

Face Mask Tutorial Set – 4 basic variations included!

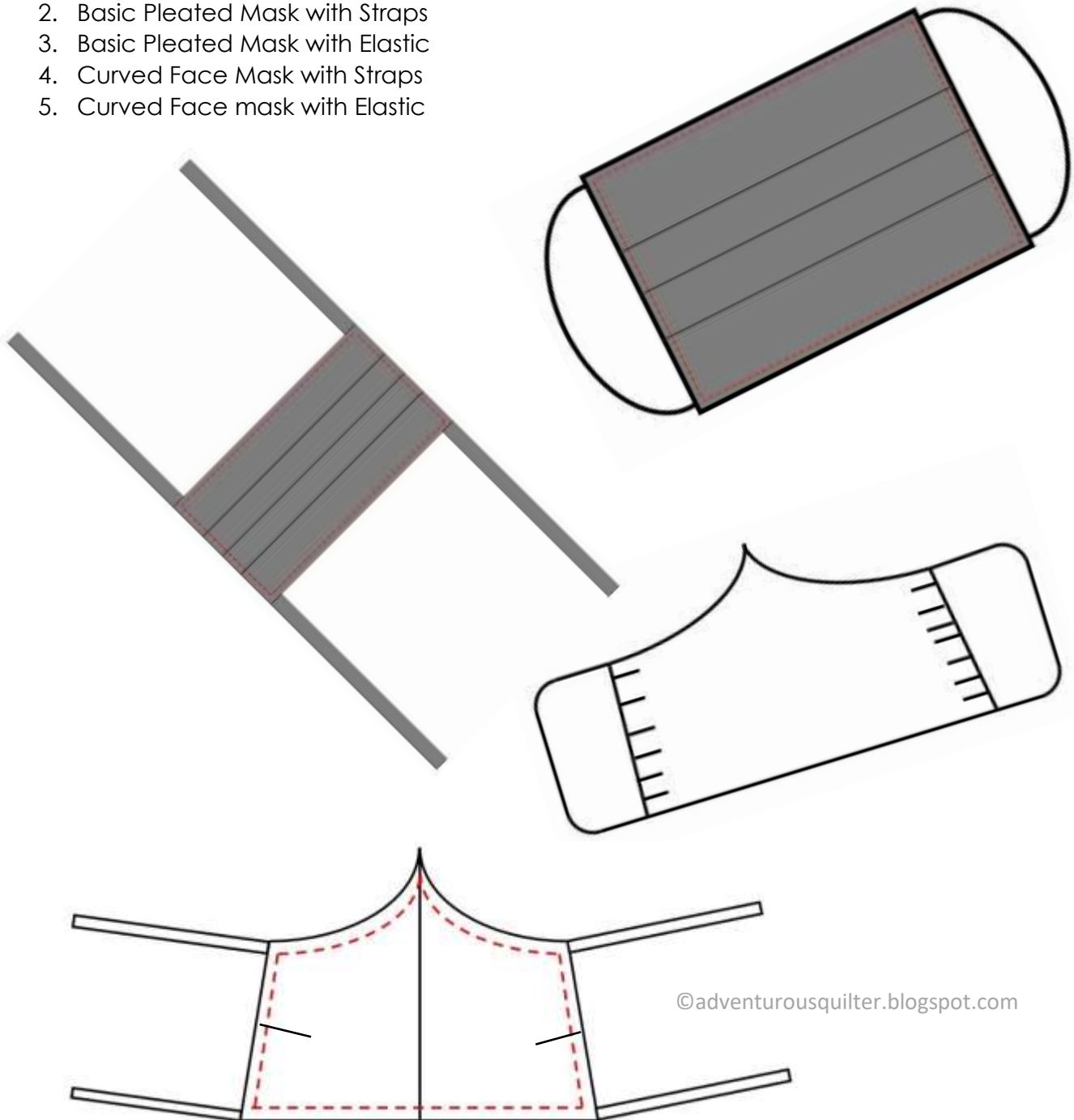
There are a multitude of face mask patterns available, in this document 2 styles are provided.

Individuals and organizations need to determine their own needs.

If you are intending to make a lot of masks for a health care institution, I recommend you speak to that institution to ensure you are making masks to their specifications; many hospitals and health networks have released their own specific patterns.

Included in this PDF are 4 basic variations and a DIY cotton tie strap tutorial.

1. DIY Tie Straps
2. Basic Pleated Mask with Straps
3. Basic Pleated Mask with Elastic
4. Curved Face Mask with Straps
5. Curved Face mask with Elastic



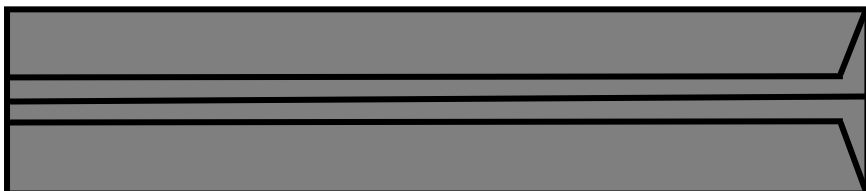
DIY Face Mask Tie Straps

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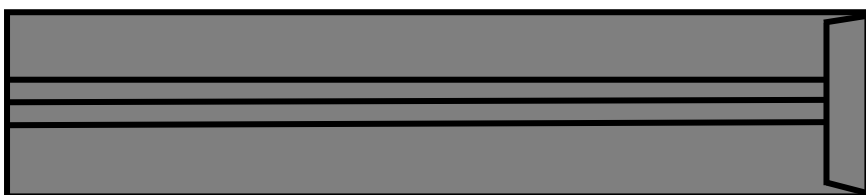
CUT - 4 strips of cotton 18" long x 1.5" wide (approximately 45cm x 4cm)

Fold your fabric strip in half and press

Fold the lengthwise edges in towards the centre fold



Fold one end over and press



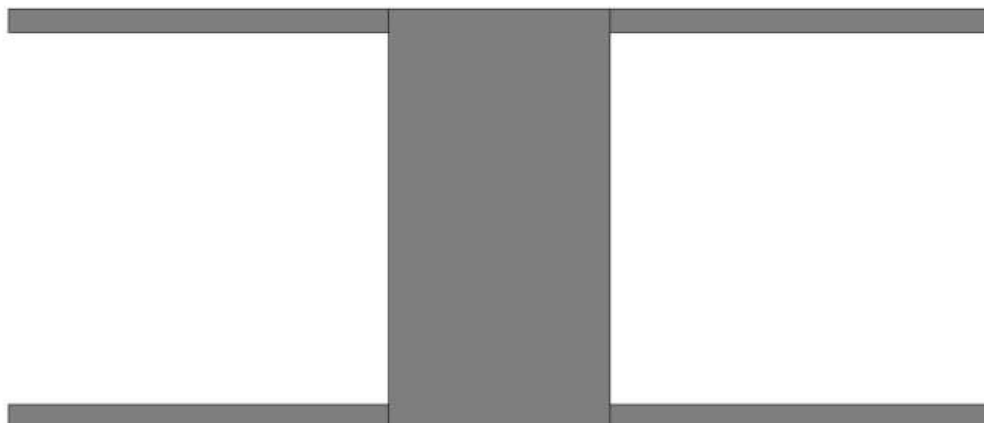
Fold in half lengthwise; all raw edges will be enveloped inside the strap except for the end that will be sewn in to the mask when it is constructed



Stitch along the edge and across the folded end to complete the strap.



When making masks add strapping as directed, ensure it is stitched into a seam of the mask.



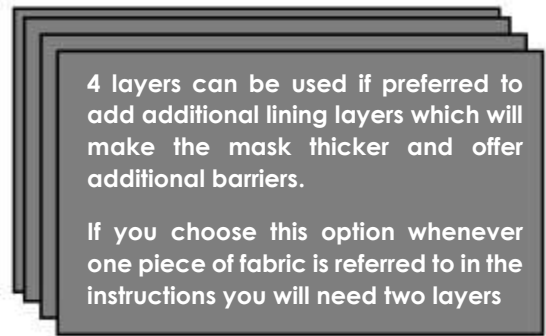
DIY Personal Basic Pleated Face Mask

Use either elastic ear straps cut to 7" long (approximately 18cm) or cotton face mask tie straps.

Fabric Cutting Instructions

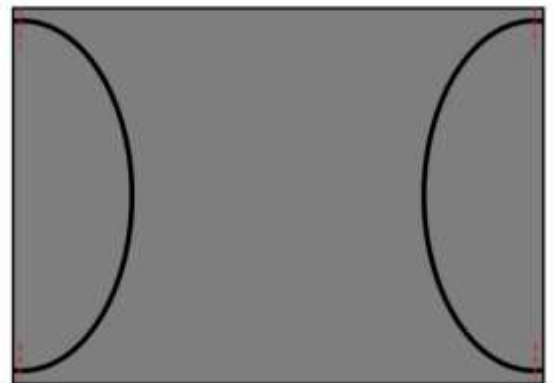
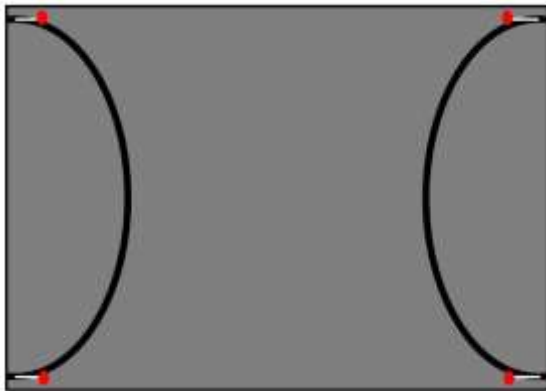
Cut 2 pieces of fabric 6" x 9" (approximately 15cm x 23cm)

(4 layers can be used if preferred to add additional lining layers to make mask thicker and offer additional barriers)



Elastic Straps Version

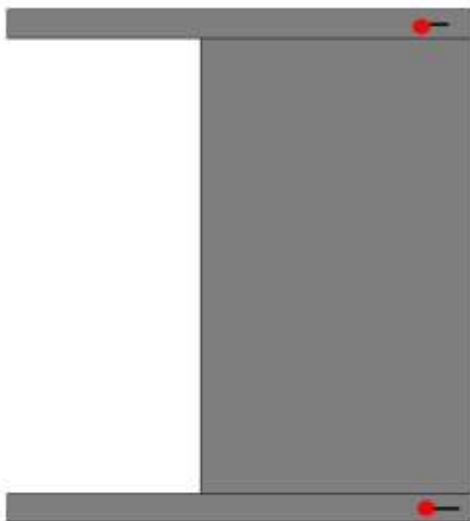
Pin elastic to the right side of one piece of fabric as shown in the diagram, stitch in place close to the edge.



