



instructables

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## A.B. Mask - for a Nurse by a Nurse



by [jessica.nandino](#)

*\*\*\*This was designed for love, not profit. Respect health care workers. Please respect my intellectual property. All masks made with this pattern are to be donated to healthcare workers in need, please don't try to make money off of this - don't be that guy.*

## **A.B. Mask**

fabric mask and N95 cover sewing pattern

designed by a nurse for a nurse

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I make no claims to the effectiveness of the end product. Nothing homemade will ever compare to medical grade PPE. **This is a pattern of last resort. If you have access to the proper PPE use that first - obviously.**

Research on the efficacy of fabric masks is conflicting. I have found peer reviewed journal articles reporting homemade cotton masks provide measurable filtration of fine particles (*Disaster Med Public Health Preparedness. 2013;7:413-418*). I have also read that fabric masks may increase risks of transmission due to moisture buildup and time of virus life on fabric (*BMJ Open 2015;5:e006577. doi: 10.1136/bmjopen-2014-006577*). **Please inform yourself as best you can.**

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Many of us front line health care workers are experiencing a range of emotions in the wake of the current pandemic. To add to the confusion and uncertainty, healthcare professionals are being told

Second, the pleats expand, allowing the mask to fit over many models of N-95 to provide a protective barrier, in the hope of extending the lifetime of the respirator. The mask can and should be washed after your shift, just like your scrubs.

I recommend using tightly woven fabric. This pattern was developed using high quality 100% cotton. Pattern listed here is to make one mask out of a fat quarter of fabric. I am confident there are better ways

by hospital administration to use disposable equipment in unprecedented fashion with next to no acknowledgement of the compromised they are making to personal safety. PPE is extremely limited. Nurses across the nation report they are working without access to any type of mask.

**In my family, sewing is an act of love.** This pattern could be how seamstresses in our communities communicate their solidarity. This mask says, *I see you. I worry about your safety and I want to contribute in the way I know how.*

Finally, I believe these mask may demonstrate our protest and passive disobedience. We will make a statement when all across the country, medical professionals start showing up to work in fabric masks, sewed by members of their community, from of a hodgepodge of fabrics in every color. **The act of wearing this mask could become an visual representation of the sacrifices we are making and our unwavering dedication to care for others in their time of need** - regardless of the most recent constraints of the terribly broken system we work within.

## **Sew On! Be Safe!**

love,

Jessica

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A.B. Mask This pattern is designed to fit in two ways. First, directly over the face, similar to a surgical mask. to cut out pieces for large scale production.

## **Supplies:**

Fat quarter of 100% cotton or other tightly woven material - the tighter the better

