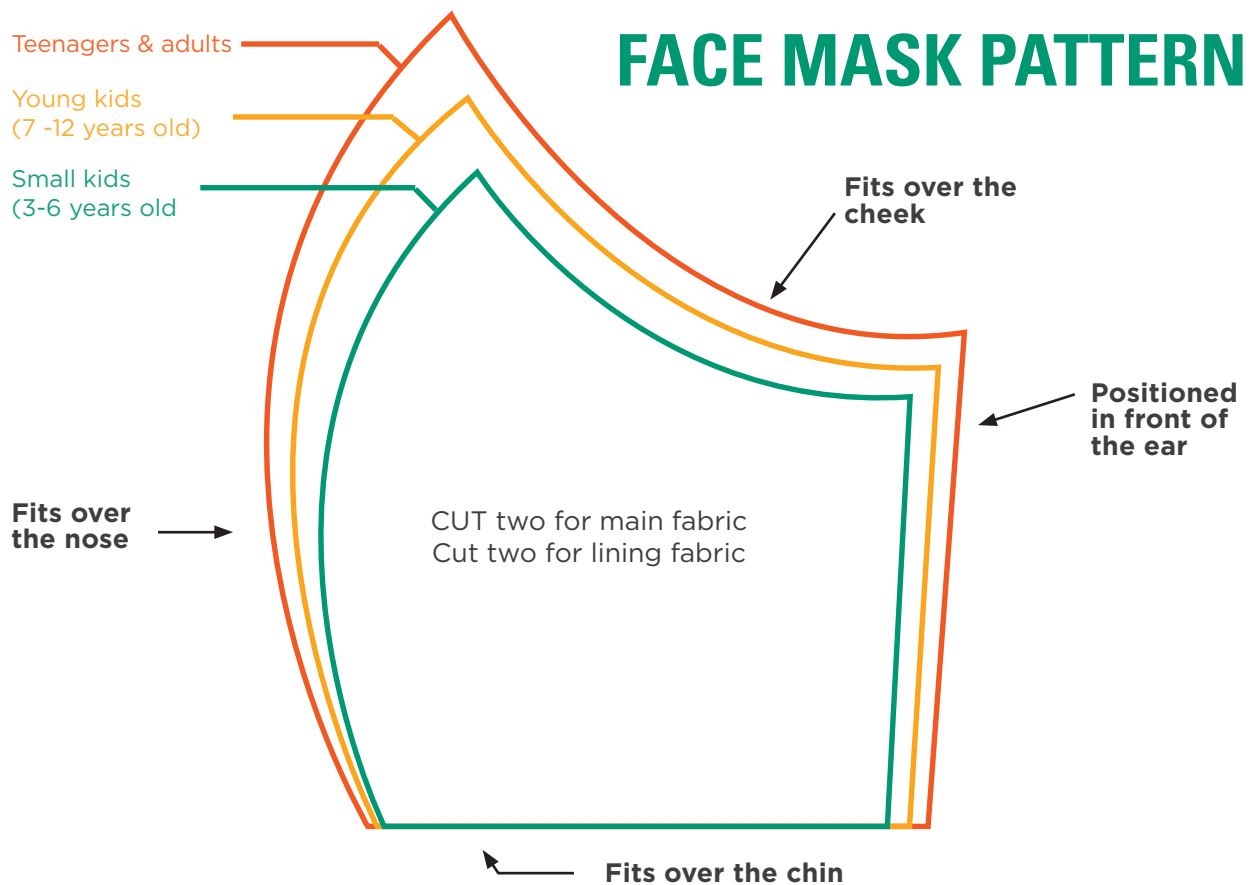


Instructions for making a face mask (pattern included)



FABRIC

The purpose of the mask is to prevent droplets containing the coronavirus from spreading. You do however have to be able to breathe through the mask. For the outer fabric, pure cotton (such as T-shirt fabric, a cotton sheet or tea towel) is the best choice. Linen or wool blends will work but are less effective.

As a rule of thumb, fabric that lets light through when held up will generally allow fewer droplets to pass through when compared to fabric that allows more light to pass through.