Cotton Tie Straps Version

Pin the raw edge end of 2 of the straps to one long edge of mask and stitch in place close to the edge.

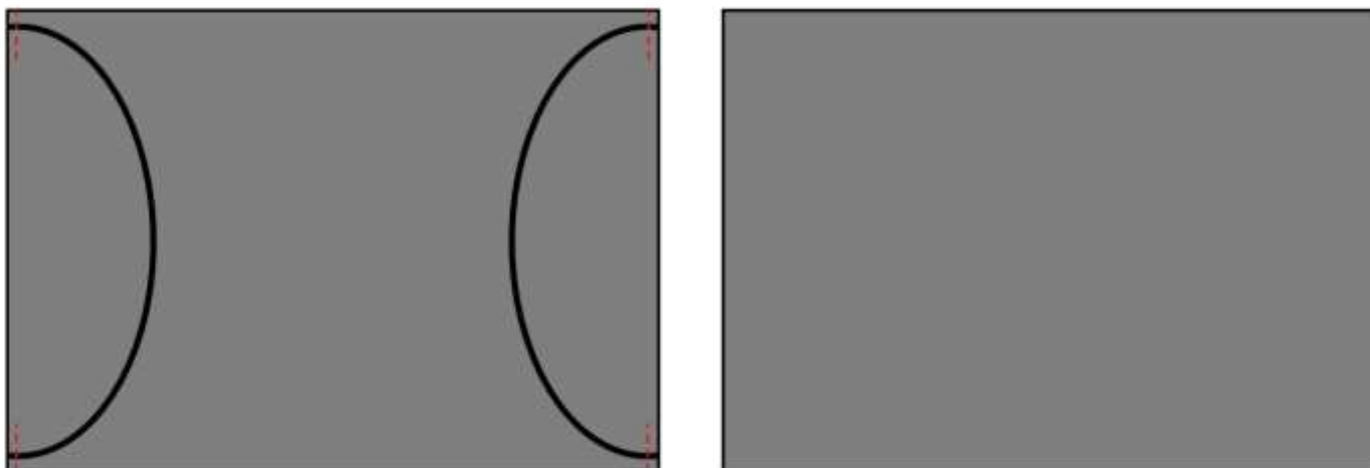
Repeat with 2 more straps on the opposite long edge of the mask so that 4 tie straps are basted on to the mask.



**Baste the straps on
to the mask face**

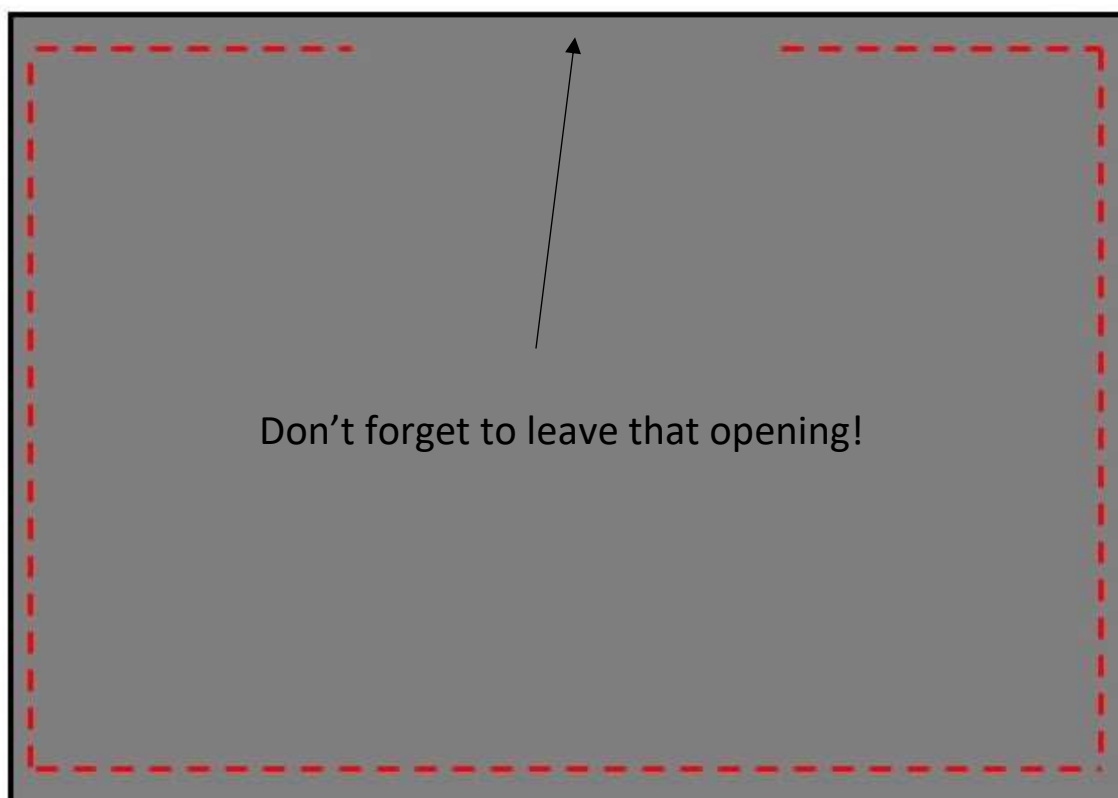


Place the two pieces of fabric **right sides together** with all straps/elastic tucked inside making sure they are well away from the seam allowance.

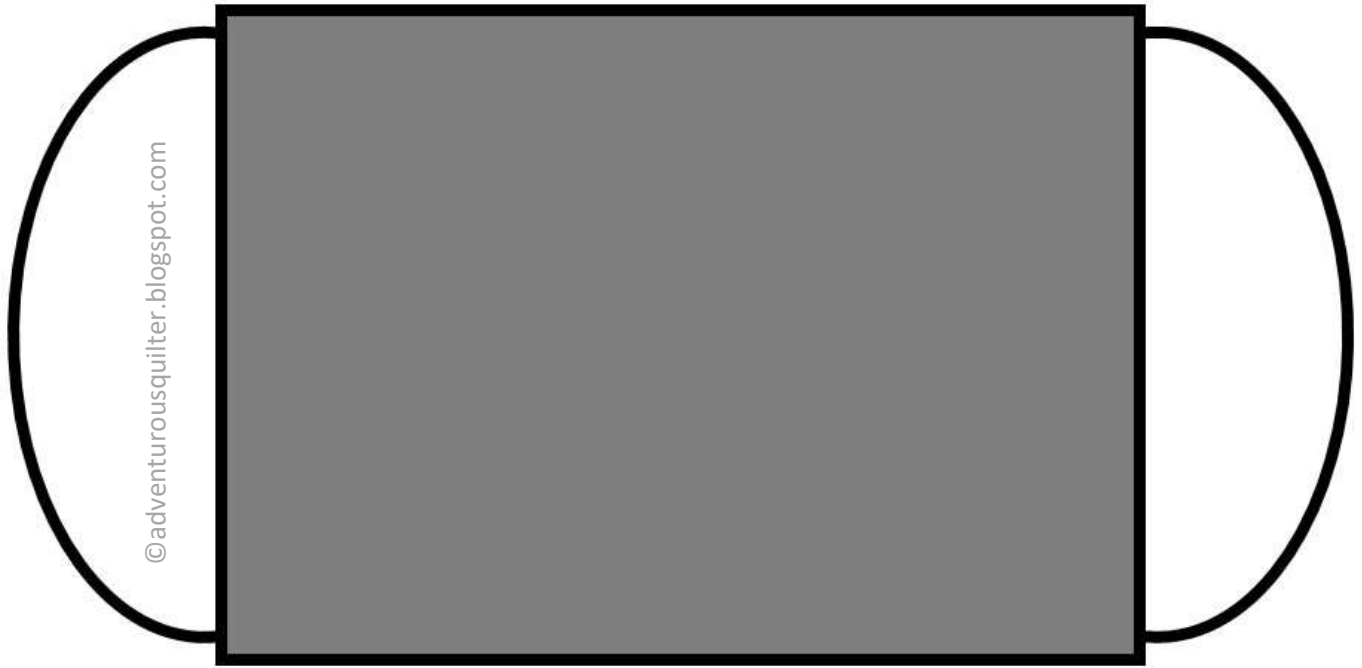


Stitch all the way around the mask leaving an opening 3" wide (approximately 7 ½ cm) so that you can turn the mask right side out.

Make sure you don't catch any of the strapping/elastic except where it is basted in the corners!

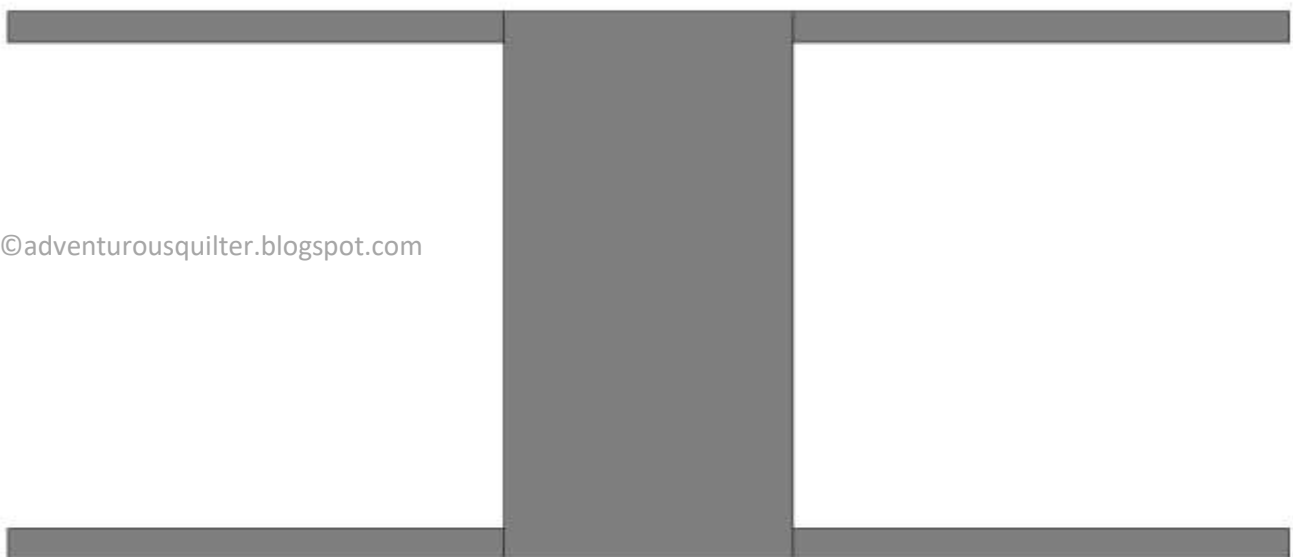


Don't forget to leave that opening!