sewing machine

iron





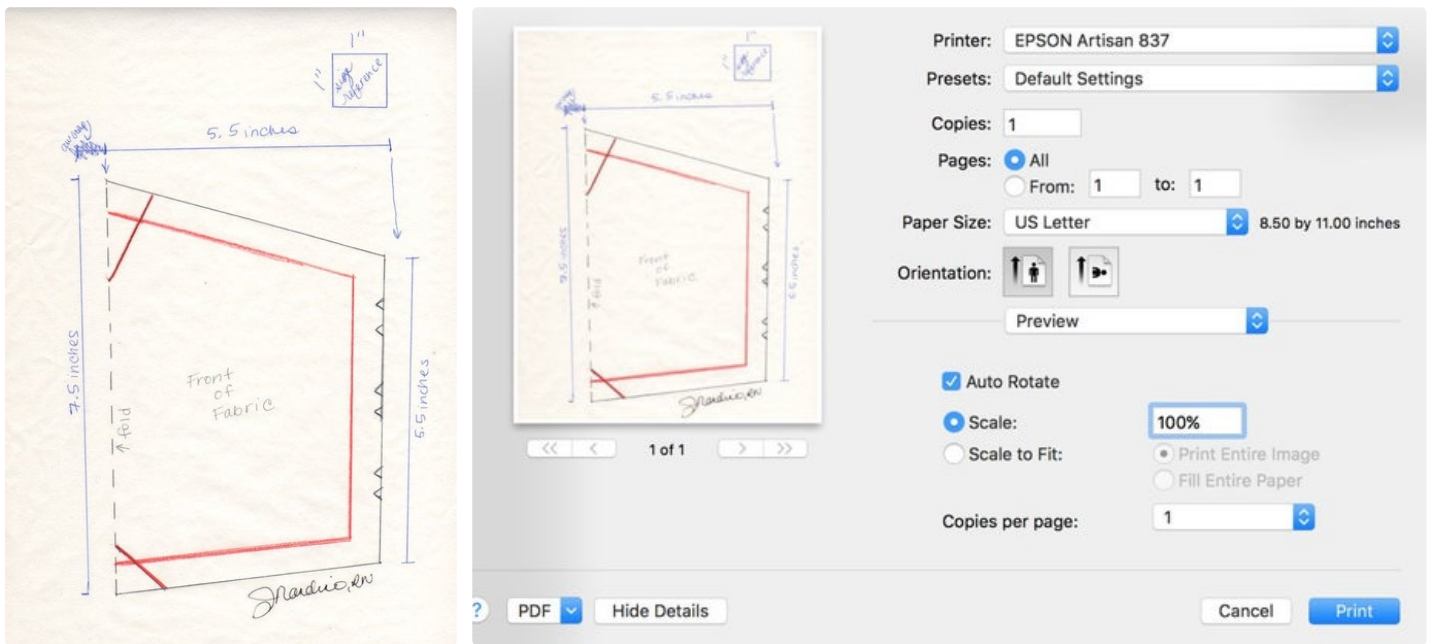
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## Step 1: Print the Pattern

Print the pattern. Cut out pattern. Cut along straight black lines and dotted black line.

Choose your fabric - at least 21"x18" (Fat Quarter). Iron out wrinkles.

\*I have updated the pattern print out to clarify dimensions of the cutout pattern. I have also included a screen shot of the print settings I used so pattern was true to size. Thank you!



