

## Adult Facemask: A picture tutorial in pdf form

<https://buttoncounter.com/2018/01/14/facemask-a-picture-tutorial/>

### Finished Mask



### Materials Needed

1. 1 piece of fabric measuring 8" x 14". Until you get familiar with this tutorial, I would suggest a non-directional print. One that has a scattered image printed on the surface such as the one shown.
2. 2 strips of fabric measuring 1.75" (1 3/4") x 6". This will be the accent edge piece. It can be the same fabric as the main piece or a small-scale print or solid.
3. Two pieces of 1/4" width elastic. These will be about 6 1/2" long.
4. Ruler
5. Fabric marking tool.
6. Pins
7. Scissors
8. Sewing machine, threaded.

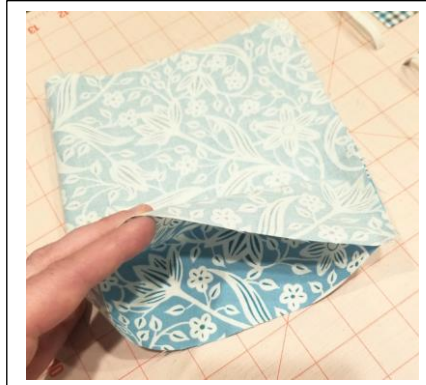


### Step 2



Turn this tube shape inside out, so that the right side of the fabric is now on the outside. Press this flat, keeping the seam to one end of the flattened tube.

### Step 1



Fold the main piece of fabric in half, right sides together. Sew along the 8-inch width edge, using a 1/4-inch seam allowance.

### Step 3



Place the tube of fabric so that the raw edges are on each side and the seam edge is at the bottom. Using a ruler, measure and mark a line 1 1/2-inches from the bottom edge. Make another line 1 inch above this line, or 2 1/2-inches from the seam edge. Don't use a pencil as you see in the picture, use a fabric pen, or fabric chalk. I used a pencil for illustration purposes.

### Step Four (see picture below)

Fold the seam edge up (or down in this picture, as I turned it upside down...sorry) making the crease on the first line that you just marked. You should have 1 1/2-inch edge here.

### Step 5



Flip the tube piece over. Match the crease edge to the second line that you made earlier. Press. The pleat that you just created will be 1/2-inch deep. Pin the pleat down on each raw edge end.

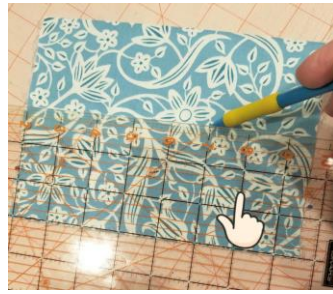


### Step 6



Now you will mark the lines for the second pleat. Mark a line measuring 1/2" from the top crease of the last pleat, (or 2" from the bottom seam edge). It was difficult to see the top of the crease in this picture, so look at the finger indicator above.

### Step 7



Now mark another line one inch above the last line that you made (or 3 inches above the seam edge). Using these lines as your guide, repeat the steps that you followed to make the first pleat.

### Step 8



You should now have two pleats, each one being 1/2-inch deep. Repeat the steps you used to make the second pleat, so that you end up with three pleats total. Press.

### Step 9



This is what your main piece should look like at this point.

### Step 10



This is what your main piece should look like at this point.

### Step 11



Repeat this step so that both raw edges are basted as shown in the picture above.

### Step 12



Pin one elastic piece to the raw edge, making sure not to twist it before baste stitching it to the edge at both ends. I placed mine 1/8" from the top and bottom edge of the main pleated piece. Baste elastic in place 1/8" inch from raw edge. Repeat, to attach remaining elastic piece to the other raw edge.

### Step 15



Place the strip on top of the elastic. Make sure the raw edge is facing outward, and the creased edge is facing the main body of the pleated piece. It will be a little longer on the top and bottom and that is okay, as we are going to fold some of that to the back.

### Step 13



Your pleated piece should now resemble the picture above.

### Step 14



Fold each accent strip of fabric lengthwise in half, matching raw edges, as shown in the picture above. Press.

### Step 16



Tuck about 1/2" of the top edge to the back as shown in the picture above.

### Step 17



Pin all layers in place.

### Step 19



Pin both ends in place.

### Step 18



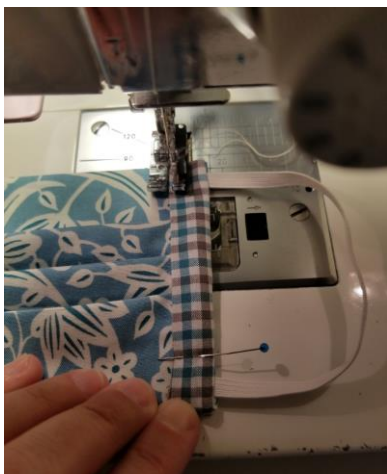
Fold the bottom edge of the accent fabric strip to the back, just as you did with the top edge.