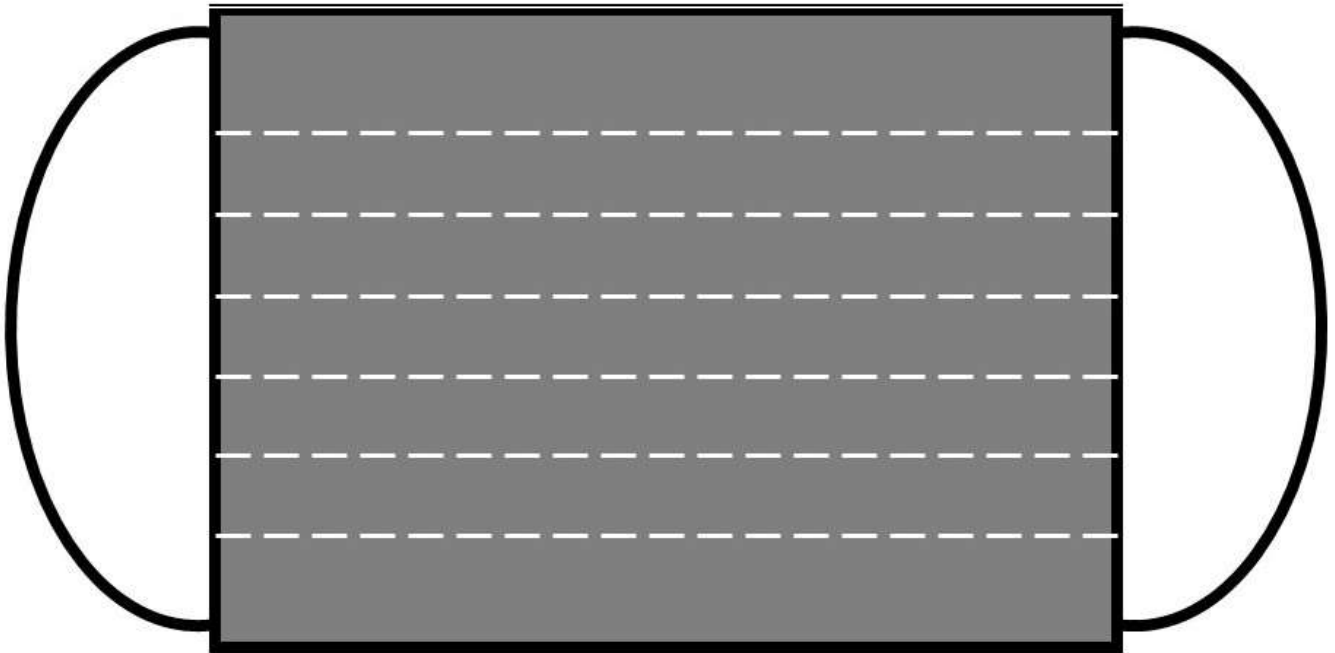
Depending on your mask strap style when you **turn it right sides out** it will look like one of these options.

Press the seams.

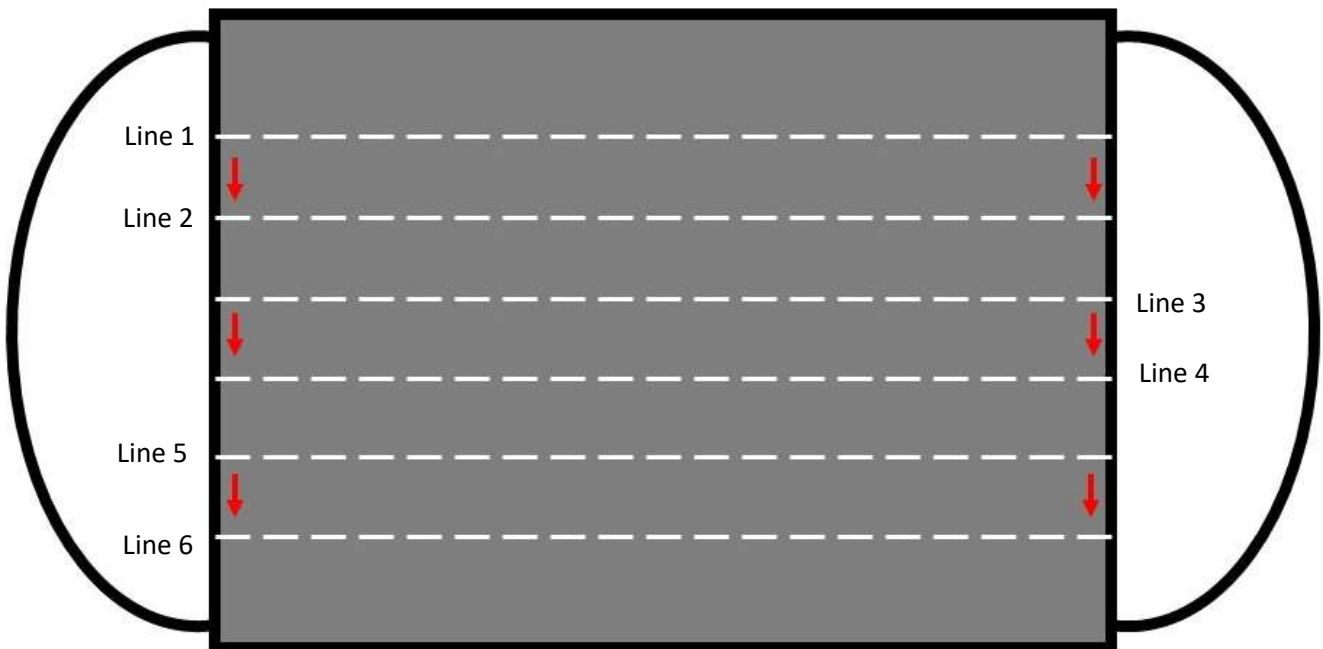


Pleating the Mask

Envision 6 lines on your mask. You can mark these towards the edge of the mask with tailor's chalk if necessary. Once you've done a couple you will find you can do this step without marking the fabric.



Fold the length of line 1 to line 2 to create pleat A and pin in place at either end.
Fold the length of line 3 to line 4 to create pleat B and pin in place at either end.
Fold the length of line 5 to line 6 to create pleat C and pin in place at either end.

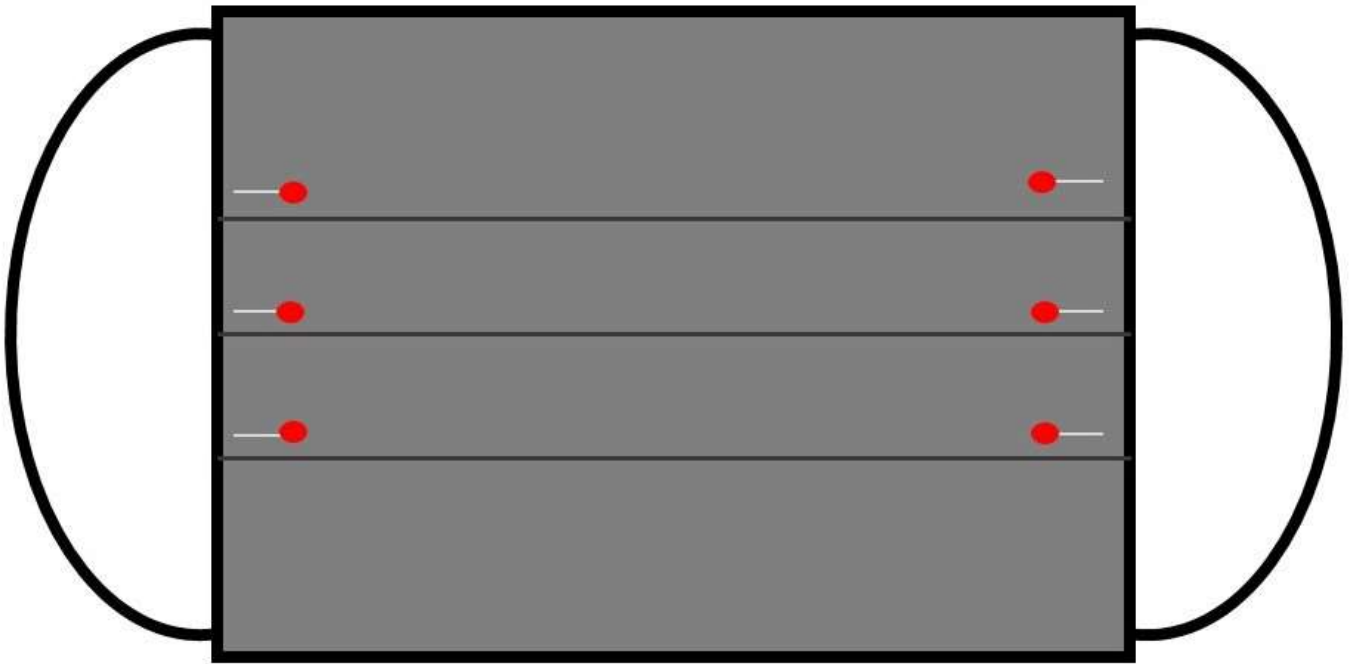


Looking at the mask from the end you are creating this chevron like fold in the fabric.

