

## A.B. Mask for a Nurse by a Nurse by Jessica Nandino – Tutorial

Thank you for your help in getting masks made for our very important and brave health care providers (HCP). If you are making masks for the HCP to put over their N95 masks, this is a very good pattern to use. It was written by a nurse for her fellow nurses. To download the pattern, we have it on our website. Click [HERE](#) to download the pattern.

**I have created this tutorial to accompany the original instructions.** I have also made a slight modification to add a piece of wire in the nose area, which will allow for a tighter fit around the nose.

Materials you will need (or find very helpful):

- 100% cotton fabric. At least a Fat Quarter for one mask. Note: If you are using a batik or fabric that does not have an obvious right and wrong side, you will need to use different fabrics
  - Wonder Clips
  - An iron
  - Marking pen
  - 3/4" bias tape maker
  - Wrapped floral wire – 22 gauge. This can be ordered on Amazon. The wrap covers the wire with a waterproof covering. Alternatively, you can purchase floral wire and wrap it yourself with floral tape. You will need a length of 3-4" for each mask.
1. Cut out the pattern piece. You might find it helpful to cut two. I'll let you know why a little later.
  2. Cut out two pieces of the pattern using your fabric, **including the notches**. If you have an obvious right side and wrong side, position the pieces so that a right side is facing a wrong side. If you are using a batik, you will put two wrong sides together. You should now have two layers – a "right" side and a "wrong" side.

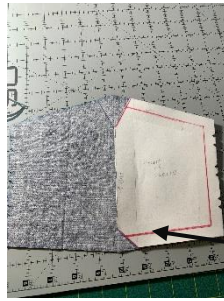


3. On the second pattern piece that you cut out of paper, cut along the dart markings (you can see this in the photo above)

4. On the wrong side, with a marking pen (not a heat erasable pen) draw the dart markings. I find the best way for me is to draw the large dart on the left side, and the small dart on the right side.

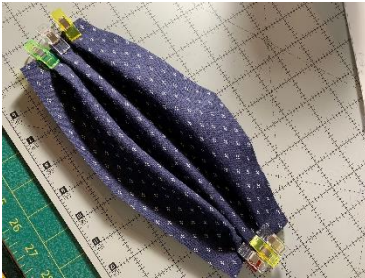


Draw large dart



Draw small dart

5. With both pieces of fabric together, using your Wonder Clips and the notches on the fabric, make the pleats and clip in place. The pleats should be pointing down from the right side of the fabric.



6. Press the pleats and remove the clips.



7. Sew the pleats down using a  $\frac{1}{2}$ " seam allowance.



8. Trim the edge by  $\frac{1}{4}$ " so that your stitching line is  $\frac{1}{4}$ " from the edge.



9. Fold the mask so that the right sides are together and the short ends match. Stitch the large dart.



10. Flip the mask over and stitch the small dart. If you have pinking shears, trim the small dart.



11. For the bias binding you will need two pieces of fabric 1 ½" wide by 40" (or WOF – width of fabric) if you are using a piece of 44/45" fabric. If you are using a fat quarter, please follow Jessica's original instructions to piece the shorter pieces together to make the 40" strips. You will also need a piece that is 1 ½" wide by approximately 7-8" long. If you have a bias tape maker, using the manufacturer's instructions, make three pieces of double fold bias tape that is ¾" wide. If you don't have a bias tape maker, you can follow Jessica's original instructions, or you can make your double fold bias tape as follows:

- a. Fold the strip in half lengthwise and press.
- b. Unfold and bring the long edges to the center crease line and press again. You now have single fold tape.
- c. Fold again lengthwise to make it double fold

12. Cut the 7-8" piece of double fold tape in half to make it 2 pieces of 3.5 – 4" long. Wrap one of the pieces around one of the short ends of the face mask.



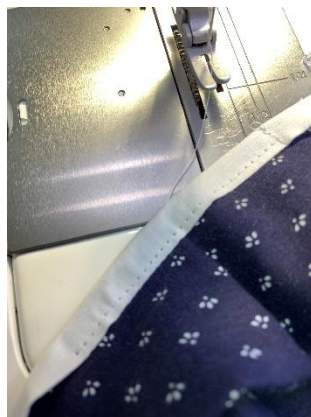
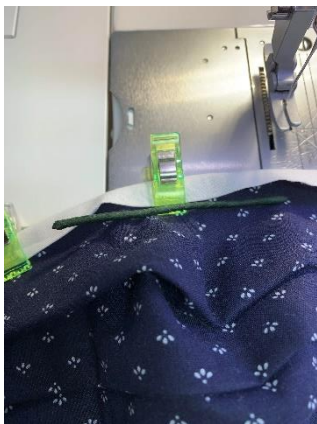
13. Stitch in place using a narrow foot if you have one. An edge stitch foot works great as well. Note: if your machine came with a knee lift, now is the time to start loving it. You can raise and lower your presser foot with your knee, and still have both hands to maneuver your fabric.
14. Repeat on the other side with the second short piece of double fold tape.