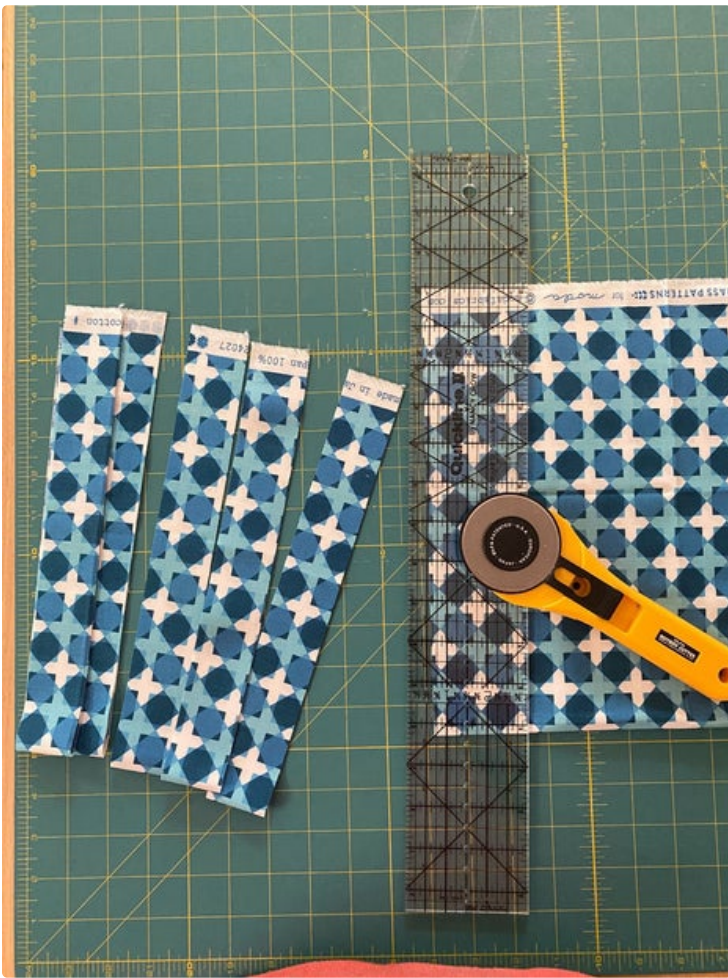
## Step 2: Fold Fabric

Fold fabric right-side out with selvage edge touching - taco style. Square fabric.

## Step 3: Cut Binding and Ties

Cut 5 x 1.5 inch wide strips from the width of fabric. **Each strip should be around 20" in length.** The strips above were cut with the fabric folded in half.

Or, if you are cutting out of longer fabric you could cut 2 (1.5" wide x 40" long) and 1 (1.5" wide x 20" long) and save yourself a step piecing the binding together.

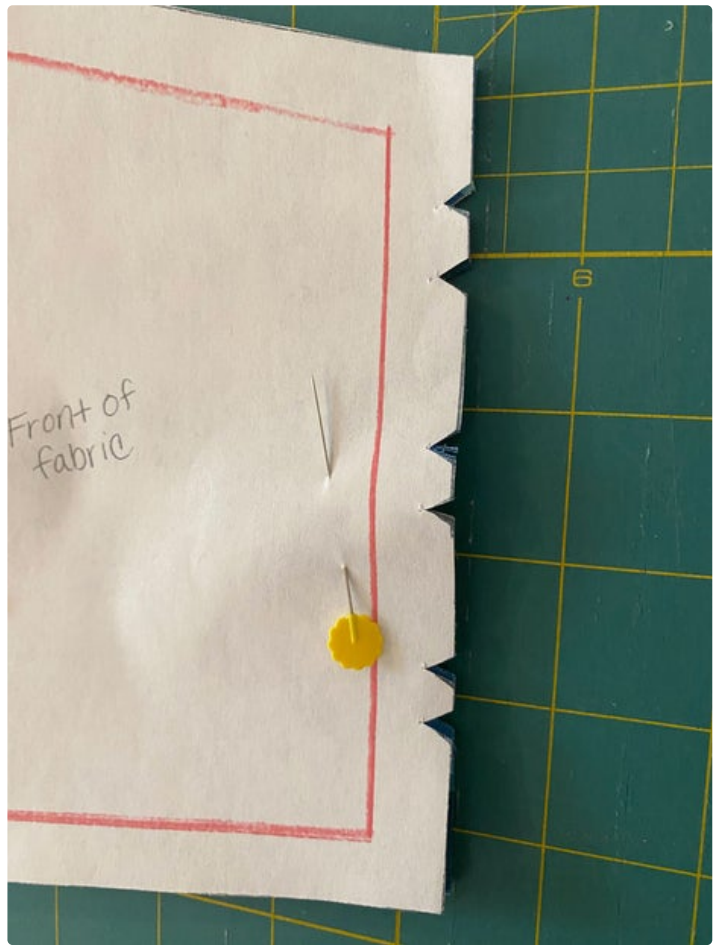


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#### **Step 4: Refold Fabric and Cut Mask Face**

Open up and refold leftover fabric. Fold width-wise - burrito style. So selvage on top, selvage on bottom - fold evenly. Pin pattern on upper half of folded fabric. Dotted line of pattern aligned with fold. Cut around edges of pattern. Cut out notches.

Unpin pattern and move to lower half of folded fabric. Cut out second piece.



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## Step 5: Stack and Sew

Stack the 2 face mask pieces, face down. Pin in place.

Sew together using 1/2" seam around all four sides.



