

## How to Make Masks

### **Supplies:**

Mask 1 is fitted, with 2 layers of fabric and a pocket between them for an optional filter (see research links for info on filters). It is held on by elastic that can be threaded to fit around the head.

seam allowances are  $\frac{1}{4}$ " unless noted

MASK 1 & 2 supplies (child, regular and large size):

9" x 15" fabric outer layer

9" x 15" fabric lining layer

(3 regular or large size masks of either design, can be made from 1/4 yard (9") of 45" wide fabric)

3" piece of soft wire (this can be decorative wire as shown, or picture wire, or even a paper clip if that's all you can find)

approx. 22" of elastic cord (child size length 10", regular size length 11-12", large size length 13")

### **WHAT KIND OF FABRIC?**

You can choose any tightly woven cotton or cotton/poly fabric you like. Hold it up to the light to see how tight the weave is. Use the same fabric for outer and lining if you want, or use different ones to help you remember which side is clean and which dirty.

The research (see links at the end) shows 100% cotton having some effectiveness. Cotton/polyester blends may have additional properties of repelling water, making them better barriers to keep droplets from soaking through outer layers.

Don't use stretchy, sequined or velvet material.

Wash all fabrics before sewing to pre-shrink, and to assure you are working with the most sanitary materials possible.

Pattern at the end of directions.



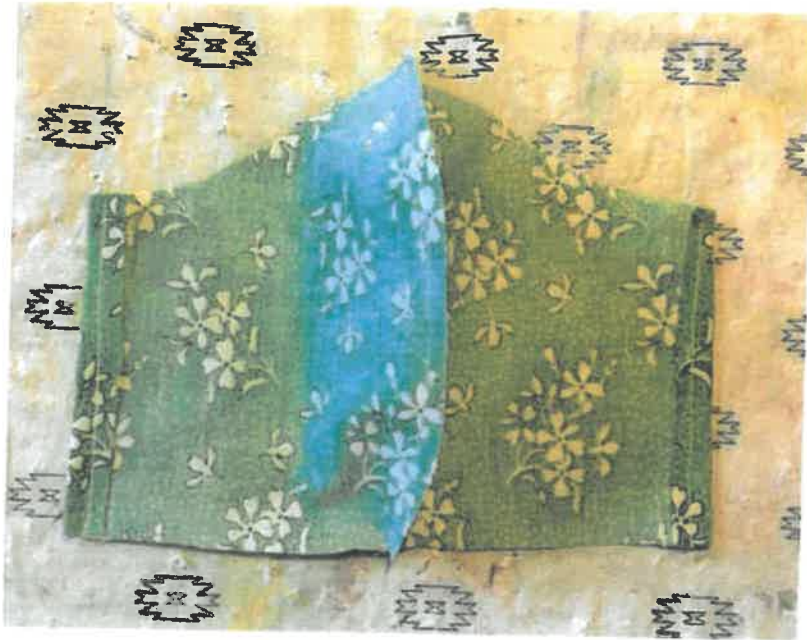
### **Step 1: Pattern, Cut, Center Seam**

Print out PDF paper pattern piece(s) at actual size on 8.5" x 11" paper. For MASK 1 print file called "Mask 1 reg size pattern". It has 2 pieces: A (outer) and B (lining) .Cut out the paper pattern pieces.

Fold your fabrics right sides together.

**MASK 1**

Pin pattern(s) to folded fabrics and cut two A and two B. Transfer the 2 dots from pattern onto the two A pieces on wrong side of fabric. Pencil a line between them lightly on each piece.



## **Step 2: MASK 1 Sides, Sleeves for Elastic**

For MASK 1 (with pocket)

Fold straight sides of lining fabric toward wrong side, and sew fold down with straight stitch.

On outer layer sides, fold top and bottom corners down, using the dotted lines on pattern and the transferred dots as guides. Pin. Fold raw edge over and pin. Ironing helps keep this in place. Stitch along all the 3 folds on each side, 1/8" from fold.

Make the sleeves for the elastic - With wrong side up, fold angled, stitched ends of outer layer up to the pencil line. Stitch down.