The inside fabric or lining needs to feel comfortable against your skin. Cotton, polyester cotton or linen

rayon are some of the fabric options to consider.

Use about 150 mm to 180 mm length of flat elastic which is between 4 mm and 6 mm wide to hold the mask in position over the ears. Round elastic or elastic hair bands that are cut, will also work.

SEWING INSTRUCTIONS

STEP 1: CUT OUT THE FABRIC

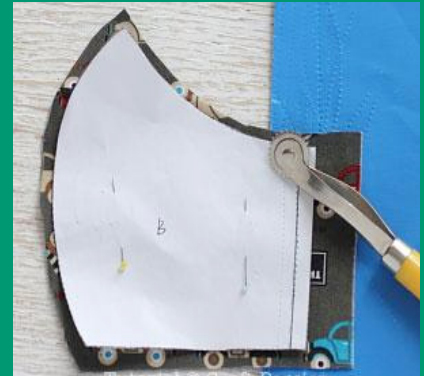
Print the pattern and cut out the desired size. Make sure you print it according to scale (use the indicated length of the section that fits under the chin).

Fold the fabric for the outside of the mask double and pin the pattern onto it. Cut the fabric according to the pattern, but allow an additional 6 mm sewing

space for the nose, chin and cheek sides, as well as 25 mm extra on the sides that are positioned in front of the ear. You now have two sections for the outer part of the mask.

Fold the fabric double and pin the pattern onto it. Cut the fabric to follow the pattern but once again allow 6 mm on all four sides for sewing. You now have two

sections of fabric for the mask's lining.



STEP 2: SEW THE MIDDLE SEAM

Place the outsides of the outer fabric on each other and sew the centre seam that fits over the nose. Do the same with the lining.



STEP 3: PRESS THE CENTRE SEAM

Press the seam allowance on the centre seam open so the seam lies flat (a few small cuts along the curve also helps). As this

is a curved seam, it won't lay very flat. You can iron it with your iron from one side, then the second half from the other side.



STEP 4: SEW THE OUTER AND INNER FABRIC TOGETHER

Fold open the pieces of fabric. Place the outer fabric with the outside facing up. Place the lining with its outside facing down on top of the outer fabric so that the centre seams are aligned and its shapes correspond.

Fold the opposite side of the lining about 4 mm

towards the centre seam and press it flat.

Pin the cheek and chin sections together with pins and sew them.

Turn the mask upside down so the outside faces outwards.

Press or iron the seams flat.

The cheek and chin edge can be edge-stitched to improve neatness.



STEP 5: ATTACH THE ELASTIC

Place the mask with its outside facing down. Place the elastic about 10 mm from the edge of the ear side on the outer fabric on one side of the mask.

Fold 3 mm of the side of the ear side of the outer fabric over and then over the elastic so that the edge of the 3 mm fold is approximately 5 mm from the edge of the ear side of the lining and pin in position.

Sew this side with the elastic inside. Double-

stitch both edges of this seam to reinforce it for the pull of the elastic. It forms a pipe-like structure in which the elastic can move around.

Ensure that you don't sew the lining and the outside together, because this opening will be used to insert an extra layer of protection.

Sew the elastic's two ends together thoroughly. Move the joint area in the seam if you prefer.

Repeat on the other side.

If you use elastic hair bands, you should sew the ends on top of the folded seam at the two corners, or just under the lining at the corners (the reason for this is that the elastic hair bands will be too short to use them as they are).



STEP 6: USE YOUR MASK

Wear the mask with the outer fabric facing outwards and the elastic over your ears.