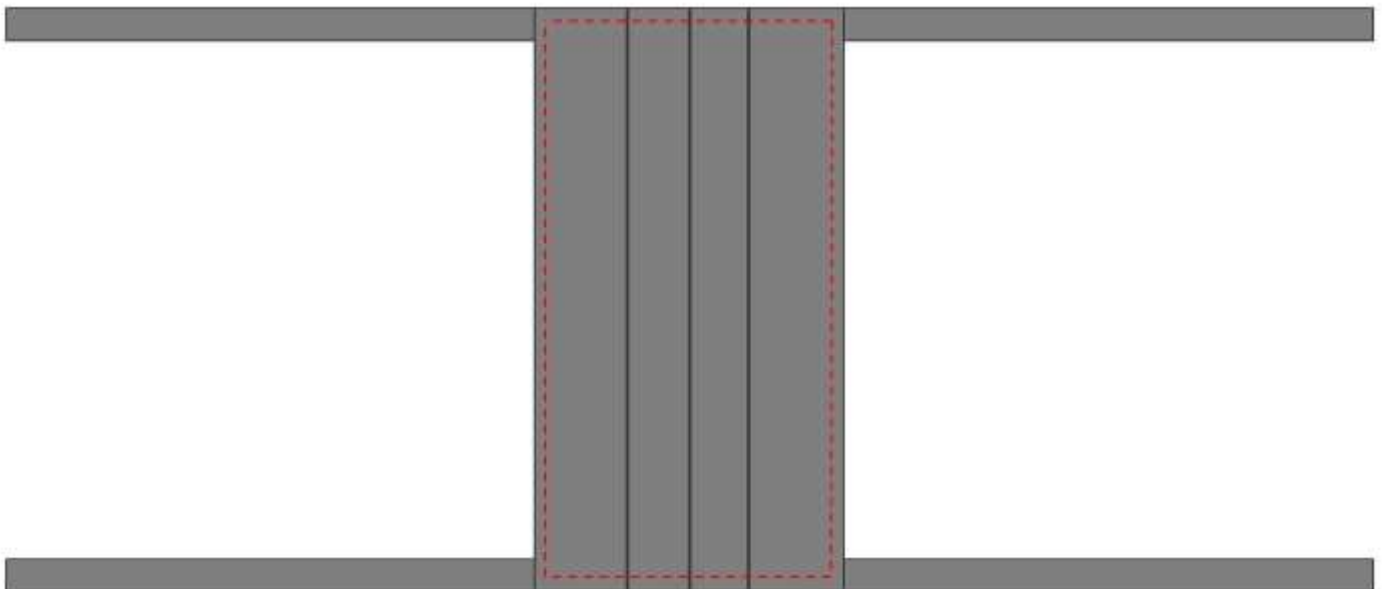
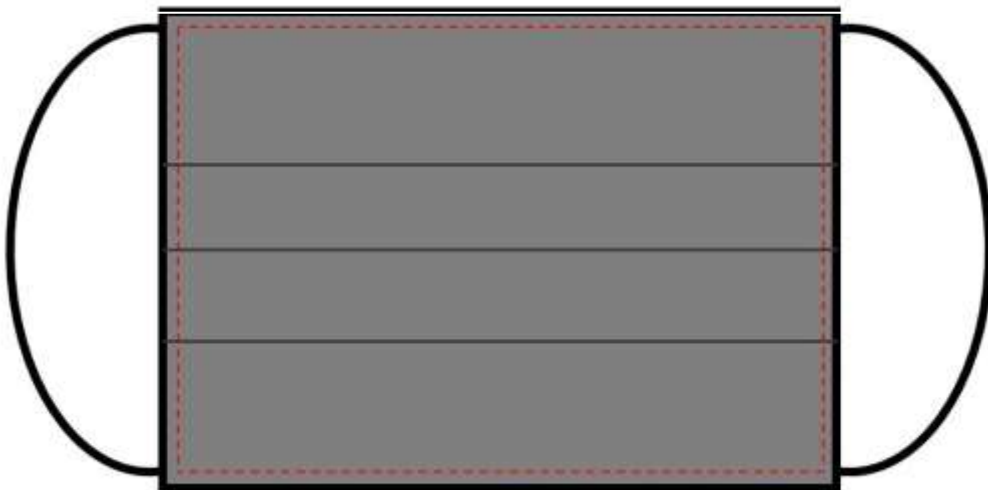


Press the mask to ensure the pleats are lying flat.

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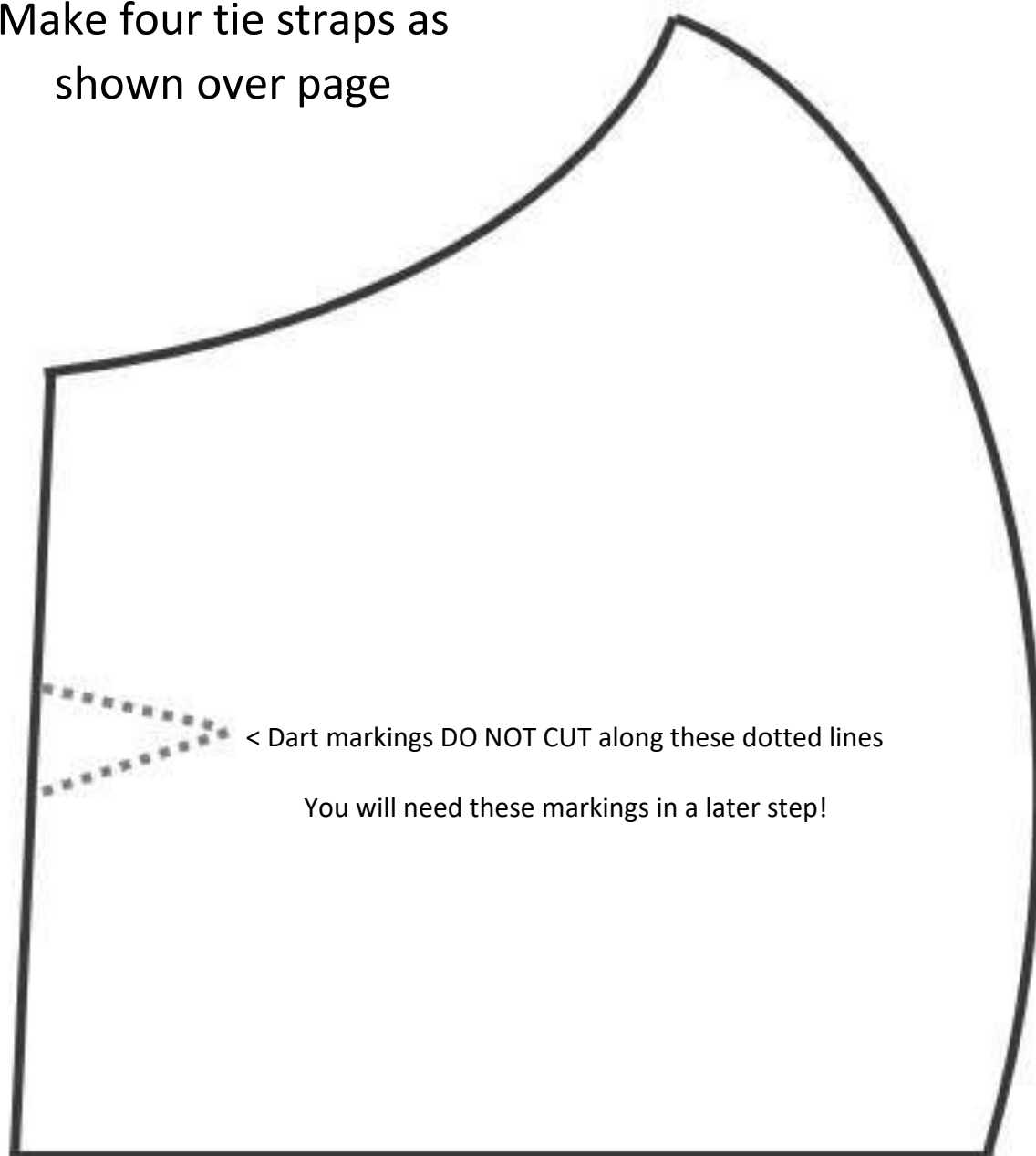
Carefully tuck in the edges of the unsewn seam that enabled you to turn the mask right side out. Topstitch around the mask to secure the pleats and reinforce all seams. This will also close the opening. **Your mask is complete!**



DIY Curved Personal Face Mask with Cotton Tie Straps

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Make four tie straps as
shown over page



Pattern Piece

Cut 2 from outer fabric

Cut 2 from lining fabric

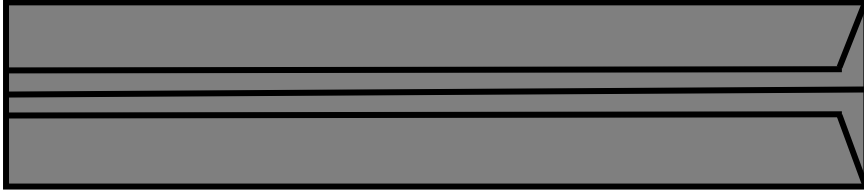
Note: allow extra $\frac{1}{4}$ " seam allowance all the way around

DIY Face Mask Tie Straps

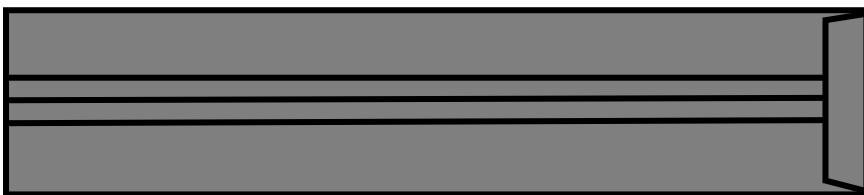
CUT - 4 strips of cotton 18" long x 1.5" wide (approximately 45cm x 4cm)

Fold your fabric strip in half and press

Fold the lengthwise edges in towards the centre fold



Fold one end over and press



Fold in half lengthwise; all raw edges will be enveloped inside the strap except for the end that will be sewn in to the mask when it is constructed

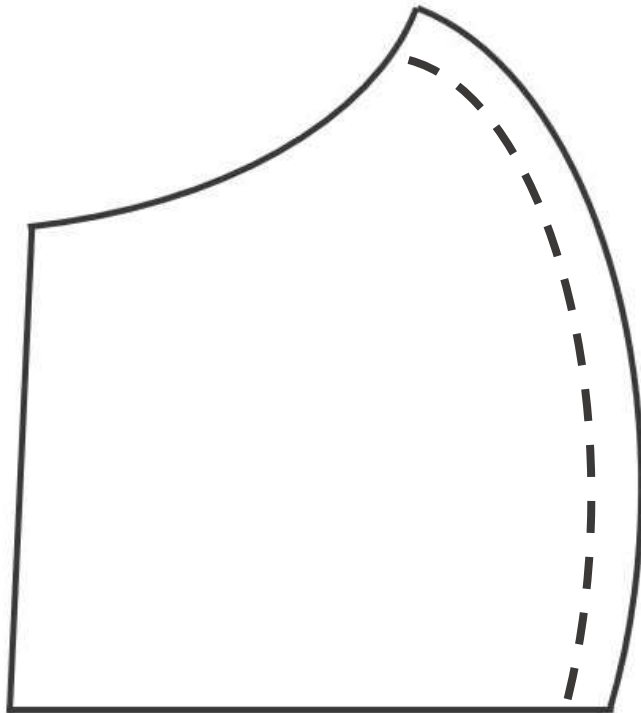


Stitch along the edge and across the folded end to complete the strap.



