DIY CLOTH FACE MASKS

1. Before you begin, view this video:

   youtube.com/watch?v=tDt02kUpP9Q&feature=youtu.be&list=TLQPQjMjMzIwMjOUpU6cyftug

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

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7” X 9” SOLID FABRIC (ANY COLOR)
7” X 9 PRINT FABRIC (ANY PATTERN)
7” LONG ELASTIC (2 PIECES/MASK)
WIRE TWIST TIE (PLASTIC COATED)
## MAJOR STEPS

- Cut 2 pieces of fabric - 7” x 9” each
- Sew together along LONG side, leaving 1/4” to 3/8” salvage
- Iron per diagram*
- Insert wire tie and sew into place on the SOLID (inner side) fabric per diagram
- Pin pleats per diagram
- Insert each end of one elastic ear piece into face mask per diagram
- 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
- Sew a reinforcing seam across both sides of the face mask

## KEY POINTS

- One print, one solid
- Tightly woven, 100% cotton
- Medium-weight fabric
- Follow template guide for folds
- Locate in center of face mask, into the innermost fold of the SOLID fabric
- All should go in same direction, lower side tucked up and behind
- Insert 3/8” to 1/2” deep in between inner and outer layers of fabric
- Salive should be 1/4” to 3/8”
- Try to stay on top of the original seam

## REASONS WHY

- 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
- Ironing now provides higher quality sewing later
- Best location for user, centered along the bridge of their nose
- Pinning will improve quality of sewing
- Pleats must be in the same direction for proper functioning of face mask
- Will insure proper anchoring of the elastic
- In order to properly sew in the elastic
- 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

Solid fabric is inner side of face mask.

IRON SEAMS INWARD

FOLD SOLID PIECE BEHIND PRINT, KEEPING FOLDS INTO PLACE

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

SEW NOSE PIECE INTO PLACE

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

Wire Twist Tie