

# **DIY COVID-19 Face Mask Instructions.**

**Last Update: March 22 2020**

## **Materials:**

- Cotton based material
- Cotton thread
- Non-Woven interface (optional but recommended)
- 8 inches of thin elastic
- 4 inches of jewelry wire or similar (optional but recommended)

## **Tools:**

- Straight Stitch sewing machine
- Sergger (optional)
- Scissors (not optional at all)
- Pins to hold material to pattern or chalk to mark where to cut material
- printed pattern cut out (Download the free pattern PDF)

**Disinfect your sewing area, scissors, machine etc. and wash your hands.**

## **Step 1.**

Cut out attached template.

Cut out 4 pieces of cotton or cotton blend fabric. This pattern can also be made out of pillow cases or tee-shirts for example.

If available – cut out 2 pieces of non-woven interface to act as your filter layer. Without this layer your mask will still function effectively – this is just an additional layer of protection and is suggested if you have the material on hand.

## **Step 2.**

Take two pieces of cotton and lay them one on top of the other so all the corners and sides line up. Now Sandwich them between your two layers of interface if you're using it. Making sure all 4 layers are now cleanly lined up.

### **Step 3.**

Sew a line with ¼" Seam allowance down the convex 'center front' side of your 4-part material sandwich – attaching them all together. You can do this with a normal straight-stitch sewing machine or a serger.

### **Step 4.**

Repeat steps 2 and 3 with the remaining 2 pieces of cotton – laying one on top of the other and sewing it down the center front.

### **Step 5.**

(only preform this step if you are using a serger – if not; skip to step 6.)

Laying both parts wrong-side together, one on top of the other, serge the 2 conjoined parts together as neatly as possible, it is difficult around the curves and requires some patience – this is the hardest part.

### **Step 6.**

(only preform this step if you are using a straight stitch machine and no serger. If you've already used the serger – skip to step 7.)

Laying both parts wrong-side together, one on top of the other, top stitch at 1/8" seam allowance the 2 conjoined parts together as neatly as possible along the perimeter of the mask as if to frame it with a line of stitching.

### **Step 7.**

You should now be able to see the general shape of your mask. If you used interface – the side that your interface was attached to in step 3 is now your external piece, you should be able to feel a slight difference between the side with facing and without. Remember not to place the mask on your face at any point to test it unless it is for yourself.

Folding in onto the inner side – “hem” the bottom of the mask up using ¼" seam allowance.

### **Step 8.**

If you are able to use a thick jewelry wire or something similar in the nose piece to hold the shape of the mask it is highly recommended.

Begin to “hem” down the top of the mask, it is curved and will require some patience. I slipped a copper wire with a tiny bit of hot glue on the ends into the seam allowance of the nose area of mine. It allows the use to manipulate the mask around their nose and glasses. The wire I used is 5” long – and so I begin to insert it 2 ½” from the centre front seam.

Be careful to sew slowly or even walk your machine while putting the wire into the seam allowance, if your needle hits the wire it can break and cause damage.

Remember not to place the mask on your face at any point to test it unless it is for yourself.

### **Step 9.**

Hem in the side seams at approximately ¼” to ½” seam allowance, tucking in the extra corner at the top.

### **Step 10.**

(subject to creativity and experimentation)

Cut 2 pieces of elastic 4 ½” long. Sew one onto each top corner and the other end of it onto the bottom corner of the side seam of the mask. Creating an earloop. This piece of elastic can be adjusted in length and reattached to comfort and effectiveness in terms of how well it sits on the face.

### **Step 11.**

Manipulate the wire inside the top of the mask to allow it to be folded but remember not to place the mask on your face at any point to test it unless it is for yourself.

Allow the user to adjust their nose wire while the mask is on their face as they see fit.