15. Now to add the wire to the top of the mask (where the large dart is). Take one of the 40" pieces of double fold binding and find the center. Place it where the dart is and clip in place. Clip the binding to the entire top of the mask.



16. Measuring approximately two inches right of the center, stitch down from the top of the mask to close to the bottom edge of the binding. With your needle down, pivot the mask towards the center and stitch approximately 4 inches. Back stitch and cut your thread. You should have just created a



channel for your wire.

17. Insert your wire piece and stitch the channel closed.



18. Stitch the rest of the bias tape closed by starting at one end, folding the tape together. Fold in the end of the tape to enclose the raw edges and stitch down the edge of the tape. If your foot is narrow enough and will allow, you can stitch the entire length of the tape closed in one continuous seam, being careful not to stitch over the wire. If your foot will not allow this, stop stitching at one end of the channel, and then continue at the other end of the channel.



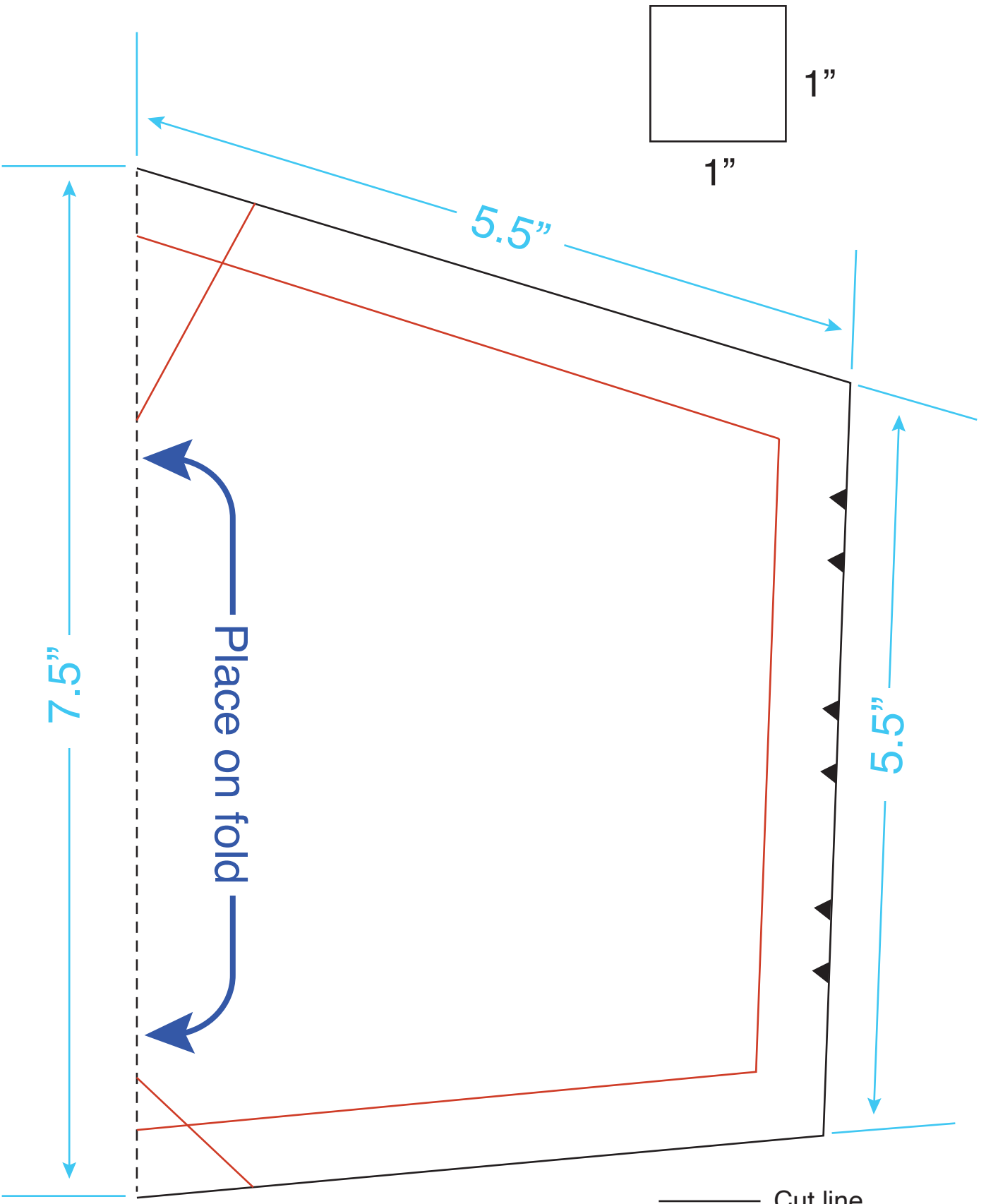
19. Repeat this for the bottom of the mask, only this time you will not be adding the wire, so you can just clip the bias binding along the bottom edge and sew one continuous seam.



20. Congratulations, you have now completed your mask!







- Cut line
- Seam line
- - - Fold line