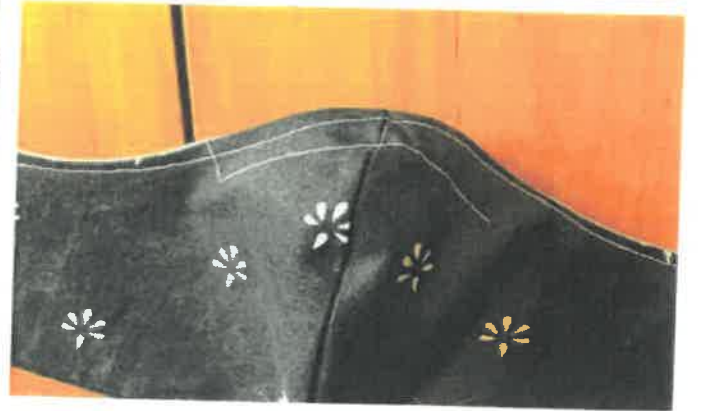


### **Step 3: MASK 1 Connect Layers, Elastic**

Lay inner layer over outer layer, right sides facing in. Sew the top edge and the bottom edge. Clip curved seam.

Turn right side out. Top stitch the top and bottom seams, 1/8" from edge. This will assure both layers stay in place during laundering.

Feed elastic through the sleeves (approx. 11" per side). A wire needle or small safety pin can help feed it through.



#### **Step 4: MASK 1 Nose Wire, Elastic, Filter**

Make a channel to hold the nose wire by stitching a line 1/4" from the top stitch line, echoing the curve (2" on each side). Slide a 3"ish piece of wire into the slot created (loop the ends first with pliers if they are sharp). Sew the ends of the channel closed.

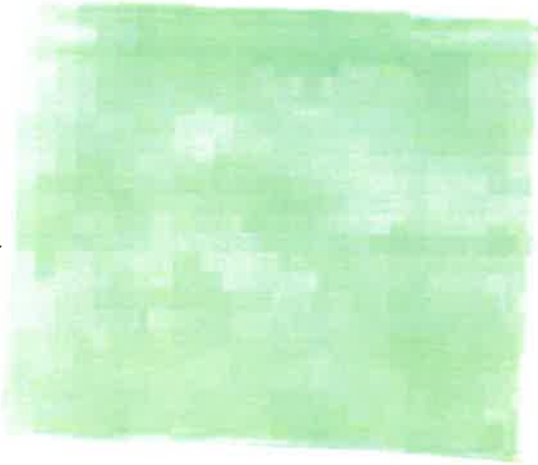
Tie ends of elastic into loops and fit mask to your head by tucking loops behind ears. Adjust knots as needed. It should fit snugly but not pull on your ears. If desired, you can make the elastic go around the back of the head. Don't cut the elastic in half. Feed each end of the 16" length through the sleeves in a U shape. Tie together and fit mask. Adjust knot as needed for snug fit.

Bend the wire to fit snugly over the bridge of your nose.

Optional: If you have a suitable filter material, you can increase the filtering capacity by slipping this material into the pocket between the outer layer and the lining. Cut whatever filters material to fit as needed. See research notes for more about what might be suitable.

