

## INSTRUCTIONS FOR MAKING APPROVED FACE MASK

April 1, 2020

### MATERIALS FOR ONE MASK:

- One 15" x 7 ½ inch piece of tightly woven cotton fabric, batiks are preferred
- One 7 ½ inch x 2 ½" piece of same fabric (or contrasting) for elastic casing
- Two 11" pieces of ¼" elastic
- Stabilizing wire for nose piece

### INSTRUCTIONS:

Using a serger or a zigzag stitch on your regular sewing machine, finish both of the 7 ½" edges with a zigzag stitch. This is to keep the ends from fraying.

With right sides together, fold the 15" side in half, matching up the finished edges.

Make a mark 1 ½" inward from each outside edge of the 7 ½ " ends. Sew a straight 3/8" seam from the outside edge to your mark, and back stitch to secure. Repeat on the opposite side. You now have a tube, with an open section in the middle of the seam.

From the wrong side, press the entire seam open, Turn the tube right side out. Top stitch on one side of the seam 1/8" from the seam line. The topstitch will keep the seam allowances held down. Do not topstitch through all layers of the fabric. When topstitching, you'll need to carefully keep the back of the tube out of the stitching.

Hold the tube with seam facing you, roll tube downward so the seam comes down 3/4" from the top edge, fold on that line, and press. Or, you can use your seam gauge and measure 3/4" from the seam line. Your seam with the opening is now 3/4" below the top edge of your tube. Top stitch 1/4" above the seam, sewing through all layers of fabric. This creates the casing for you to insert the nose piece material, allowing the user to shape the mask to their nose. From either open edge, insert the nose piece and center it in the middle of the top of the mask. using a 1/4" seam stitch down both sides of the mask and the mask bottom.

You now need to stitch some vertical tack down stitches (approximately 1 1/2" from both the right and left edge) to secure the nose piece in place. This vertical stitch line (perpendicular to your seam line) should begin at the top of the mask. Stitch past each stitch line, reverse and stitch back to the top of the mask.

With the right side of the mask facing you, make 3 accordion pleats downward in each side of the mask. Try to make the width of the mask slightly larger than 2 1/2". Pin and press in place. Using and a ¼" seam stitch down the pleats on each end of the mask.

Take the 7 ½" piece of casing fabric and cut in half so you now have two pieces each 3 ¾" long.

Place the edge (3 ¾" edge) of a casing piece casing even with the front side of the mask with right sides together. Center the casing fabric over the end of your mask. Your casing fabric is slightly wider than the mask. Wrap the sides of the casing fabric toward the back of the mask. Stitch the casing down using a ¼" seam, starting from the top edge,

Turn the mask so the back side is facing you (the side with the pocket). Fold the casing sides inward. Fold the top of the casing inward about 3/8", finger press. Place your strip of elastic inside the casing. Fold the casing piece toward the back of the mask, bringing the folded edge past your ¼" stitching line (this is the stitching line used to hold down the pleats). This forms the casing for the elastic. Turning the mask so that the front is facing you stitch the casing in place, stitching directly in the casing seam.

Loosely tie the elastic ends together. You now have a loop of elastic. Hide knot of elastic in casing.