

## HOW TO SEW A FABRIC FACE MASK



### MATERIALS

- 100% cotton fabric (with a tight weave)
- 1/8" flat elastic for ear loops, or 4 fabric ties (you can use the same cotton fabric to make strips, use pre-made bias binding, or strips of cotton jersey)
- fabric scissors
- ruler
- pins or clips
- sewing machine and thread

### CUT LIST

For an adult size mask:

- Cut 1 fabric rectangle 16" long and 8.5" wide
- Cut 2 pieces of elastic, each 7" long

For a child-size mask:

- Cut 1 fabric rectangle 14" long and 6.5" wide
- Cut 2 pieces of elastic, each 6" long

For elastic ear loops:

- Cut 2 7" long pieces for an adult mask
- Cut 2 6" long pieces for a child mask

For fabric ties, if you aren't using elastic:

- Cut 4 rectangles 18" long by 1.75" wide. Fold the long sides to meet in the middle, then fold in half again to encase the raw edges. Stitch down the length of the rectangles along the edge to create the ties.

**Note:** Pre-wash fabric before cutting.

## INSTRUCTIONS

1. **Sew the top side**, with pocket opening. Fold the fabric in half, with the right sides facing. Sew along the 8.5" width edge, using a 5/8" seam allowance. Leave a 3-4" opening in the center of this seam to create an opening for the filter pocket, and to allow the mask to be turned right side out after sewing.
2. **Press the seam open**. Turn the fabric so that the seam with the pocket opening is centered in the middle of one side. Using an iron, press the seam open. Fold the excess seam allowance under, encasing the raw edge of the fabric. Topstitch/zig-zag stitch along both sides of the seam for a neater edge.
3. **Pin Elastic or Fabric Ties**. Pin one piece of elastic to each side of the mask, one end to the top corner and one end to the bottom corner. If using fabric ties, pin one tie to each corner, with the rest of the tie sandwiched inside the two layers of fabric.
4. **Sew the Sides**. Sew the sides of the facemask. Be careful not to catch the ties in the side seams. Backstitch over the elastic or fabric ties to secure them. Clip the corners, turn the mask right side out, and press with an iron.
5. **Optional: Insert a Flexible Nose Piece**. Cut a 6-inch piece of pipe cleaner or other flexible wire to create a nose piece. I folded the ends of wire back into to keep them from poking through the fabric. Place the wire through the pocket hole and slide it up to the very top of the mask. Stitch around it on all 3 sides to keep it in place.
6. **Sew the Pleats**. Make the mask with three evenly spaced lines. Use your markings to create three evenly spaced 1/2" pleats. Pin the folds in place, making sure all pleats are facing the same direction. Sew down each side to secure the pleats.

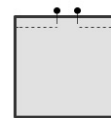
## ADDITIONAL INSTRUCTIONS

To make bias binding fabric ties: Cut 18" long strips of fabric, 1.75" wide. Fold the long sides together (lengthwise or hot-dog style) so that they meet in the middle. Then fold the strips in half again (lengthwise) to encase the raw edges. Stitch down the strips along the edge to create the ties.

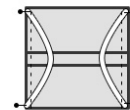
**Disclaimer:** This pattern has not been industry-tested and is intended for educational purposes only. The decision to use this device is solely your own.



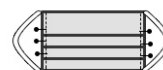
Cut one cotton rectangle, 8.5" wide by 16" long. Cut two 7" pieces of elastic or four 18" fabric ties.



Fold in half and sew along the top edge, leaving a 3" opening for the pocket.



Sandwich the elastic or fabric ties between the layers of the mask. Pin in place at the corners, and sew along each side.



Turn the mask right side out. Fold 3 evenly-spaced 1/2" pleats. Pin in place, and sew to secure.