Step 20



Using a 1/4 inch seam allowance, stitch the length of the entire edge, making sure to back stitch at the beginning and end.

Step 23



If you are a good seamstress, you will change out your presser foot to a straight stitch foot. If you are lazy, like me, you will keep that 1/4" presser foot on your machine and struggle your way through this next step. 😊 Stitch this accent strip down to the main body of the mask, sewing along the edge, making sure to back stitch at the beginning and end.

Step 21



Flip the accent fabric strip outward away from the main pleated piece, then press.

Step 24



This step isn't necessary. It just gives it a nice finished look and helps to give that elastic a little extra stability. Stitch down the edge of the mask close to the elastic side.

Follow steps 14 through 26 to add the remaining accent fabric piece to the other end of the mask.

Step 22



This is what the mask should look like if you flip it over.

Step 25



The front of your mask should now resemble the above picture.

Step 26



The back of your mask should look like this.

Finished Facemask



You should now have a reusable, washable mask.

It took a few hours to put this free tutorial together for you. For this reason, I am greatly appreciative for any mentions that you can give me if you should use this tutorial. If you post a picture on social media, you can use the hashtag: #buttoncountermask. Feel free to share this page, and please tag me in your pictures so that I can see your beautiful creations. Last, I appreciate constructive criticism, so if you notice something that doesn't look right, or does not make sense, bring it to my attention. I am happy to clarify any steps where you may have questions. For legal reasons, I can only say, "Here is a free pattern for a mask. Use it with your own discretion and please consult your doctor for guidance in this matter."

P.S. Obviously, the elastic length can be adjusted to your facial measurements.

EDIT: Because this tutorial has recently been used on a large scale, I will be adding a few things here as frequently asked and answered questions, suggestions, and reminders.

1. This tutorial was happily shared by me over a year ago. This is not a new tutorial created in light of the current virus pandemic. I am not in charge, nor affiliated with any organization or entity requesting masks to be made. There are multiple organizations that are using this tutorial for their requests. If you have any question regarding what their requirements are, you really, really, really need to ask them. Please understand that I cannot and will not tell you what you should use, or how you should make your mask different from my tutorial.
2. Keep in mind also that there are multiple entities that are using this tutorial for their requests. One entity may have completely different requests regarding features than another entity. (for example, one organization is requesting a 4 layer mask, while another is fine with the two layer, as their thoughts are that they can be doubled up or used as a cover or liner to another kind of mask.) So, there is no correct or incorrect mask. Who are you making your mask for? Those are the people to whom you direct your questions.
3. CHILD OR BABY MASK: After much thought, I have decided that it is in my best interest to NOT supply a mask tutorial for anyone other than an adult. One of my reasons for this is that I feel that a mask could pose as a choking hazard, and I do not want to have any part of that scenario. My suggestion is that you really should ask each individual child's doctor or provider what their guidelines are and go from there.
4. I will not be held responsible for any mask misuse or malfunction.
5. ELASTIC OR TIES? The main reason why my tutorial uses elastic is so I don't have to tie it behind my head and mess up my hair. That's it. So, if you are making the tutorial, and you don't like the elastic, or if the person who you are making your mask for, requests ties; by all means put ties in yours. My pattern is very easily adapted to your preferences. There are organizations specifically asking for elastic, and some that are asking for ties only.
6. ELASTIC LENGTH: I have read that a few of you recommend longer elastic; however, mine ended up being slightly loose. Therefore, I will not alter my pattern. I have stated in the tutorial that elastic length will need to vary due to the fact that human heads are not uniform.

# QUESTION AND ANSWERS

1. What is the best type of fabric to use for sewing masks? A: Should be high thread count pillowcase or sheet on the face side and material from a jersey knit or tee-shirt fabric for the outside away from face.
2. Can I put a filter inside my mask? A: Yes, however not needed if you have three layers of fabric. Filter can be added by leaving an opening on the side or top to slide filter in (such as a coffee filter. Nothing with a chemical on it such as a dryer sheet.)
3. How big should I make my mask? A: Cut fabric to the following measurements: Measure from ear to ear for width. Height should be measured from eyebrows to chin. Cut number of layers as desired.
4. What are the options for securing mask to face? A: 1/8 or 1/4 inch elastic works best. Pony tail elastics can work as well for over ears or around head options. If you would like you could add floral wire or pipe cleaner to the mask on the bridge of the nose. Other options that you have at home will work as well.
5. What are the washing instructions? A: Run through washing machine with regular cleaner and then dry on high to kill all germs. Wash as often as needed.

# DISTRIBUTION OF MASKS

1. After I have made masks to share how do I distribute masks to neighbors and others?  
A: After you have made the masks, wash and dry on high heat and place the mask in a bag and leave it on their doorstep. Any material needs to be washed and dried before sharing each time. Distribution or drop off for mask will be coming soon.