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## Step 6: Iron in Pleats

With pointed (top side) pointing away from you, front of fabric side down, bring bottom side of fabric up and over top side. The fold should be the imaginary line between the top notch on left to top notch on right. Press crease with hot iron. The pleats are 1/4 inch.

Next, fold fabric back down. The fold should be imaginary line between 2nd notch on left and 2nd notch on right. Press crease with hot iron.

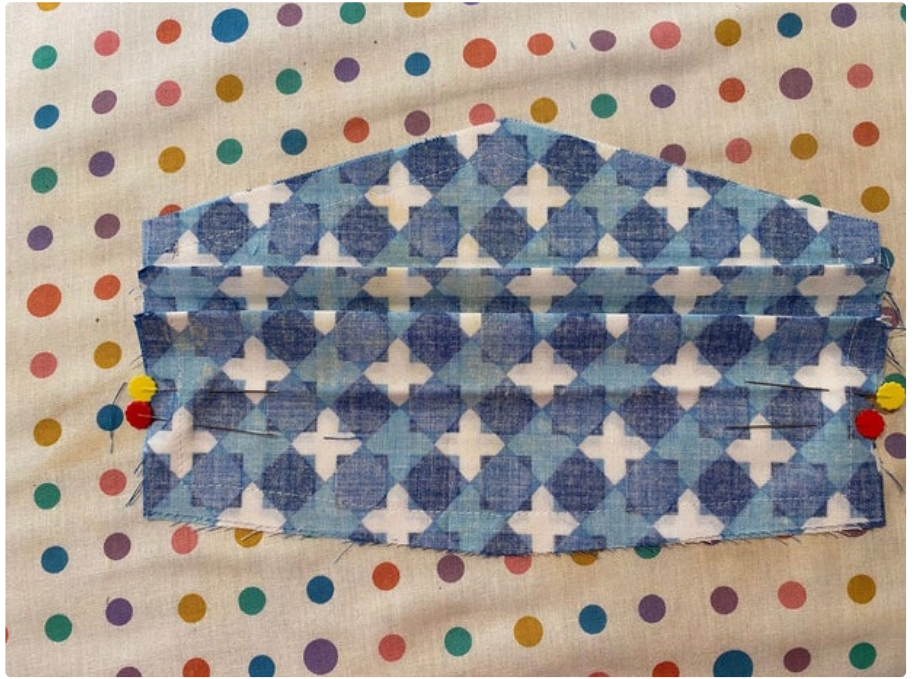
Repeat for 3rd and 4th notches.

