

How to Make a Fitted Face Mask

Materials and Tools:

- Sewing machine and thread. You can handsew this mask if you have the time, but you will need to use small, tight stitches.
- Pre-washed cotton fabric. Approx. 10x16" for mask, 6x15" for straps. Fabric can be cut from mixed pieces. Ribbon, cord, elastic, or other pre-made ties can be substituted for fabric straps.
- Iron and ironing board.
- Paperclip (or pipecleaner or other formable wire)
- Sharp scissors (for cutting fabric).
- Needle for finishing loose threads.

1

Cut out paper pattern templates (pages 5-6). Fold and iron cotton fabric. Place mask and liner (A and B) templates on fabric. Cut through both layers for each template, to produce two pieces each for the Mask, Liner A and Liner B.

2

Place strap template on fabric fold. Cut 4 strap pieces. You may need to refold and iron to make efficient use of the fabric.

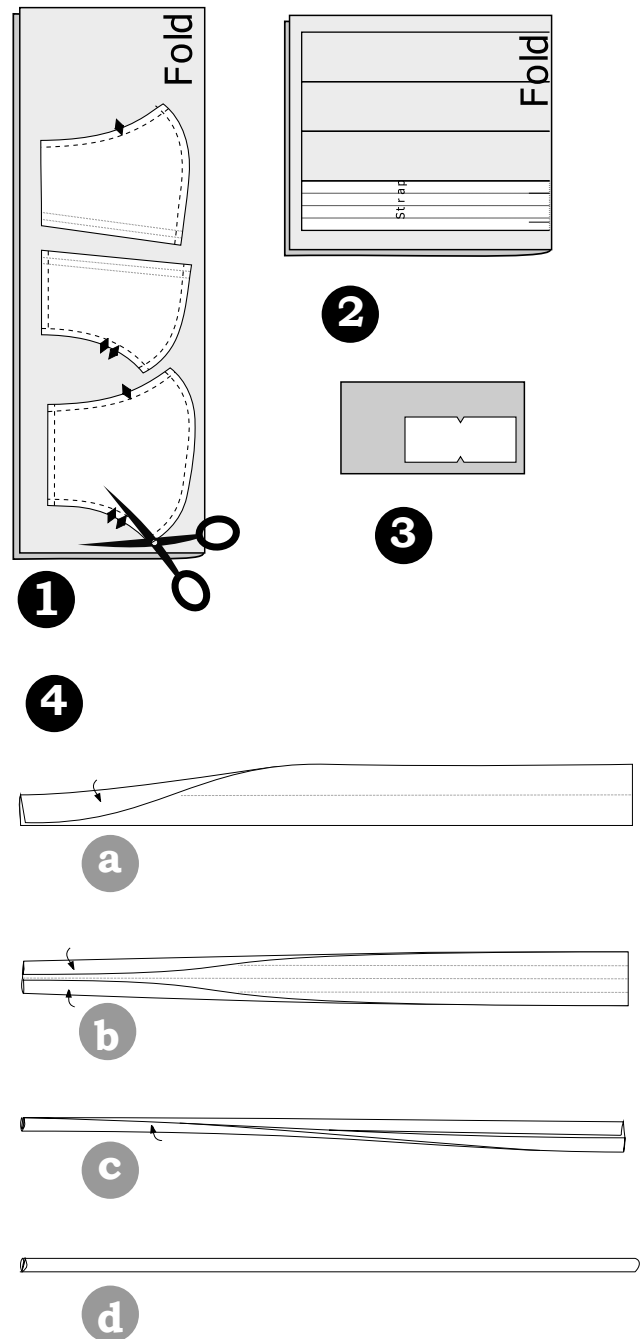
3

Place nose template on fabric. Cut 1 nose piece.

4

Make 4 straps as follows:

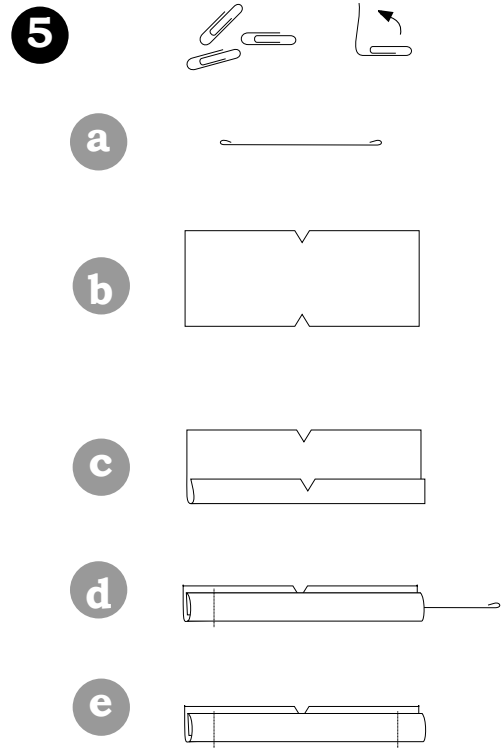
- a** Fold and iron the strap in half length-wise. This will create a center crease along the length of the strap.
- b** Unfold the strap and then fold and iron both the top and bottom edges in to meet the center crease.
- c** Re-fold and iron on the center crease.
- d** Stitch the folded edges together.



