

DIY CLOTH FACE MASKS

1. Before you begin, view this video:

[youtube.com/watch?v=tDt02kUpP9Q&feature=youtu.be&list=TLPQMjIwMzlwMjBOPUm6cyftug](https://www.youtube.com/watch?v=tDt02kUpP9Q&feature=youtu.be&list=TLPQMjIwMzlwMjBOPUm6cyftug)

Please note, you will NOT be using a template and will NOT use a single piece of fabric for the entire mask. You will be sewing two pieces together to make the one piece shown in the video.

2. After viewing the video, read the below instructions.

3. Re-watch the video, stopping it along the way as needed to refer to the instructions below.

4. Fabricate one face mask to completion, to verify understanding. If needed, go back to the video instructions or the instructions below.

MATERIALS NEEDED

- Medium weight, tightly woven 100% cotton fabric similar to:
 - Dish towel, denim, twill
 - Print and solid if possible
- Twist ties, like for a plastic bag
- 1/4" to 3/8" wide, flat, braided elastic

EQUIPMENT NEEDED

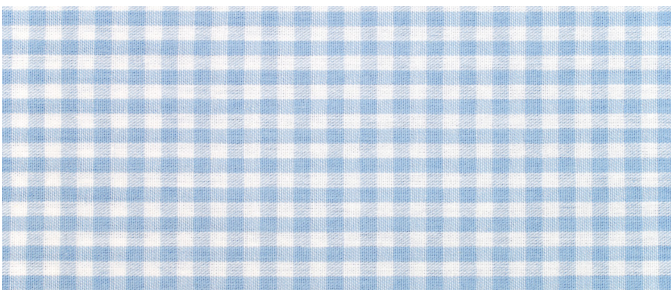
- Sewing Machine
- Scissors
- Iron
- Sewing Pins



7" X 9" SOLID FABRIC (ANY COLOR)



WIRE TWIST TIE (PLASTIC COATED)



7" X 9 PRINT FABRIC (ANY PATTERN)



7" LONG ELASTIC (2 PIECES/MASK)

MAJOR STEPS	KEY POINTS	REASONS WHY
<ul style="list-style-type: none"> Cut 2 pieces of fabric - 7" x 9" each 	<ul style="list-style-type: none"> One print, one solid Tightly woven, 100% cotton Medium-weight fabric 	<ul style="list-style-type: none"> In use contamination reduction: print outside, solid inside These materials tested well for particulate filtering Too heavy and becomes difficult to sew, too thin and doesn't provide enough protection
<ul style="list-style-type: none"> Sew together along LONG side, leaving 1/4" to 3/8" salvage 		
<ul style="list-style-type: none"> Iron per diagram* 	<ul style="list-style-type: none"> Follow template guide for folds 	<ul style="list-style-type: none"> Ironing now provides higher quality sewing later
<ul style="list-style-type: none"> Insert wire tie and sew into place on the SOLID (inner side) fabric per diagram 	<ul style="list-style-type: none"> Locate in center of face mask, into the innermost fold of the SOLID fabric 	<ul style="list-style-type: none"> Best location for user, centered along the bridge of their nose
<ul style="list-style-type: none"> Pin pleats per diagram 	<ul style="list-style-type: none"> All should go in same direction, lower side tucked up and behind 	<ul style="list-style-type: none"> Pinning will improve quality of sewing Pleats must be in the same direction for proper functioning of face mask
<ul style="list-style-type: none"> Insert each end of one elastic ear piece into face mask per diagram 	<ul style="list-style-type: none"> Insert 3/8" to 1/2" deep in between inner and outer layers of fabric We do not want the ends showing 	<ul style="list-style-type: none"> Will insure proper anchoring of the elastic
<ul style="list-style-type: none"> Sew side seam of face mask, through all layers (fabric, elastic, pleats) Attach other elastic piece and sew into place on the other side in same manner 	<ul style="list-style-type: none"> Salvage should be 1/4" to 3/8" 	<ul style="list-style-type: none"> In order to properly sew in the elastic
<ul style="list-style-type: none"> Sew a reinforcing seam across both sides of the face mask 	<ul style="list-style-type: none"> Try to stay on top of the original seam 	<ul style="list-style-type: none"> This produces the strongest reinforcement

***DIAGRAM FOUND ON NEXT PAGE.**

NOTES REGARDING CLOTH FACE MASK

- Nose piece sewn into the inner side fabric for best fitting around nose.
- Slot at top between inner and exterior fabric enables possible filter insertion at a later date.
- If you do not have print fabric, mark the exterior side with a small iron-on patch.



