

## From a Fat Quarter (18" x 20")

<https://www.instructables.com/id/AB-Mask-for-a-Nurse-by-a-Nurse/>

Instructions based on AB Mask by Jessica Nandino printed by The Fabric Shoppe



### Cutting:

Fold fabric right-side out with selvage edge touching - taco style. Square fabric.

Cut 5 x 1.5 inch wide strips from the width of fabric. **Each strip should be around 20" in length.**

*(With a larger piece of fabric you can cut 2 1/4" binding strips and attach as you would a Quilt Binding)*

Open up and refold leftover fabric. Fold width-wise - burrito style, selvage on top, selvage on bottom - fold evenly. Pin pattern on upper half of folded fabric. Dotted line of pattern aligned with fold. Cut around edges of pattern. Cut out notches.

Unpin pattern and move to lower half of folded fabric. Cut out second piece.

### Sewing:

Stack the 2 face mask pieces, face down. Pin in place.

Sew together using 1/2" seam around all four sides.

### Create the Pleats:

With pointed (top side) pointing away from you, front of fabric side down, bring bottom side of fabric up and over top side. The fold should be the imaginary line between the top notch on left to top notch on right (Line 1). Press crease with hot iron. The pleats are 1/4 inch.

Next, fold fabric back down. The fold should be imaginary line between 2nd notch on left and 2nd notch on right. Press crease with hot iron.

Repeat for 3rd and 4th set of notches, and again with the 5th and 6th set of notches. Once the pleats are ironed in the edges of the mask should measure 3" - give or take.

Sew pleats into place using a 1/2" seam. Both Left and Right sides of mask face.

Fold mask face in half at the center fold. Front side of fabric together, wrong side of fabric facing you.

Align pattern and mark top and bottom darts with pin or pencil.

Sew along line. - I went over it twice for good measure.

Trim seams to 1/4 inch.

### Create Binding:

Take 2 of the 1.5" strips and pin at 90 deg angles. Repeat with 2 more strips.

Sew strips together at 45 deg angle. Trim seams to 1/4 inch and press with iron.

Take 5th strip and cut in half, creating 2- 1.5" x 10" strips

## **Sew Binding to sides of Mask:**

With mask facing down - front side of fabric facing away, wrong side of fabric facing towards you - pin 1.5" binding you cut in half to left and right side of mask. Binding should be face down. Edge of binding aligned with outermost edge of mask.

Sew in place, starting just above top of mask and stopping just below bottom of mask, using **1/4 inch** seam.

Press seam toward binding strip with iron.

Flip mask over. Right side of fabric facing you.

Fold 1/4 inch seam towards you from outside edge of binding. Wrap folded edge around side edge of mask.

Pin in place.

Sew along edge of binding.

Repeat on other side.

Trim excess binding strip even with edge of top and bottom of mask.

## **Sew Binding to top and bottom of Mask:**

With mask face, wrong side of fabric facing you, pin 1.5 inch binding strips along top and bottom edges.

Sew in place using **1/4 inch seams**. Start sewing just above one side of mask face and end just after opposite side of mask face.

Press seam toward binding strip with iron.

Trim ties even so that they are the same length from Mask on both sides.

Fold and iron a 1/4 inch hem on top and bottom of mask ties.

Fold and iron a 1/4 inch seam on end of mask ties.

Fold ties in half lengthwise and pin in place.

Sew Binding and Ties.