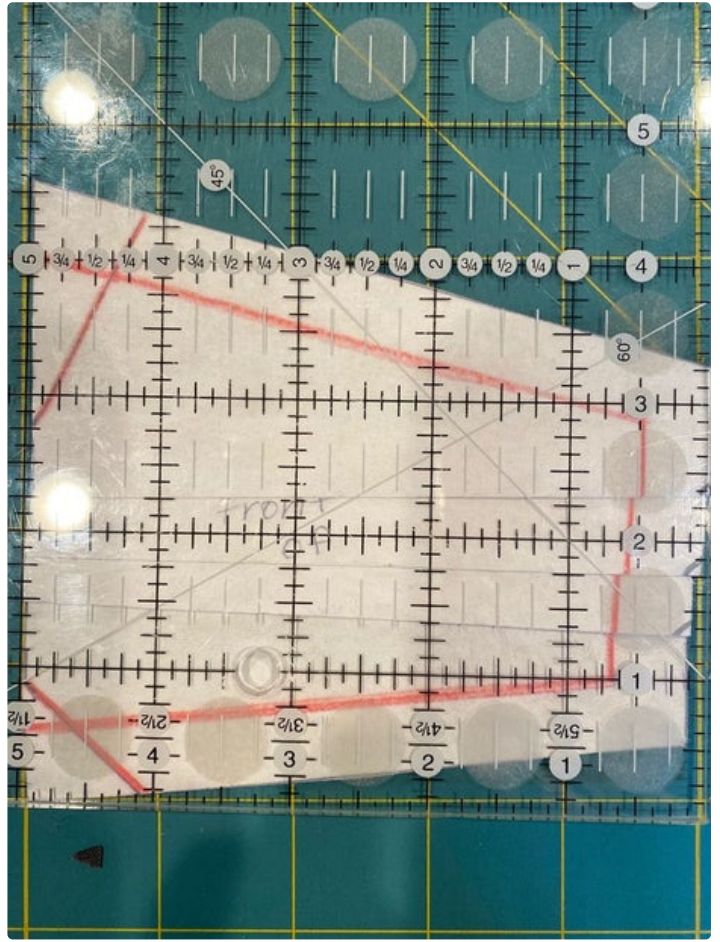
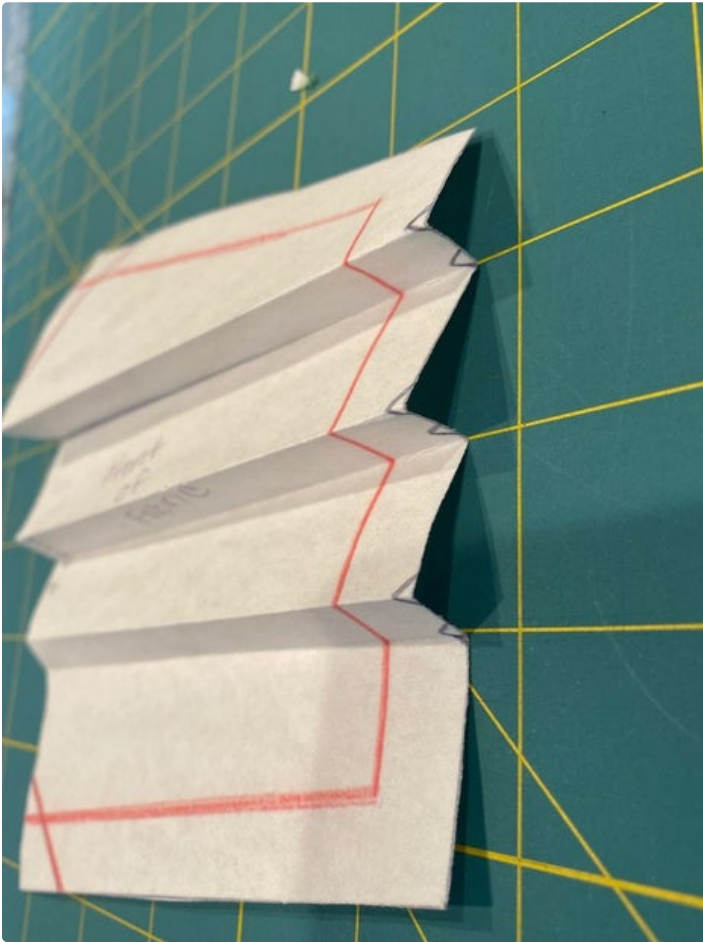
Repeat of 5th (yellow headed pin) and 6th (red headed pin) notches.

(I apologize if this is a little vague. I will work on a video for ironing in pleats.)

Once the pleats are ironed in the edges of the mask should measure 3" - give or take.



