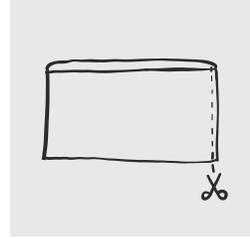


1. Lay the torso section face up on a flat surface.



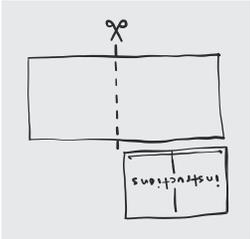
2. If you haven't done so already, cut off the bottom hem (see step **1** in the "making the ties" section).

3. Use the measuring guide along the bottom of the back page to measure eight inches up from the bottom of the shirt and cut across the width of the shirt from there. This cut section will create two masks.

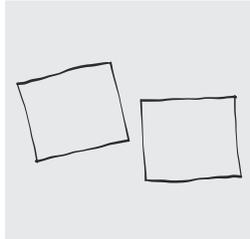


4. Keeping the fabric flat, cut closely along one of the folded edges.

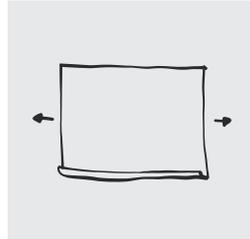
We are trying to make a rectangle of fabric that will measure as close to 17 inches across as possible, but a piece of fabric between 15 to 17 inches will work. If it isn't a perfect rectangle, that is okay.



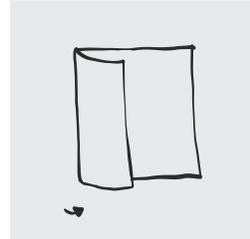
5. To measure 17 inches, place the long side of this open instruction sheet flush to the bottom edge and newly cut edge of the fabric.



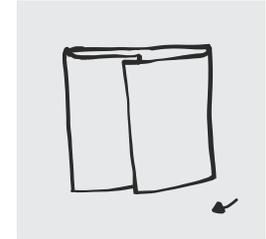
6. You should now have two 8 x 17-inch pieces of fabric. Set one aside.



7. Starting with one 8 x 17-inch fabric piece, give it a slight tug—this will make the fabric curl along the long edge. Face the fabric to get the curl to slightly roll up and towards the middle.

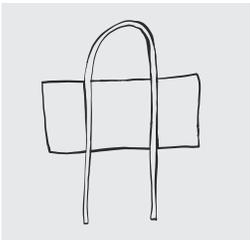


8. Fold the left side so the end is just past the mid-line of the fabric piece and gently crease the fold.

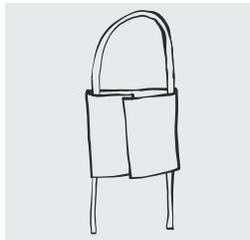


9. Fold the right side just past the middle so there is at least an inch overlap of the fabric. Gently crease this fold. Your fabric piece should be between 7 and 8 inches now.

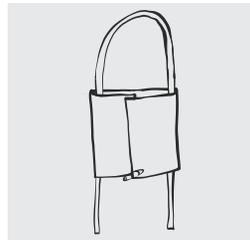
Cut from this point.



10. Open the folds back up and place the tie along the left and right creases. This should form an upside down "U" across the fabric.



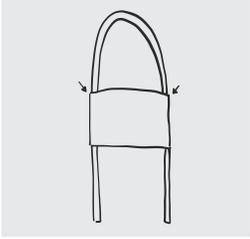
11. Fold the fabric back to sandwich the tie along each creased fold.



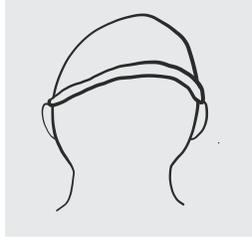
12. (Optional) Use a safety pin along the bottom edge to secure all layers of fabric at the overlap in the middle of the fabric sandwich.

WEARING THE MASK

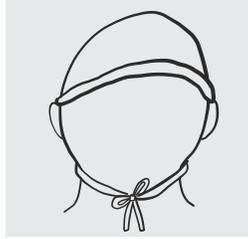
These masks are meant to be adjusted after you secure the ties. Don't worry about getting it right on the first try. Have patience: practice and a mirror tend to make this process easier over time.



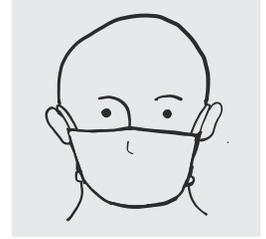
1. Hold the mask along the top corners, pinching at where the ties come to the fabric so the ties don't slip.



2. Flip the loop section of the tie over the top of your head so that it rests just above your ears.



3. Pull the bottom ties around to the back of your neck and tie so the mask is firmly in place. Just focus on how tight the mask is and if the fabric is still overlapping.



4. Once you have the right tightness, then you can adjust your mask to better fit over your face.

5. Make sure the mask is resting comfortably on the bridge of your nose, and continue to adjust the ties as needed. You might need a mirror to make any final adjustments.

Make sure to wash your masks after each use.

Tarble→TO-GO: MAKE-A-MASK **EIU PARTNERS**

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