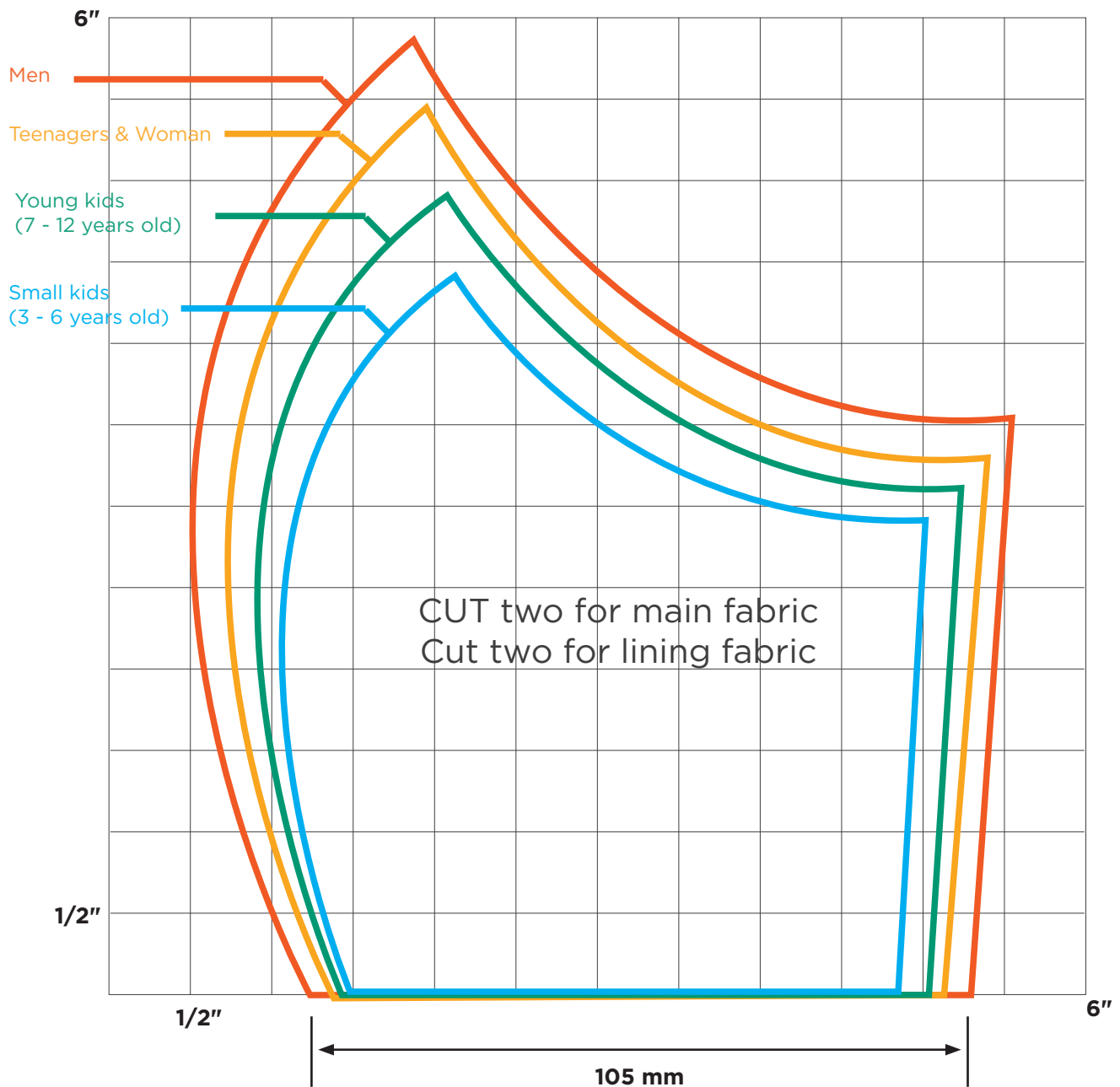
The mask should fit under the eyes and against your face and cheeks and be positioned to neatly cover the chin line.

A piece of paper towel can be inserted between the lining and the outer fabric for extra protection.

Remove the mask by unhooking the elastic around your ears. Don't touch the front of the mask.

Remove the paper towel and discard it. Wash the mask with soap and water and hang it in sunlight to dry. Wash your hands thoroughly afterwards.

NEXT PAGE 



Make sure that you print the pattern according to scale. The length of the chin edge of the man-size mask should be 105 mm.

Acknowledgement: <http://www.craftpassion.com> for the pattern and <https://freesewing.org/docs/patterns/fu/instructions/> for the instructions.