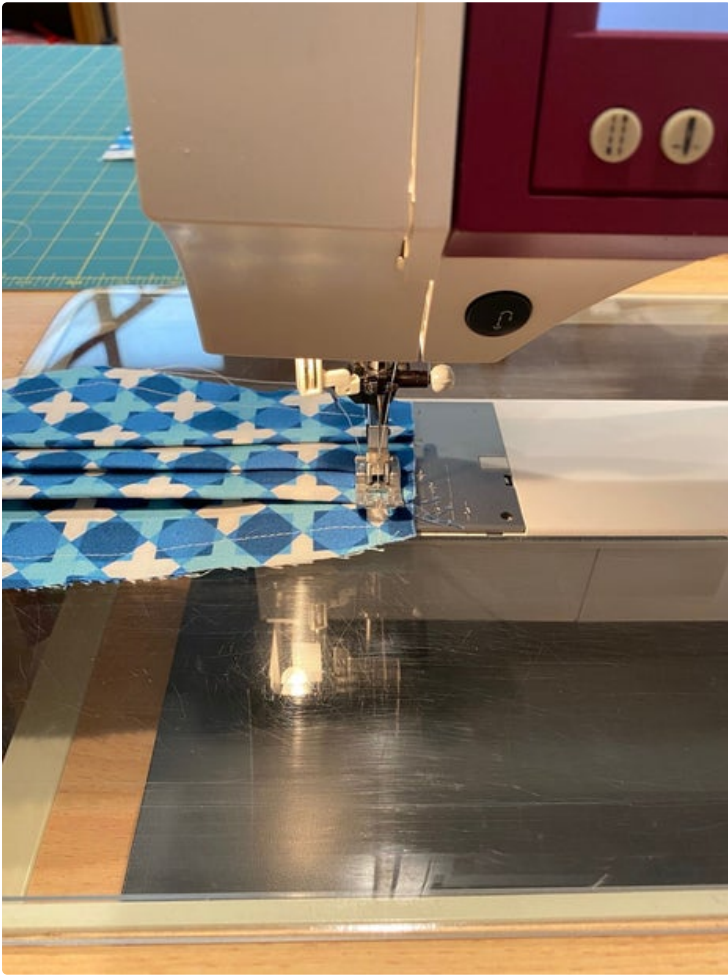




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### Step 7: Sew Pleats in Place

Sew pleats into place using a 1/2" seam. Both Left and Right side of mask face.



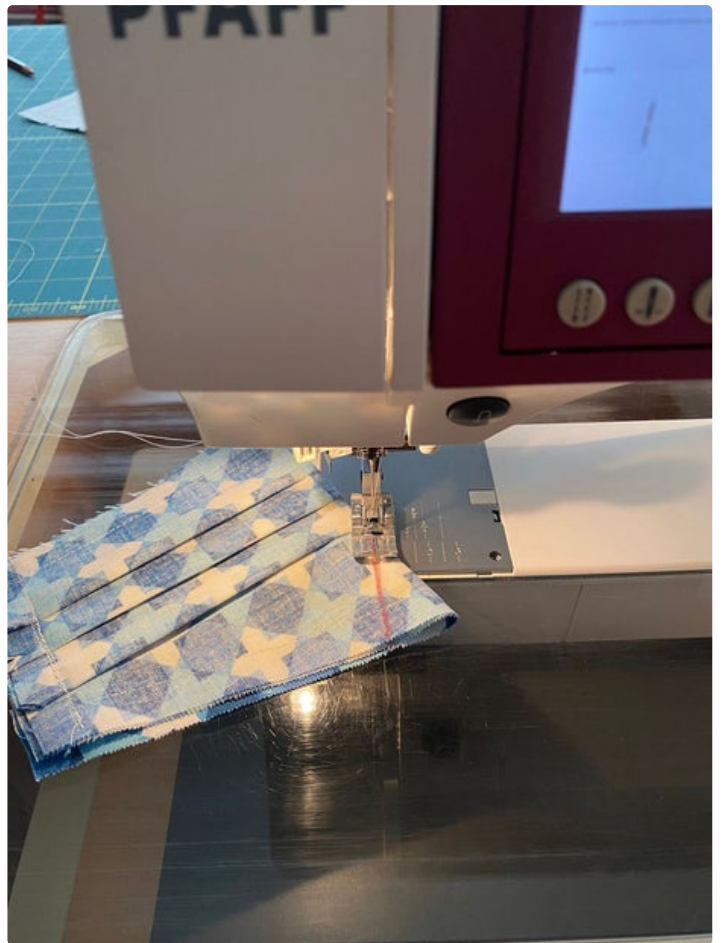
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### **Step 8: Mark and Sew Darts**

Fold mask face in half at the center fold. Front side of fabric together, wrong side of fabric facing you.

