

HOMEMADE
**MASK
PATTERN**

HOSPITAL MASK INSTRUCTIONS

ITEMS NEEDED:

- A. One piece of 100% cotton, tightly woven fabric.
Cut to the size of 15" x 7½" (38cm x 19cm)
NO quilted or perforated fabric
- B. One piece of Cut Away Embroidery Stabilizer or Interface (14" x 6½") *if available
- C. 2 heavier plastic-coated wire, (such as a twist tie) 4 - 6 inches in length (no paper twist ties – as these will not stand up to washing)
- D. Extra wide double fold bias tape – 8 inches per mask
- E. Braided elastic for ear loops. Recommend 1/16 to 1/8 inch, about 20 inches

TUTORIAL VIDEO:

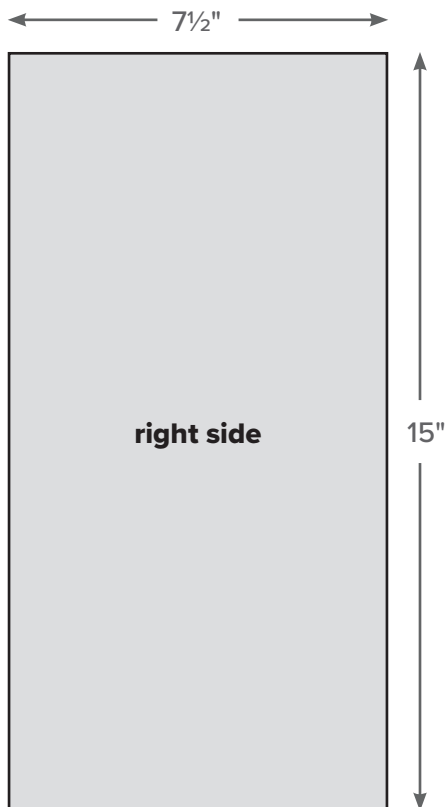
www.bit.ly/face-masks-tutorial

1

Wash and dry all fabric before sewing to preshrink.

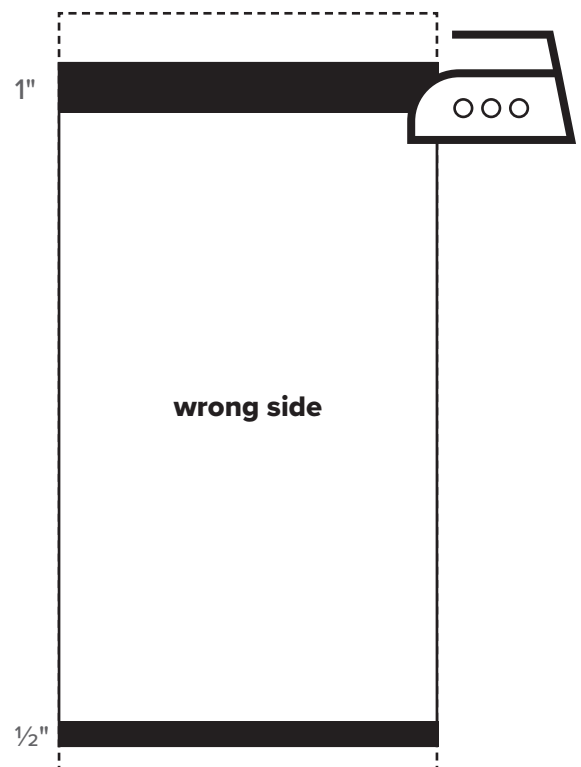
2

Cut material 7½" width by 15" length



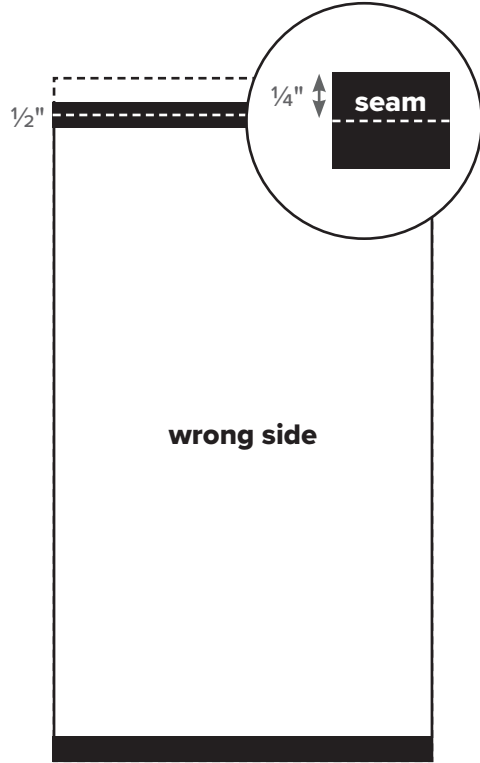
3

Iron top width of material down 1" at the top and ½" at the bottom towards the wrong side of the material.