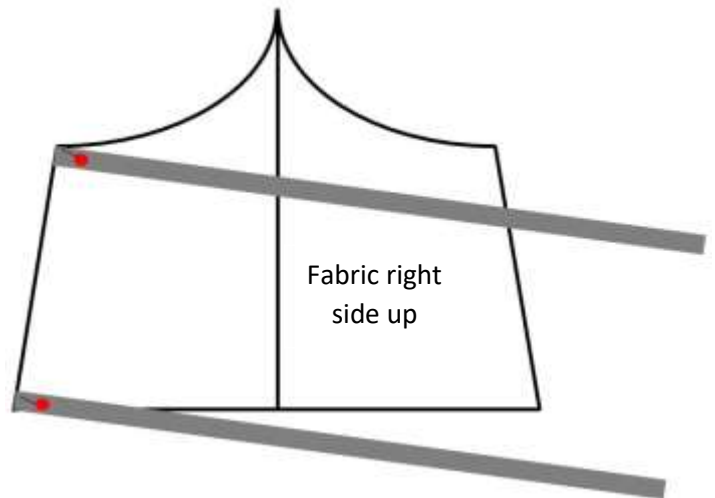
Set these aside to be added in a later step.

Place the two outer fabric pieces right sides together and stitch them together as shown in the diagram. Repeat the process for the two lining pieces of fabric. You have created the 2 shield pieces.



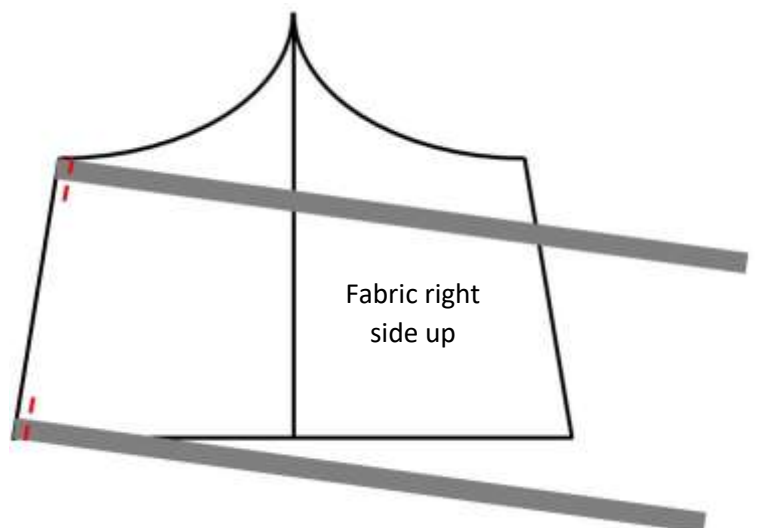
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Place the raw edge end of the straps at the top and bottom on the left edges of the outer shield piece (right side up) pin into place.

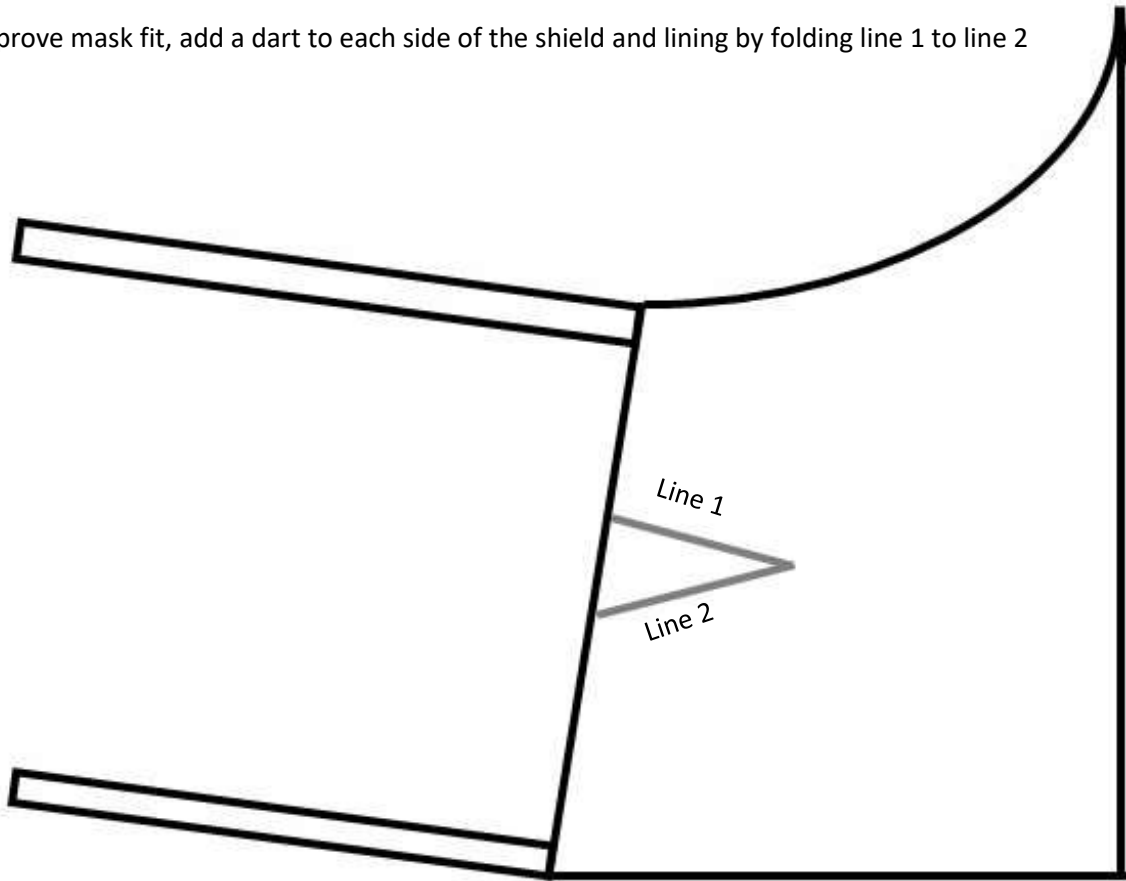


Use a basting stitch to attach these straps to the shield.

Repeat this process to attach the straps on the right side of the shield.



To improve mask fit, add a dart to each side of the shield and lining by folding line 1 to line 2

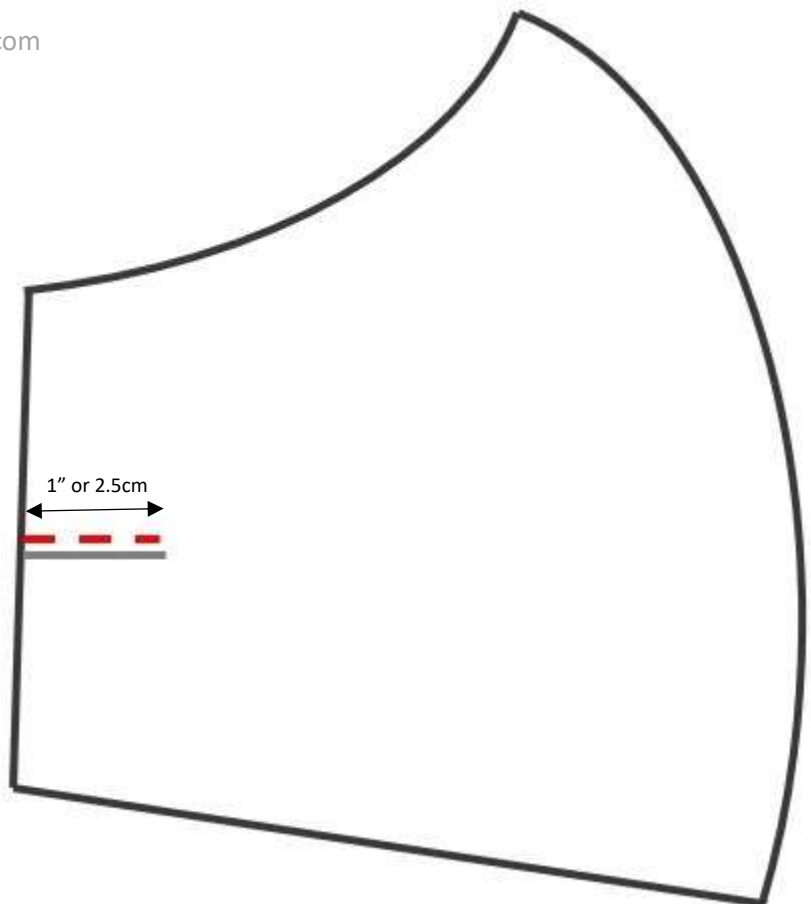


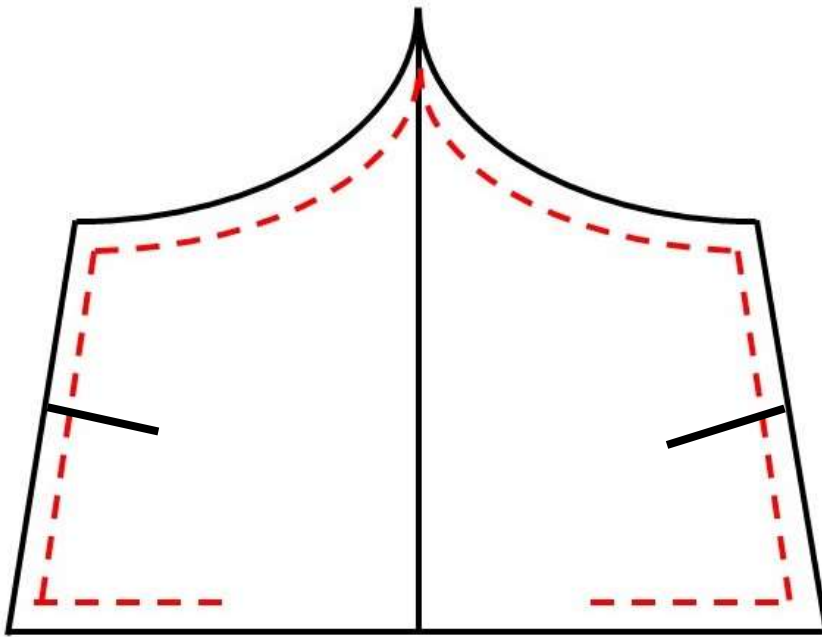
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Pin the dart in place and press.