Align pattern and mark top and bottom darts with pin or pencil.

Sew along line. - I went over it twice for good measure.



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## Step 9: Trim Excess

Trim seams to 1/4 inch.

Now time to bind!



## Step 10: Prepare the Binding

Take 2 strips and pin at 90 deg angles. Repeat with 2 more strips.

Sew strips together at 45 deg angle. Trim seams at 1/4 inch and press with iron.

Take 5th strip and cut in half.





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### Step 11: Attach Side Binding

With mask facing down - front side of fabric facing away, wrong side of fabric facing towards you - pin 1.5" binding you cut in half to left and right side of mask. Binding should be face down. Edge of binding aligned with outermost edge of mask.

Sew in place, starting just above top of mask and stopping just below bottom of mask, using **1/4 inch** seam.

Press seam open with iron.



## Step 12: Finish Side Binding

Flip mask over. Right side of fabric facing you.



Fold 1/4 inch seam towards you from outside edge of binding. Wrap folded edge around side edge of mask.

Pin in place.

Sew along edge of binding.

Repeat on other side.

Trim excess.





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### Step 13: Attach Top/Bottom Binding

With mask face, wrong side of fabric facing you, pin 1.5 inch binding strips along top and bottom edges.

Sew in place using **1/4 inch seams**. Start sewing just above one side of mask face and end just after opposite side of mask face.

Press open with iron.



## Step 14: Finish Top/Bottom Binding and Ties

Trim ties even on both sides of mask.

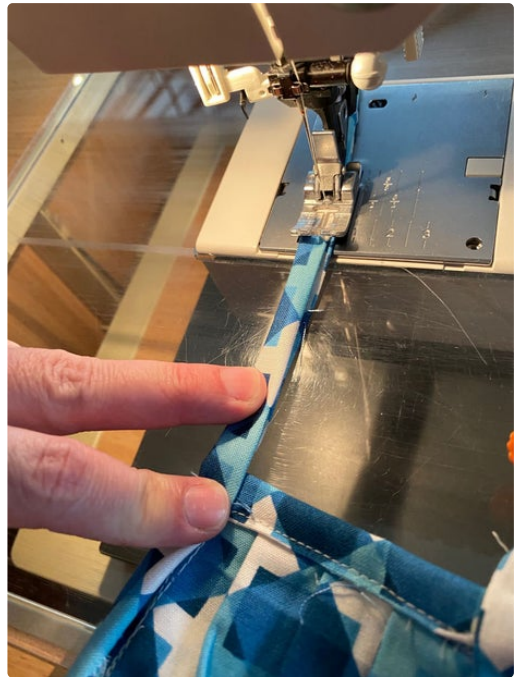
Iron in 1/4 inch seam on top and bottom of mask ties.

Iron in 1/4 inch seam on end of mask ties.

Fold ties in half and pin in place.

Sew Binding and Ties.







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## Step 15: Done and Done!

Congratulations!

You're done! You have made a mask that will cover a nurse in need. Now, I challenge you to make another, and then another. Then, get your friends to make some. And once you have a dozen or so, call your local hospital, ask to speak to the Emergency Department, and offer to drop them off (from a safe distance of 6 feet or more).

Or, if you would like to send your masks to a group of nurses in dire need, please contact me - [jessica.nandino@gmail.com](mailto:jessica.nandino@gmail.com). I will do what I can to make sure your masks are sent to where they are needed most.

Thank you, thank you, thank you!

You are amazing. You make a difference.

Wash your hands. Promote social distancing. Keep on sewing.