4

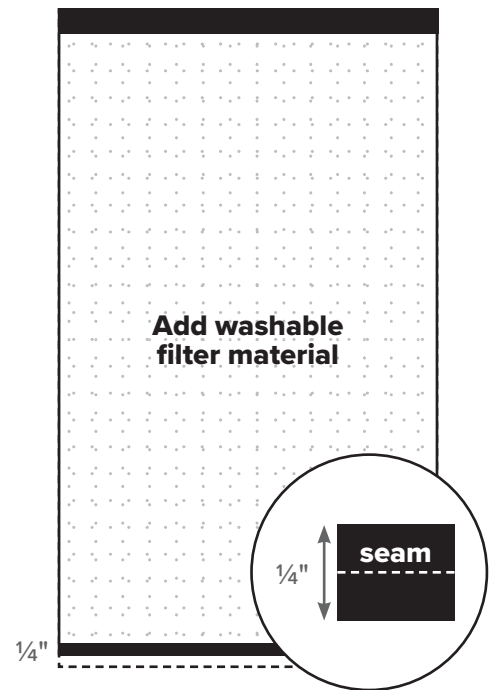
Fold under top 1/2" so the final top is 1/2" and then **seam** 1/4" from the top of the material.



5

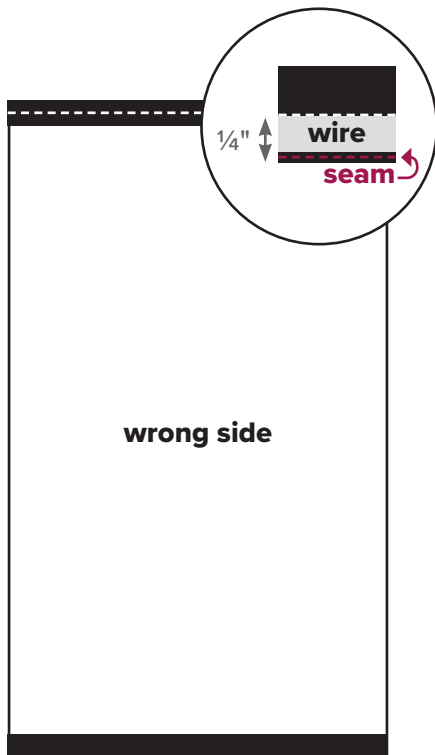
Fold under bottom 1/4" so the final bottom is 1/4" and **place** washable filter material* (if available) in the seam and **sew** seam 1/4".

*Cut away embroidery stabilizer
*Interface



6

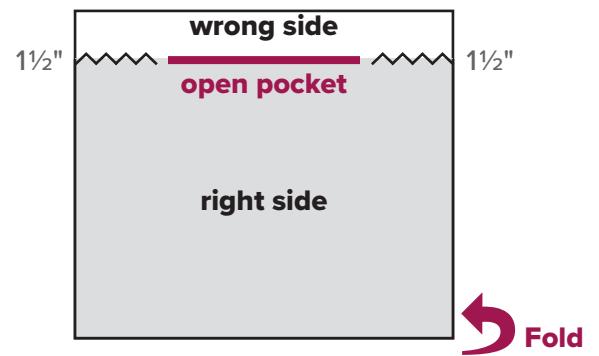
Cut wire 6" and **insert** so the wire touches the 1/4" seam on the top. **Sew** 1/4" enclosing the wire.



7

Fold the length of the material to the wrong sides of the fabric together so that bottom seam touches the top seam.