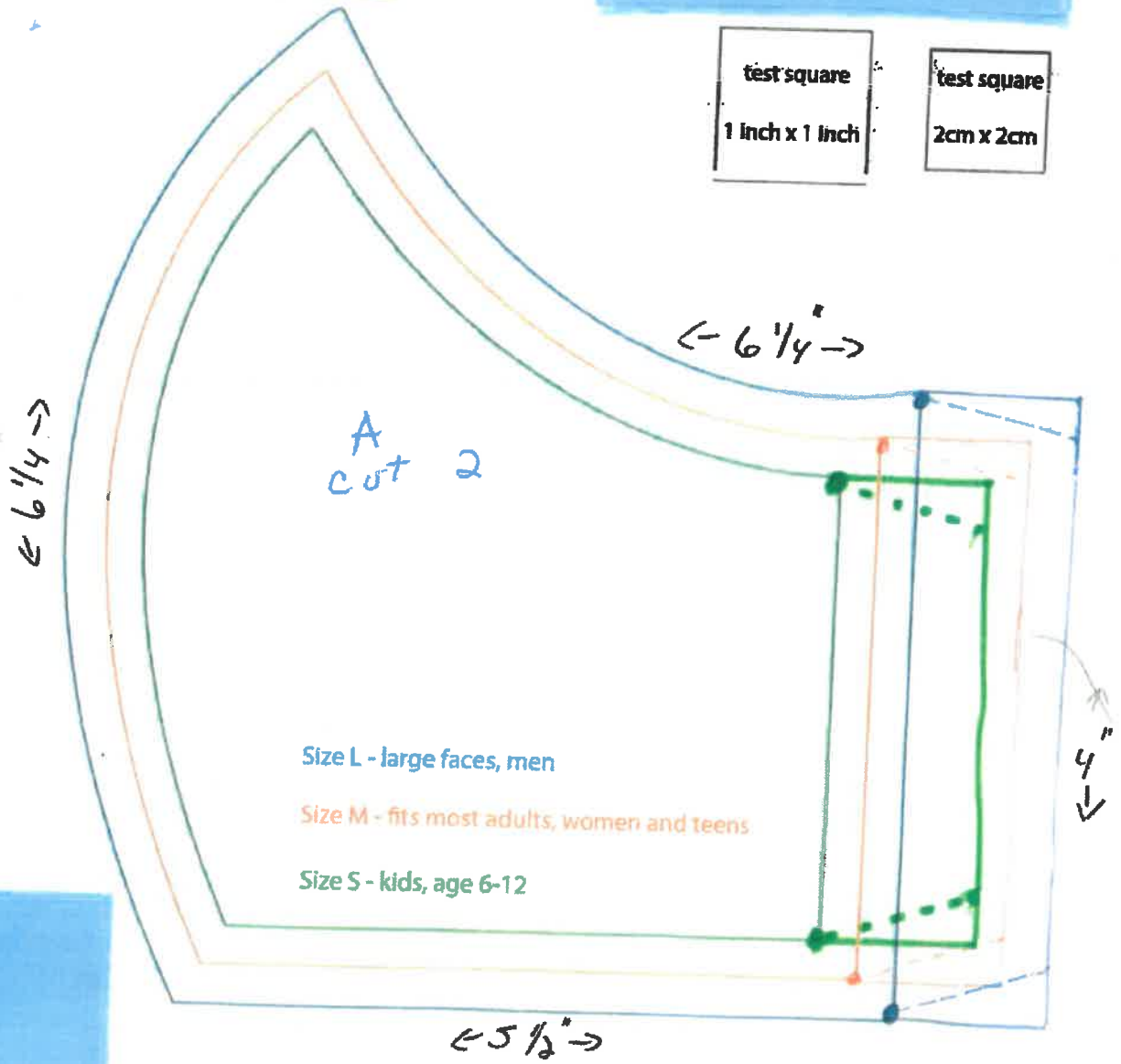
Please mark the size of the mask (L, M, S) in the inner lower left corner.

# FACE MASK PATTERN



test square  
1 inch x 1 inch

test square  
2cm x 2cm



- Size L - large faces, men
- Size M - fits most adults, women and teens
- Size S - kids, age 6-12

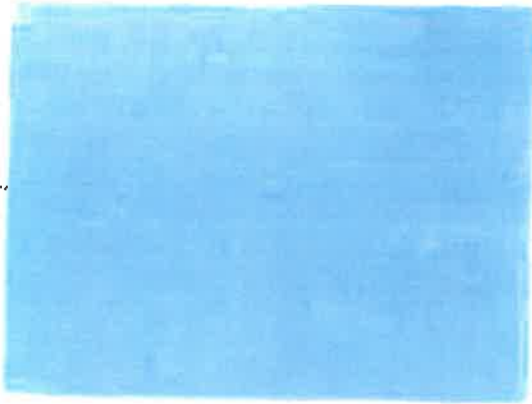
downloaded from <https://hellosewing.com/face-mask-sewing-pattern/>  
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Picture not true to size  
Note proper measurements