Topstitch 1" or 2.5cm along the fold very close to the edge of the dart to secure it.

Repeat this process for the lining pieces!

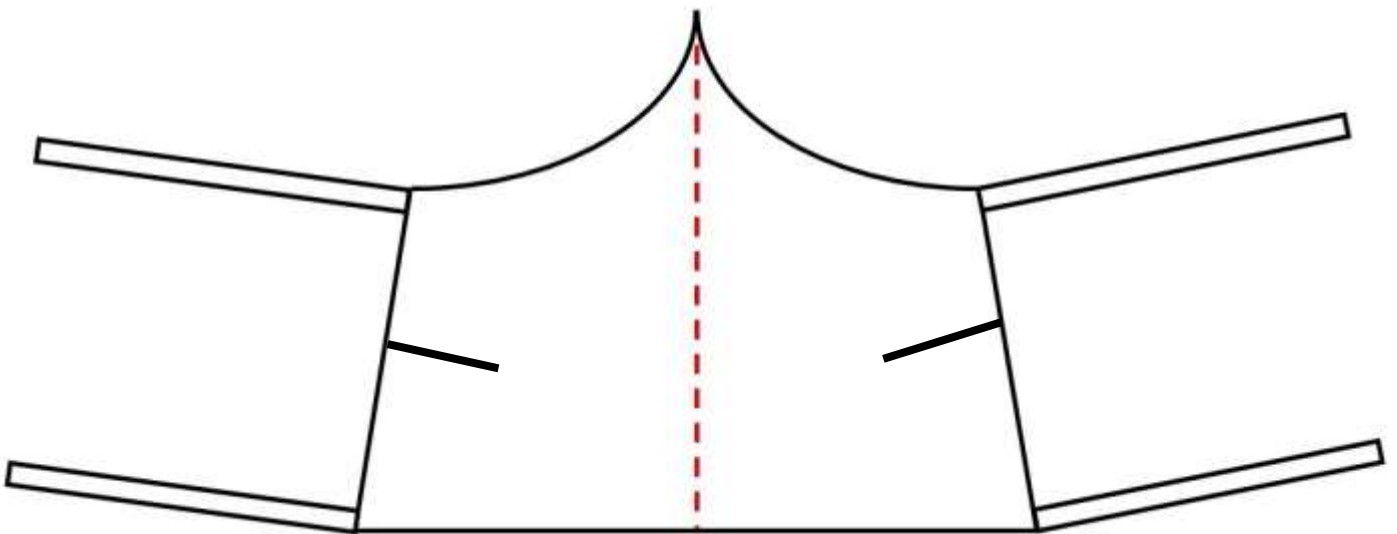




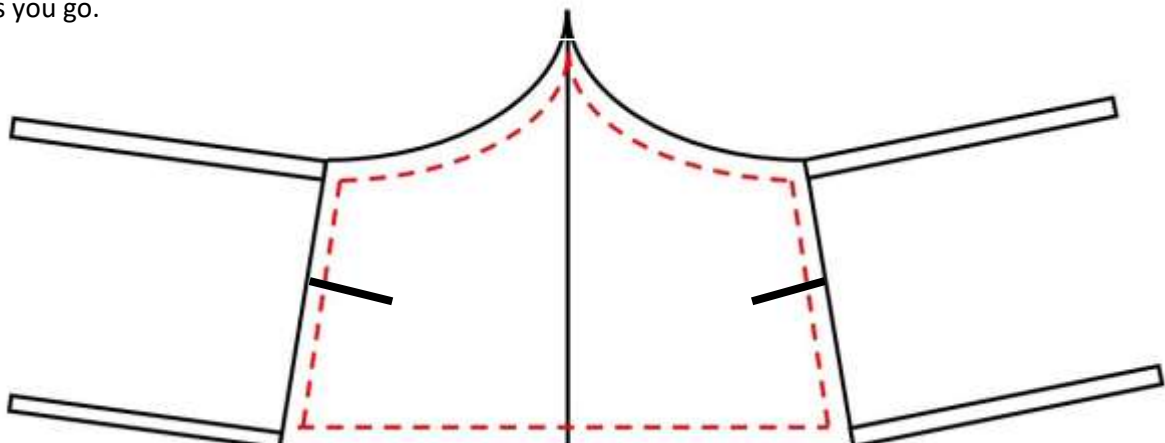
Place the two face shield pieces right sides together being careful to tuck the excess length of the straps in away from the seam allowance and stitch around the edges leaving a 3" opening (approximately 7 ½ cm) to turn it right side out!

Turn the mask right sides out

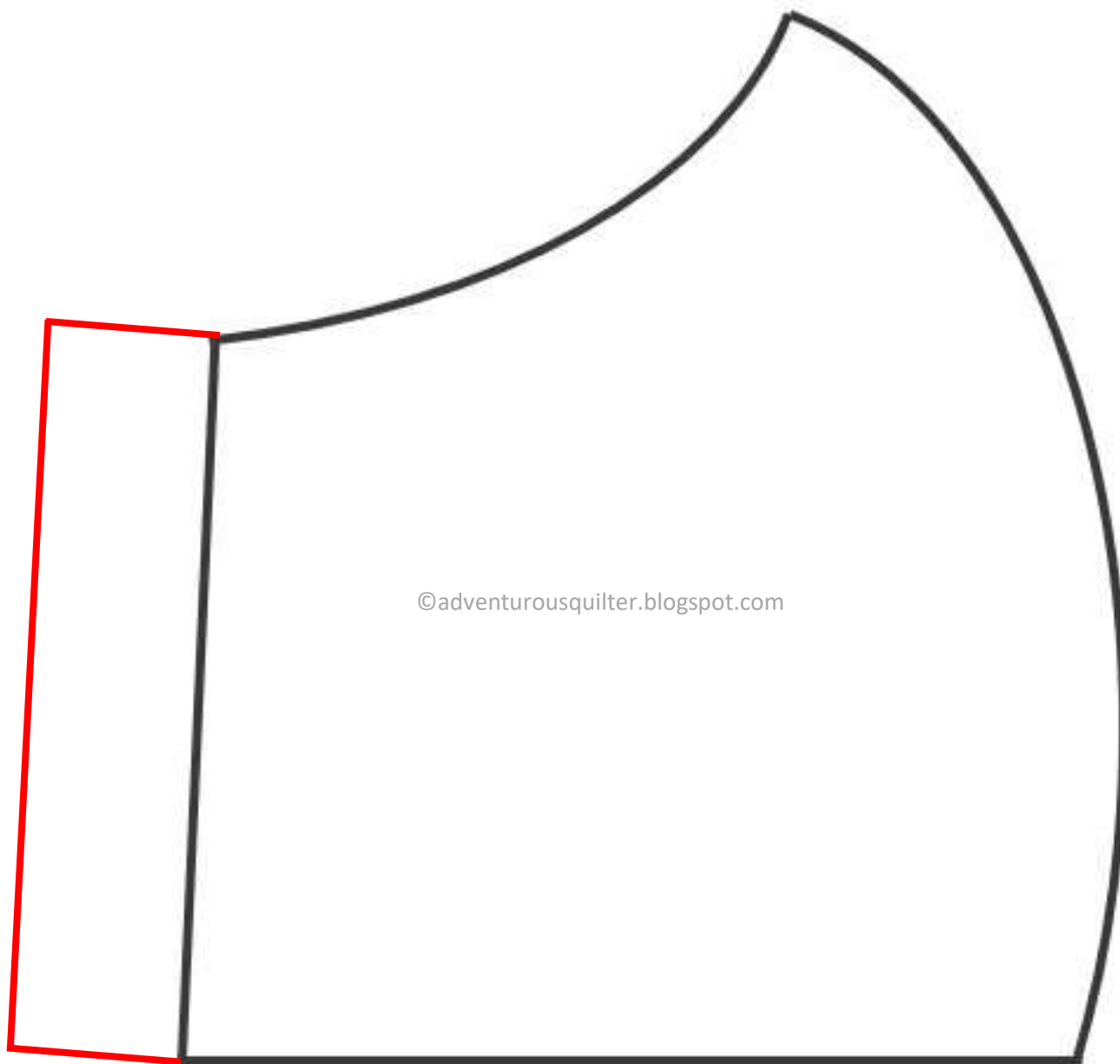
Press the entire shield then topstitch along the centre seam to ensure the layers stay together when the mask is worn.



Topstitch around the entire shield to reinforce all seams and to ensure layers are secured to each other. Take care to ensure the seam allowance is tucked in at the opening you used to turn the mask right side out so it is closed as you go.