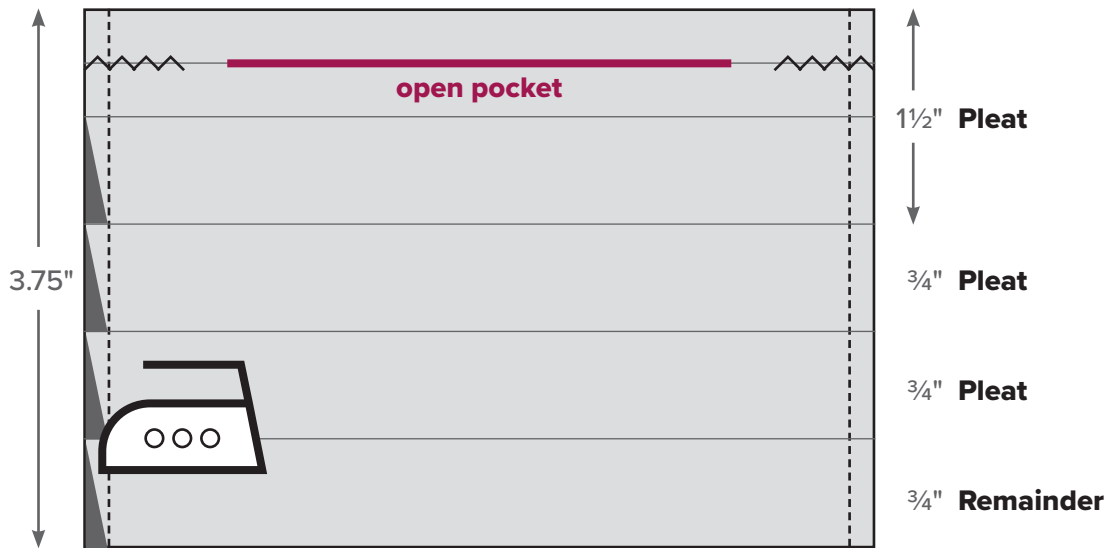
Zig zag together 1 1/2" from each side. This leaves the middle open as a pocket on the back side of the mask.



8

Iron 3 pleats on the right side of the mask and press. The first pleat should be $1\frac{1}{2}$ " from the top of the mask. The second pleat about $\frac{3}{4}$ ", third pleat $\frac{3}{4}$ " and remainder of the fabric $\frac{3}{4}$ ". The length should be $3\frac{3}{4}$ ".

Sew $\frac{1}{4}$ " on each side of the mask to hold in the pleats.

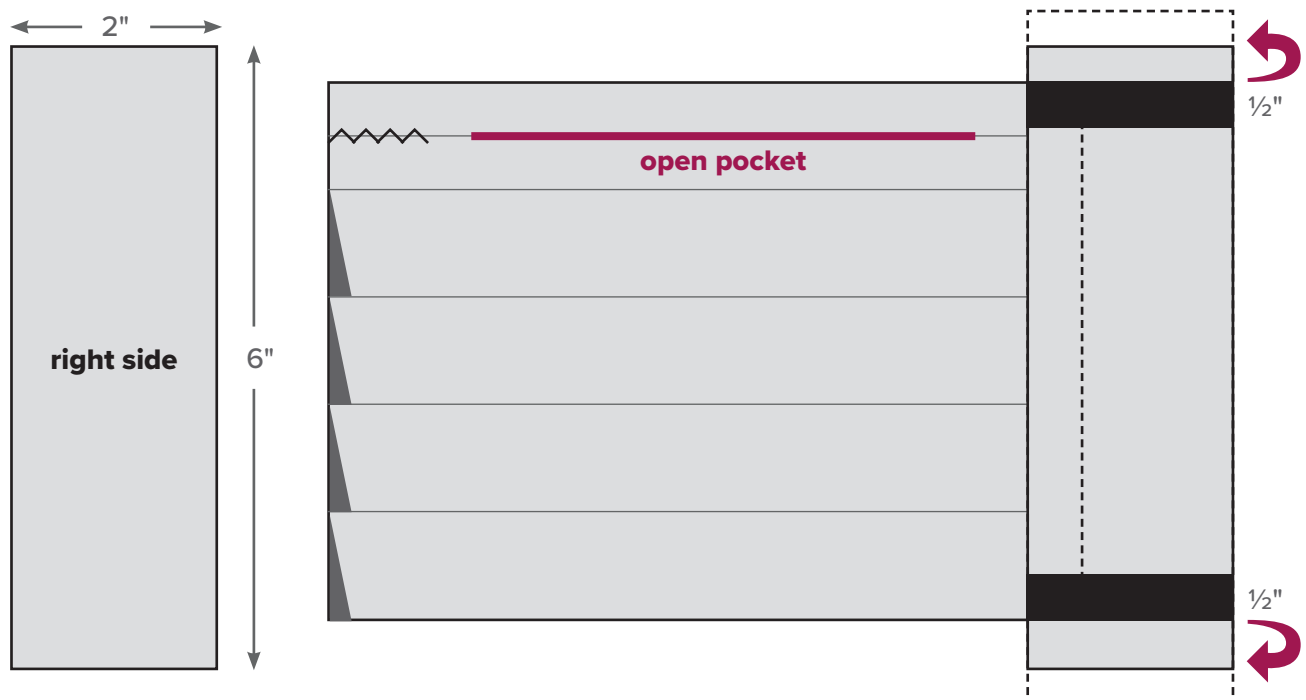


9

Cut a piece of fabric 2" wide by 6" long for the bind. **With right sides together on the pocket side of the mask**, extend $\frac{1}{2}$ " of binding at the top of the mask and $\frac{1}{2}$ " (or remainder of the binding) extended on the bottom of the mask.