Love and light from this ER Nurse.

-Jessica, RN

ps - publishing a pattern I designed is a first for me. Constructive criticism and edits are appreciated. [jessica.nandino@gmail.com](mailto:jessica.nandino@gmail.com).



Help -- how does one print the pattern????? you say to "print pattern" but give us no way to do it!!! PLEASE REPLY Hospitals need these!!



I right-clicked the image and saved it. Then opened it and printed it. Measured the longest side and it was not 7.5". I don't have a good photo program on this computer to enlarge it, but you could try to do it that way. I have a copy function on my printer, so I copied the printed image at a magnification (I think 150% was about right for me) until the longest side measured 7.5". I'll measure some of the other markings and note those below for everyone.



You know -- you are a hero! You have done an EXCELLENT job for a first time. And if I read slowly and REALLY look at the photos, it is good. I did not mean to be harsh about the printing....was just frustrated...and I apologize. You have done more than most and I LOVE the fact that you are using fabric to tie rather than elastic. Please, again, accept my apologies if I offended

as I so did not mean to. I will try your printing idea....but you have included enough photos to show sizes where you have put them on your measuring table. I know everyone who gets one of these will thank you ----



I apologize guys, like i said, this is my first pattern and first time using this platform. Up until a few days ago I was just an ER nurse who crafts on the side. The picture of the pattern is a jpeg. See if you can right click - save as - print. I have included printer settings i used to make sure scale was correct.



If all else fails please email me and i will get you what you need. [jessica.nandino@gmail.com](mailto:jessica.nandino@gmail.com)  
Thank you for your patience.



Awesome idea, terrible that it's necessary. I'm going to see if I can put one together in case my nurse cousin gets desperate.

I had to play around a bit to get the pattern to print out the correct size, so I'll add some additional measurements if anyone else is struggling and wants to just recreate the pattern. I apologize if they are not perfect but I'm being as precise as I can after multiple printouts.

All the main measurements are on the pattern. Recreate that, then measure up from the bottom right (on the short - back side of the mask) for the notches. Each notch point goes in 1/8" and base of triangle is 3/16". Points are at approximately the following measurements:

1 1/4", 1 5/8" 2 11/16", 3 1/8", 4 3/16", 4 11/16"

Darts: measure up long (folded) side from the bottom 7/8" and 5 11/16". Both darts measure 7/8" along the angled edge of the mask. Connect your bisects and you should have the same darts. Other red lines are the 1/2" seam. Hope this helps!



So we need to take your measurements and make our own "pattern" for cutting out the mask pieces?



There is no way to print pattern. Please fix.



the image of the cut out isn't printing, do you have any tips? or measurements? Im pretty good at figuring this stuff out, but measurements are helpful...



I updated the pattern to include measurements. I have also include clarification and additional pictures for the pleats and length of ties.

Thank you! Please let me know if you are still unable to download.



Unable to print. Does not go to printer. Merely an image on the screen. So can't print merely an image. Hard to determine where the darts should go. I need 12 for dr's and 25 for staff and will overnight tomorrow. But need help here please!



Very nicely designed and thoughtful :)



Thank you very much! As a nurse, it has been nice to have a project I can put some of my fear and frustration towards.



Wow! What an awesome and timely i'ble! So very well done. Thank you so much for making this available. And I hope your vision for this project is realized.



Thank you for your support!



Is the binding meant largely for aesthetic purposes, or in your view does it enhance the safety/seal? I have a serger and am wondering if it would be reasonable to finish the edges with the serger instead of the binding.



The binding gives the mask some structure. I also think it may help with fit as the pressure from ties is distributed across the top and bottom of mask, rather than pulling at the sides. Pre-made



binding tape would be an excellent option. However, the price just doesn't work on a large production scale. I hope this helps!



Are you not worried that people will use this mask more than once? It would, by itself, get them infected, right?