DIAGRAMS TO SUPPORT INSTRUCTIONS

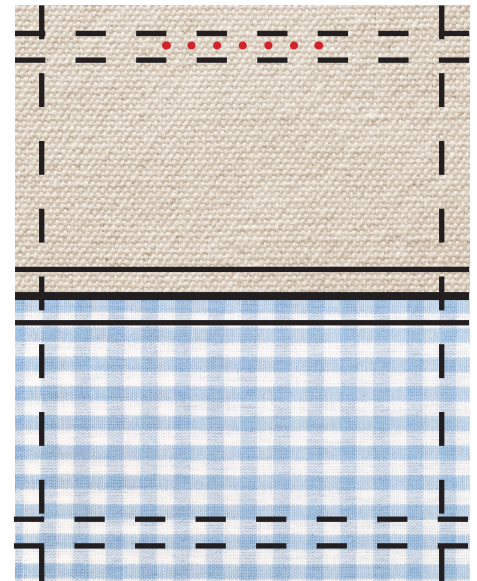
IRON CENTER SEAM OPEN



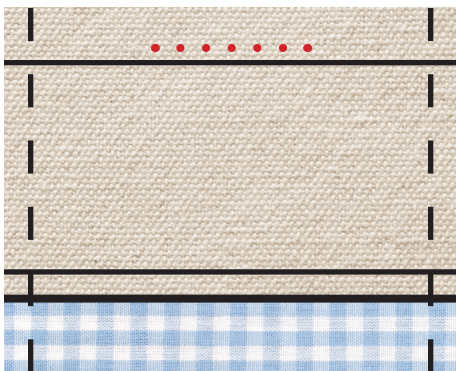
IRON SEAMS INWARD



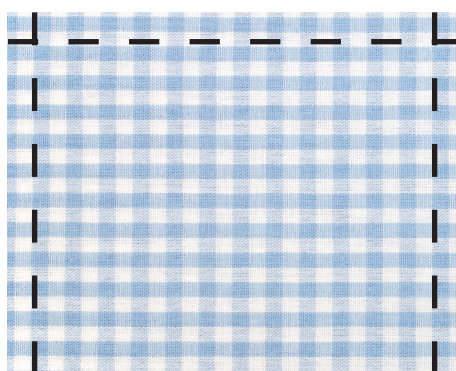
IRON THE DOUBLE FOLD TOP AND BOTTOM INWARD WITH NOSE PIECE INTO PLACE



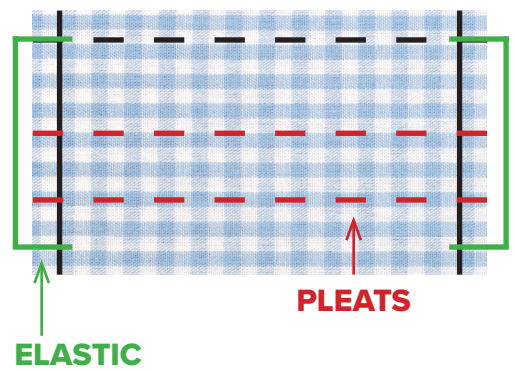
SEW NOSE PIECE INTO PLACE



FOLD SOLID PIECE BEHIND PRINT, KEEPING FOLDS INTO PLACE



MAKE PLEATS, PIN INTO PLACE - LOCATE ELASTIC AS SHOWN, BUT WITH ENDS BETWEEN FRONT AND BACK FABRIC



• • • • • Wire Twist Tie