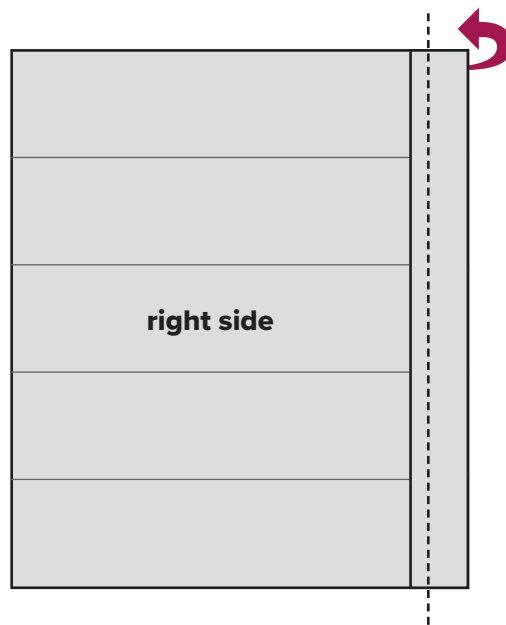
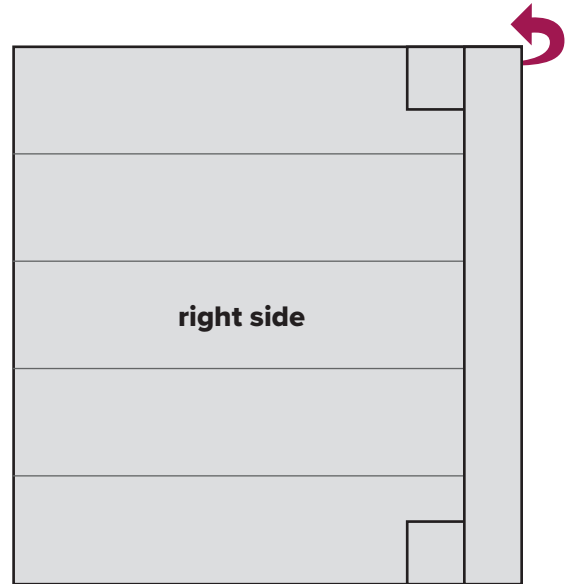
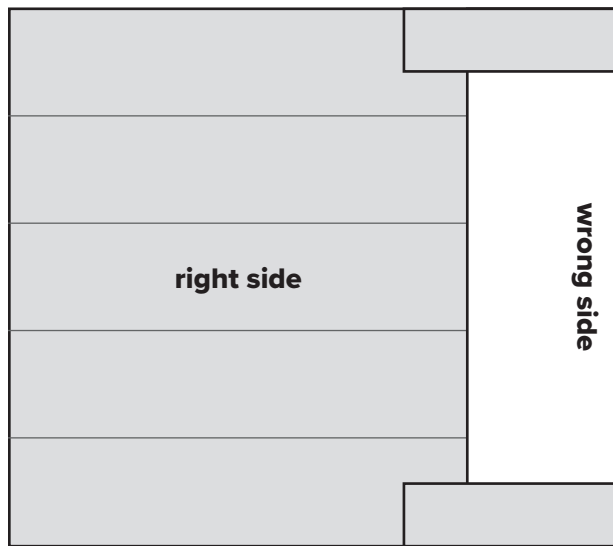
Fold this $\frac{1}{2}$ " towards the non-pocket side of the mask on both the top and bottom of the mask.

Sew $\frac{1}{2}$ " seam to incorporate the folded binding at the top and bottom.



10

Unfold the seamed binding to the side of the mask and fold under **1/2"** toward the front of the mask (non-pocket) and **fold again** over the seam and **top stitch** along the **1/2"** stitch.



11

Cut two 10" pieces of 1/8" elastic for the ears. Thread elastic through the 1/2" pocket created by the previous step.

Tie ends in a knot and pull knot back through to hide inside the pocket

Thank you so much for helping with this project. It means so much for the staff of FRHS to know that you are thinking of them and wanting them to be protected and comfortable.