DIY Curved Personal Face Mask with Elastic Straps



Pattern Piece 1

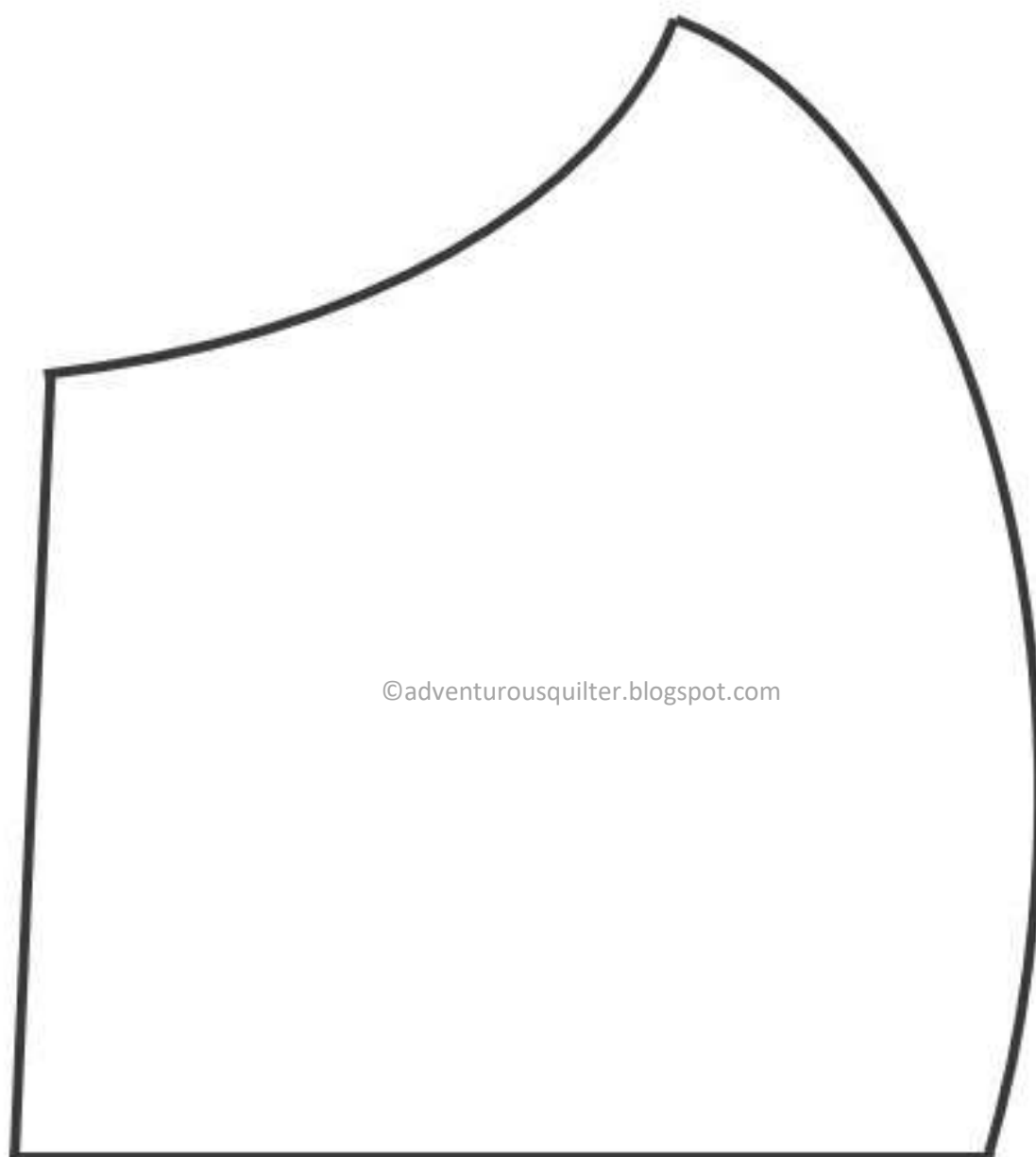
Cut 2 from outer fabric

Note: allow extra $\frac{1}{4}$ " seam allowance all the way around

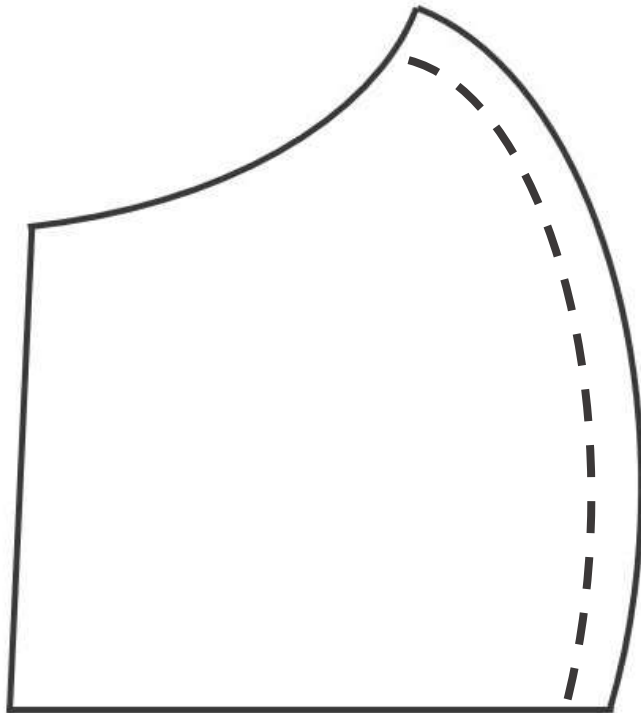
Pattern Piece 2

Cut 2 from lining fabric

Note: allow extra $\frac{1}{4}$ " seam allowance all the way around

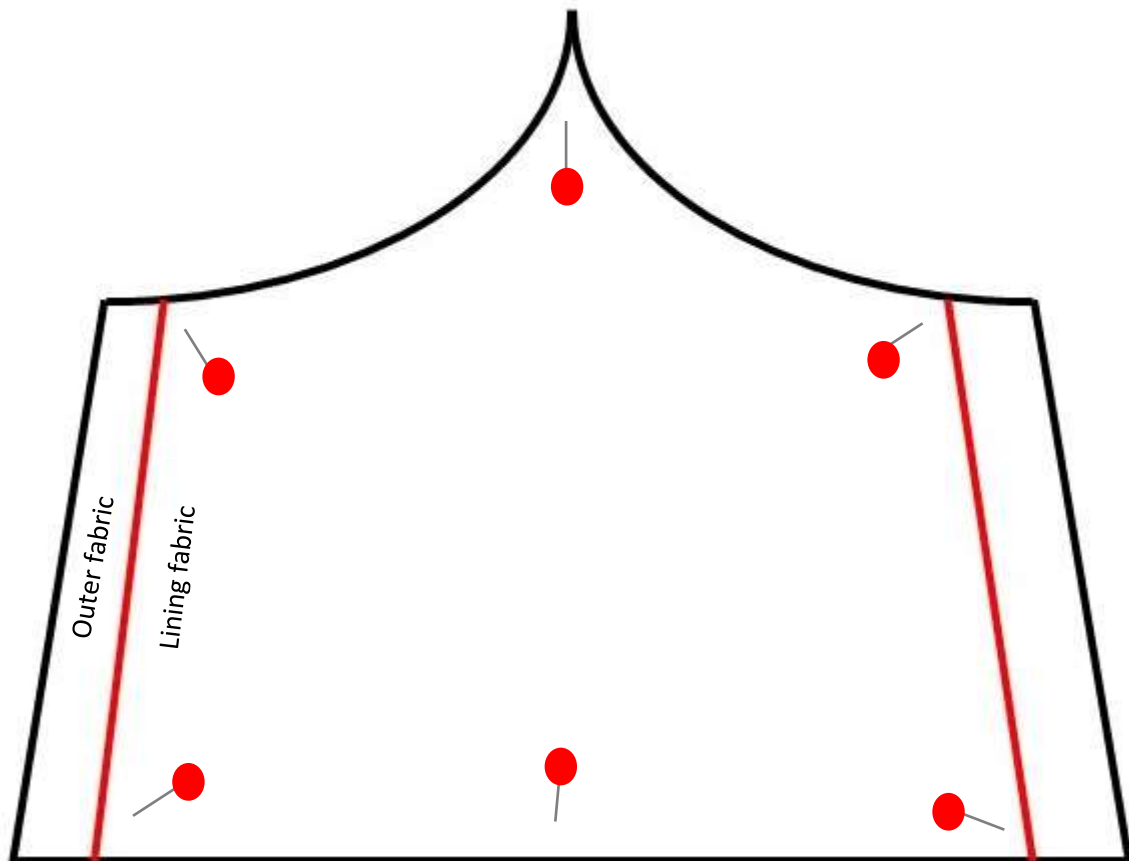


Place the two outer fabric pieces right sides together and stitch them together as shown in the diagram. Repeat the process for the two lining pieces of fabric. You have created the 2 shield pieces.