## **Congratulations!**

**You're done! You have made a mask that will cover a nurse in need. Now, I challenge you to make another, and then another. Then, get your friends to make some. -Jessica, RN**

For Full instructions with pictures go to this website:

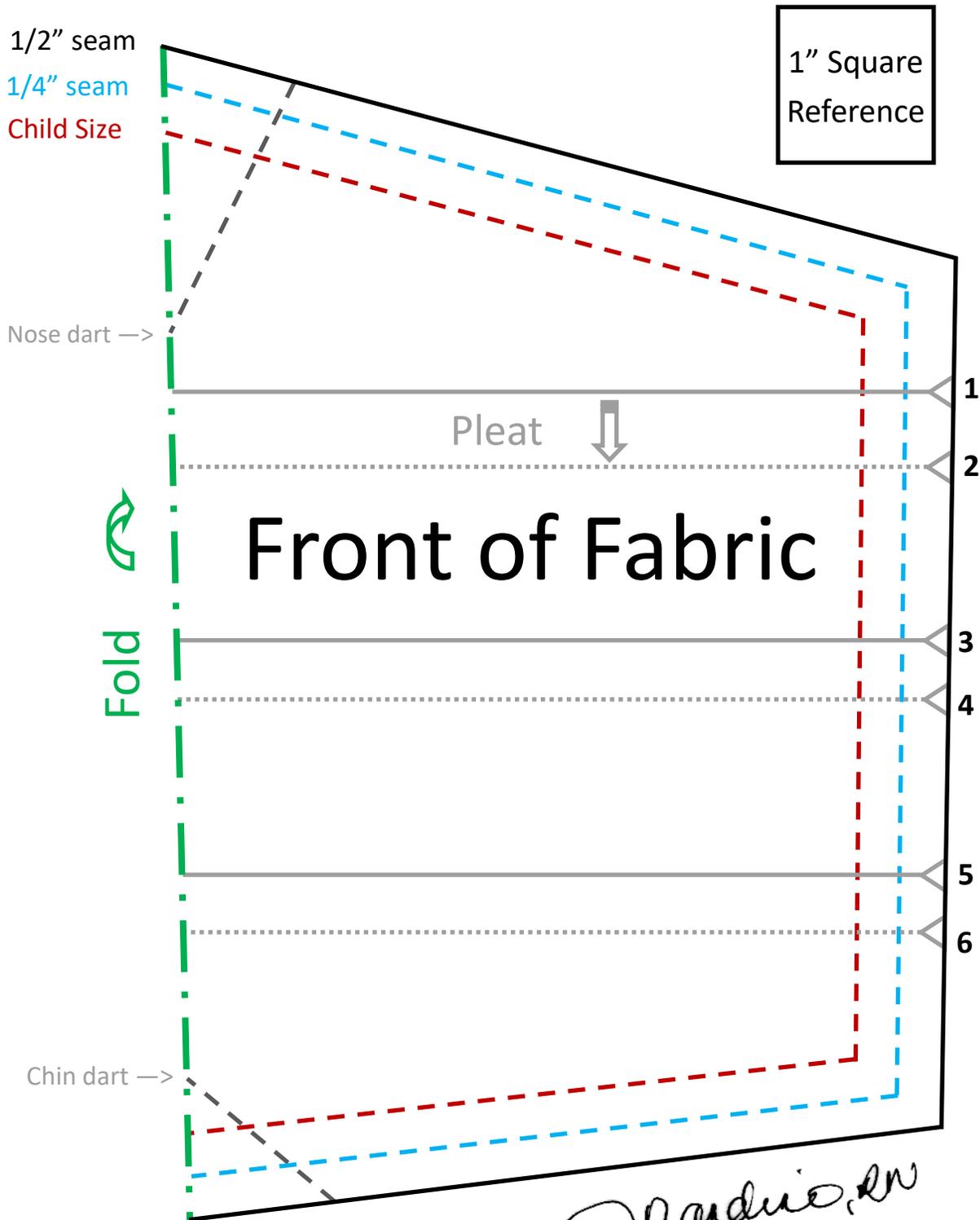
<https://www.instructables.com/id/AB-Mask-for-a-Nurse-by-a-Nurse/>



If you choose to use a 1/4" seam cut the pattern on the Blue dashed line.  
If you would like to make the Mask for a child, cut the pattern on the Red dashed line and use a 1/4" seam. Make Ties 30" long for top and bottom.



A Fat Quarter (18" x 20") piece of fabric will make **One Mask with Ties**.



*J. Nandino, RN*