pattern modified  
3/24/2020

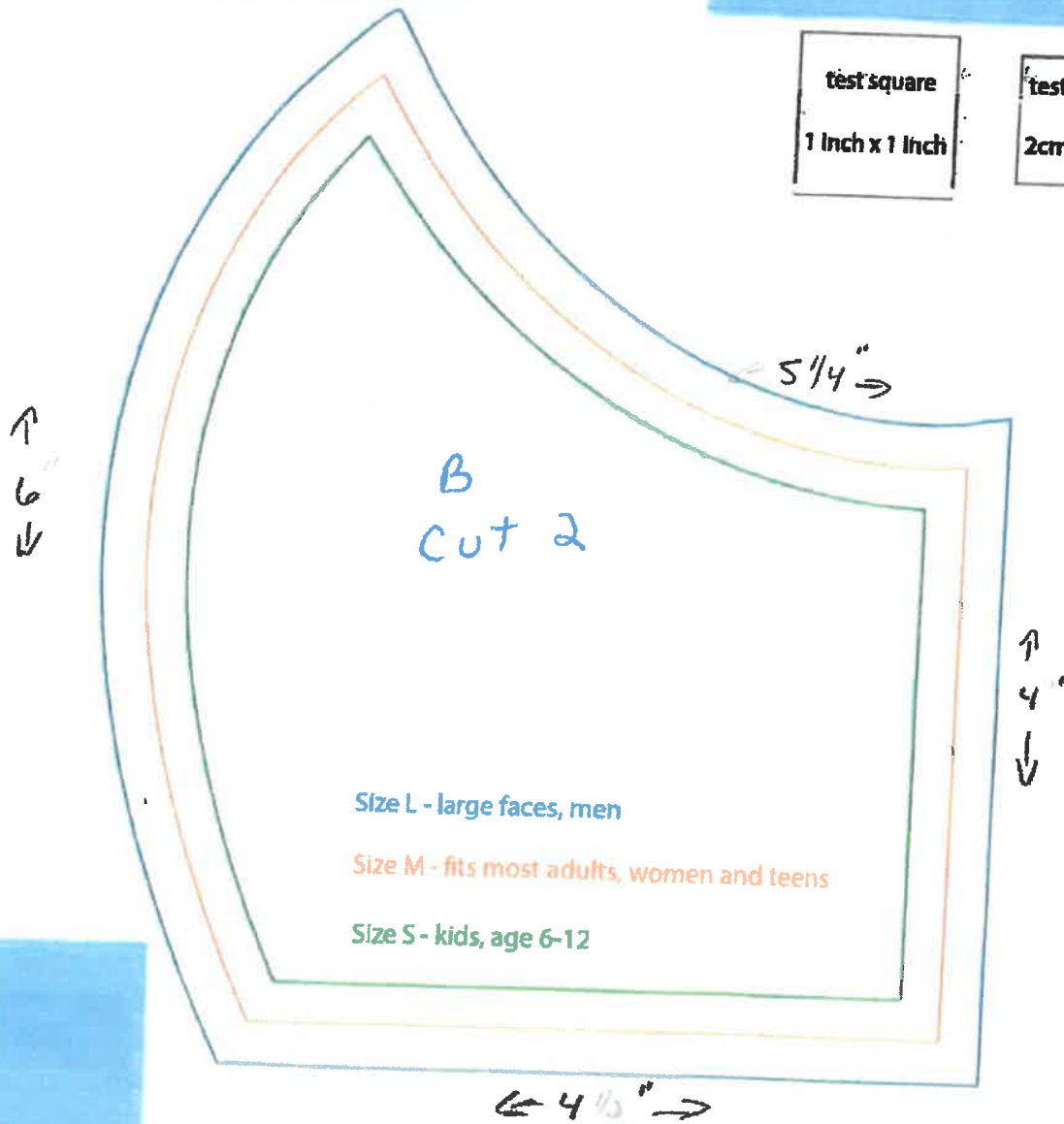


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