Pre boil cotton fabric so it does what it will do when boiled.

Regular size cut one piece of fabric 15” x 7 ½
you will need some bias tape, either cut or make, about 7” per mask
cut two pieces of elastic 9 ¾ long
Copper wire or twist tie, cut one 6 ½” long

Serge or zigzag stitch both short edges

Fold in half RST This is the only right sides together part.
Press open seam.

Topstitch

Just the lower side for now. The upper side comes next.
measure 1/2" (1.3 cm) from seam line

This isn’t rocket science, GUESS.

Stitch all the way round

Except for the top ½ part you just ironed. That comes next.
You are basically sewing the twist tie or copper into that little $\frac{1}{2}$” section.
Making pleats (any size you like)

Stitch
So far, so good.

Apply bias both sides

Stitch

Again I made my own by cutting strips 2” wide
Now open up Bias and fold over on other side and stitch.

**Stitch**

*I don’t like fooling with tiny things. I used round elastic and stuck the 11” strip in there, sewed the seam and then tied very gently so it could be adjusted by the person wearing it.*
They thread the elastic through, knot the elastic and shove the elastic back into the mask.

Or you can use this persons method.

And your done. GOOD JOB!