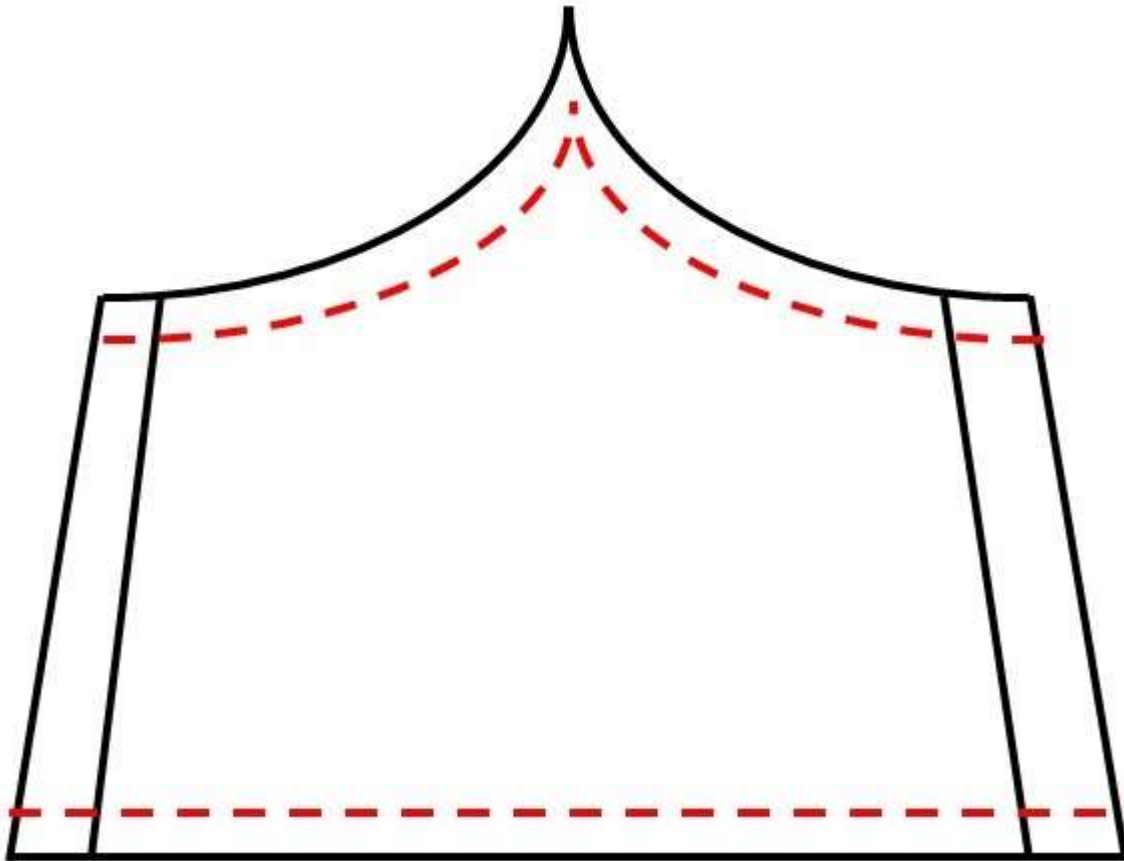


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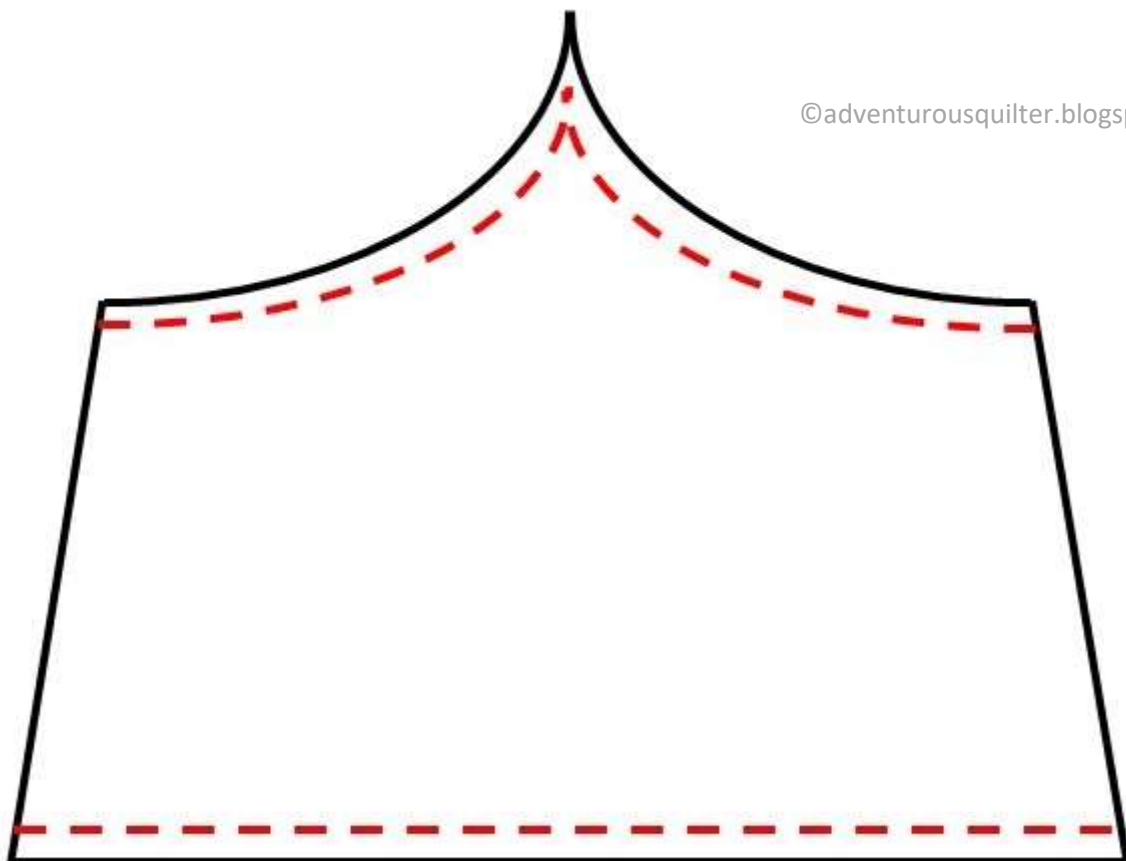
Place the outer and lining shields **right sides together** the outer fabric will be longer than the lining fabric, pin them in place.



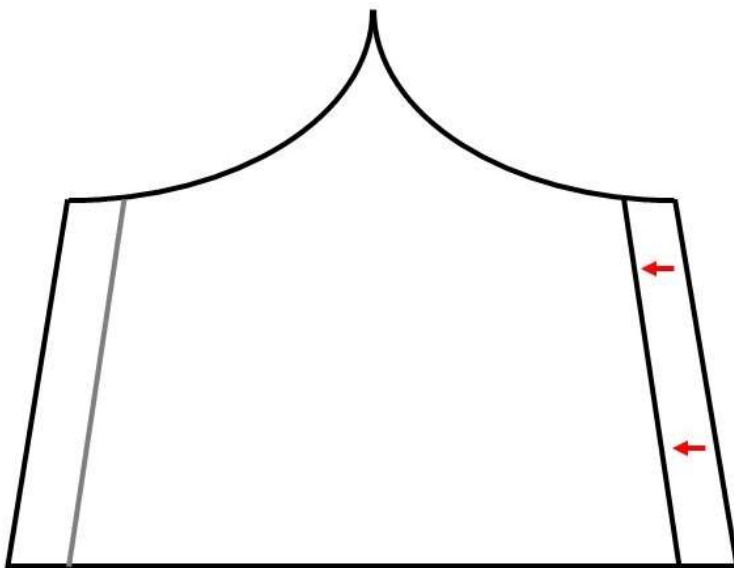
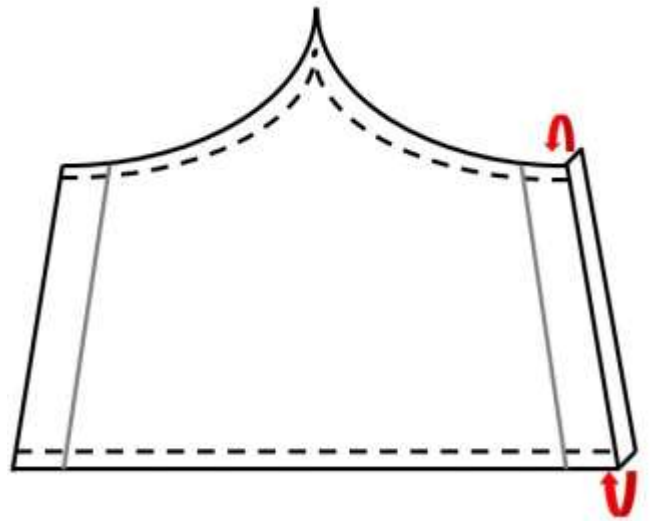
Stitch them together along the top and bottom of the mask leaving the sides open.



Turn right sides out and press. Topstitch along the top and bottom to secure layers.



Fold in a ¼" (or approximately 0.5cm) of the raw edge outer fabric on one end, pin and press.



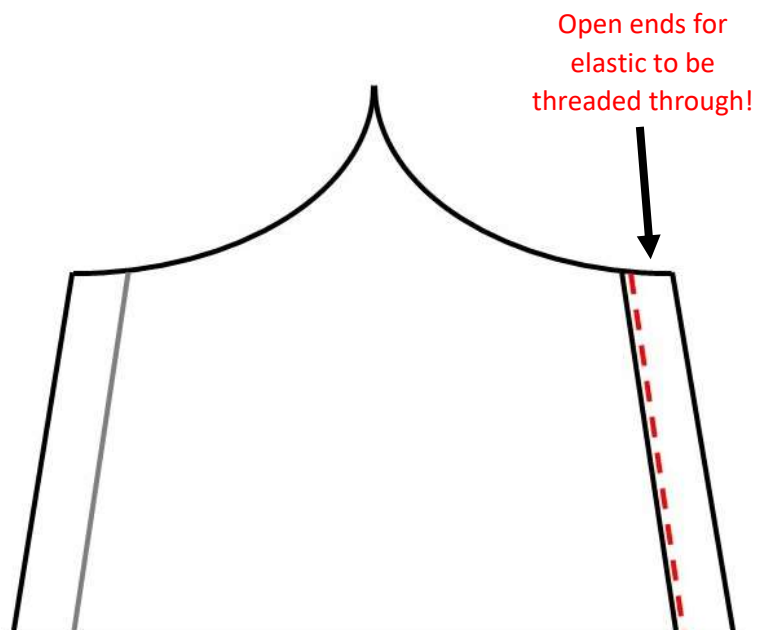
Fold in again this time ensuring you fold it passed the raw edge of the lining fabric!

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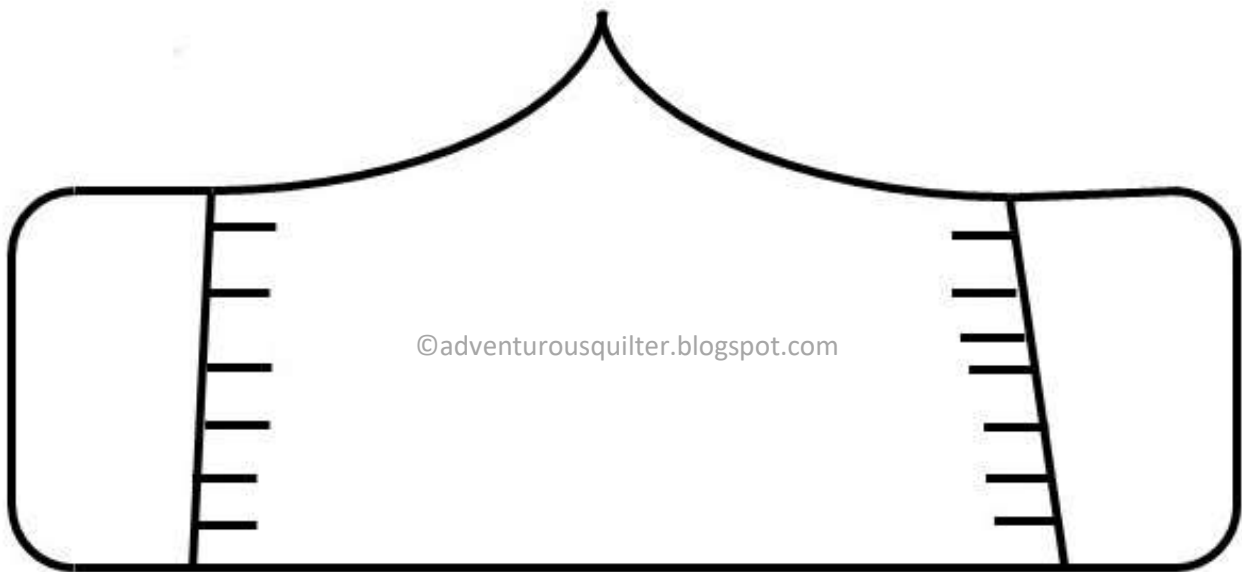
Stitch close to the edge to secure as shown in diagram.

You have created an open-ended hem so that elastic can be threaded through!

Repeat this process to create the open-ended hem on the other end of the mask.



Cut 2 pieces of elastic, they will need to be about 8" long (20 cm approximately) thread one end through the elastic open-ended hem then stitch the two ends together to create an elastic ear loop. Repeat for the other side of the mask so it has two ear loops.



Remember these are basic fabric face masks. They are a last resort.

If you intend to make masks for hospital use, you will need a specific pattern that suits their needs, many hospitals prefer you use their pattern in those circumstances. Before you make a ton of masks, I suggest you determine the need in your community so you can make masks that are adequate for the intended use.