5

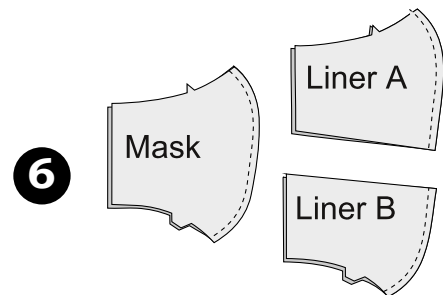
Make the nose clip as follows:

- a** Obtain a small wire, about 2 ½" in length. An unfolded paper clip, pipe cleaner, or other shape-holding wire will work. Use needle-nose pliers to curl the ends of the wire in so that they won't poke through the fabric.
- b** Iron nose piece fabric. Fold and iron a ¼" crease along bottom edge.
- c** Fold and iron crease over again (about ¼") to form a tube that is open on both ends.
- d** Stitch one side of the folded tube closed. Insert wire.
- e** Stitch other side of folded tube to secure the wire.
- f** Optional: Zig-zag stitch over wire, being very careful not to stitch directly on the wire, to further secure it.



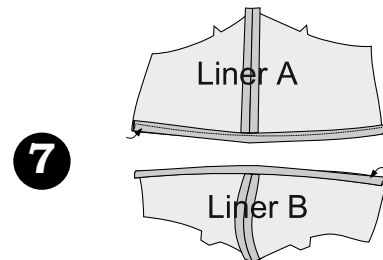
6

Match the mask pieces together with the right-side of fabric facing in. Note the markers at the top and bottom edges and make sure they are aligned. Pin curved side. Repeat for the Liner A and Liner B pieces. Stitch the curved side of each pair of pieces with a ¼" seam allowance. Press the center seam of each piece open.



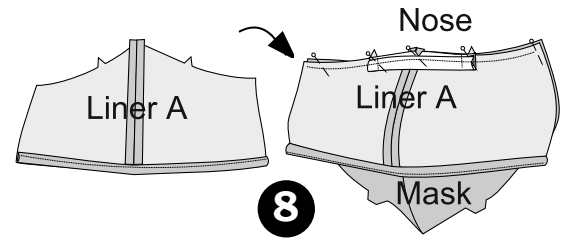
7

With the right-side of the fabric facing down, fold up and iron a ¼" crease along the flat edge of the Liner A piece. Fold and iron the edge over again so that the raw edge is tucked in. Stitch across the edge to secure the fold. Repeat this for the Liner B piece.



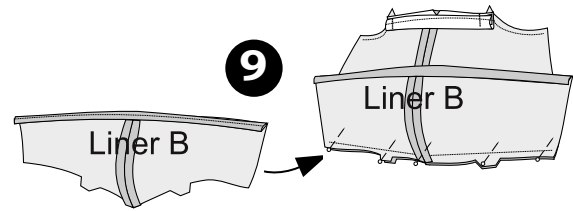
8

Match the Liner A piece to the top edge (nose) of the mask piece, with the right-side of the fabric facing in. Align the markers and pin the edge in place. Match the nose clip so that the notch aligns to the center seam. Pin in place. Stitch this edge with a $\frac{1}{4}$ " seam allowance.



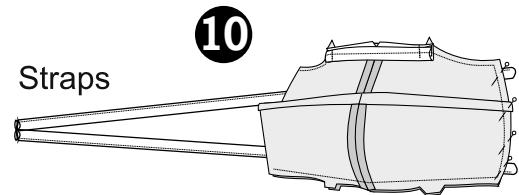
9

Match the Liner B piece to the bottom edge (chin) of the mask assembly, with the right-side of the fabric facing in. Align the chin edge markers and pin in place. Stitch with a $\frac{1}{4}$ " allowance.



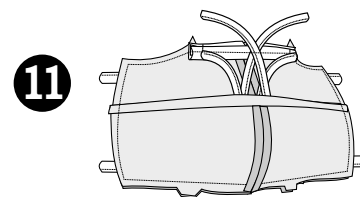
10

Place a strap at the bottom and top corner of one side of the mask, between the mask and liner pieces. The end of the strap should just poke out $\frac{1}{4}$ " from the edge of the mask. Secure each strap with a pin. Align the edges of the mask and liner pieces. The liner pieces will overlap. Pin in place. Stitch the edge from the top seam to the bottom.



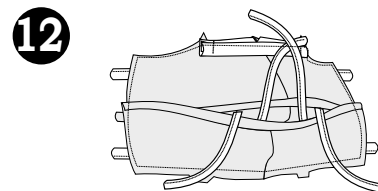
11

Place a strap end at the bottom and top corner of the other side of the mask, between the mask and liner pieces, as in the previous step. Align the edges of the mask and the liner pieces. Ensure that the liners overlap in the same way as on the stitched side. Pin in place. Arrange the long ends of the straps so that they emerge through the opening between the liners to ensure that they are not caught in the seam. Stitch the edge from the top seam to the bottom.



12

Turn the mask inside-out through the liner opening.



13

Top stitch around the sides of the mask, about $\frac{1}{8}$ to $\frac{1}{4}$ " from the edge. Be careful when stitching the top edge around the wire nose piece. Allow more clearance as necessary.

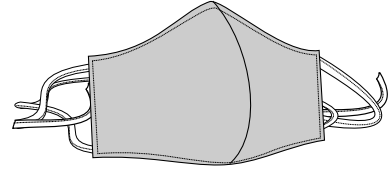
14

Finish any loose ends. Use a needle to bury hanging threads on the inside of the fabric. Clip the ends of the straps at an angle to prevent fraying.

15

Place the mask on your face and bend the wire nose piece over the bridge of your nose. Tie the straps behind your head. Tie the top straps over your ears and tie the bottom straps together to secure the fabric around your chin.

13



15

