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Face mask pattern



It is made from 3 layers of fabric, cotton for the front and lining, with lightweight non-fusible vilene as an interfacing. The mask can be machine washed frequently to keep it clean and fresh, and you can make it in bright, jolly fabric to use up your scraps and lift your spirits.

Though this pattern does not constitute medical grade PPE, it is designed to have a positive impact on the wearers hygiene. Please read the bottom of this document for further details as we have given this very careful consideration.

This is what you will need to make yours:

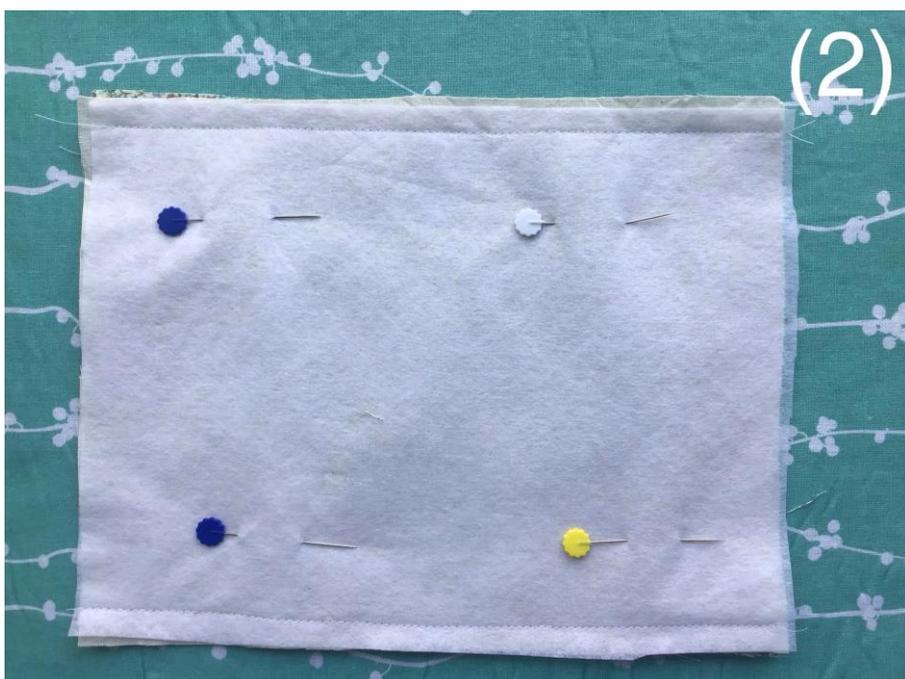
- Cotton patterned fabric 18 cm (7 inches) long by 23cm (9 inches) wide.
- Cotton fabric lining cut to the same dimensions
- A piece of lightweight vilene for the interfacing, cut to fit the above measurements.
- Small offcuts of your patterned fabric for the side bindings.
- 5mm elastic, about half a metre. (3mm or hat elastic are alternatives)
- Basic sewing kit, and a sewing machine. (you can sew masks by hand if you have no machine.)

For those making in bulk: A few fat quarters, half a metre of calico, half a metre of interlining and 3 metres of elastic will make you a nice batch of masks to allow for frequent laundering, and for making masks for other members of your household.

Here is how you do it:



Cut your mask front, lining and interfacing. Each piece needs to be 7 inches high by 9 inches wide. You can adjust for different adult sizes by varying the length of the side elastics. Lay your mask front fabric face up on your work table. Lay your lining fabric face down on top. Now lay your interfacing on top of the lining.



Stitch the three layers together, along the top and bottom of the mask using a $\frac{1}{2}$ " seam.



Turn the mask right side out and press it.



Now make 3 even pleats, folding along the unstitched sides of the fabric so that the pleats run across from side to side. Fold all three layers of fabric into your pleats. Pin pleats into place at each side of your mask. The pleats should shorten the sides of your mask to 3 inches.



This is how the pleating looks from the side.



Now take offcuts of your front fabric, and cut two strips measuring 1 and a half inches by 4 inches. Fold under half an inch at the top and bottom of each strip. Press. Lay one strip right side down on the edge of you mask (which is right side up), matching raw edges. Machine sew the strip into place with a half inch seam. Trim the raw edge to neaten it if needed. Repeat on the other side of the mask.



Press the bindings outwards.



Now cut two lengths of elastic, about 9 inches long. You can adjust the length of these to fit later. Lay your mask face down, and lay a piece of elastic across each of the pleated ends, just outside the stitching line.



Fold under the edge of the binding, then bring the binding across the elastic to meet the line of machine stitching. Slip stitch the binding into place covering the elastic.



Being careful not to pull the elastic out of its casing, pin the elastic into a loop at each side of the mask with small safety pins. Try the mask on, and adjust the elastic to fit comfortably.



When you are happy with the fit, trim the elastic to a half inch overlap and sew the ends together securely. *If you are using round elastic, and we prefer this as more comfortable on our ears, simply tie securely with a reef knot (right over left, then left over right).*



Pull the elastic through the casing so that the binding covers the sewn (*or tied*) elastic ends.



Fan the pleats out down the centre, and try your mask on. I wear mine with the outside pleats folding over downwards, as this makes a neater fit across my nose.

□□□

Job done!

This mask will reduce your 'arc of exhalation', thereby reducing your chances of infecting someone else: extensive testing in Iceland, (the country, not the frozen food shop) has shown that many people who have the virus show no symptoms. You can also be infectious before your own symptoms present. Also, the mask will inhibit your ability to touch your face, especially around your nose and mouth. It is very easy to touch your own face absentmindedly, especially during your essential shopping trips, when you will be touching surfaces which others have touched.

To reiterate, the masks we have designed are not medical grade PPE, and have not been approved by any medical professional. You must continue to follow WHO guidelines about social distancing, hand washing and not touching your face. If you behave as if you have the virus, you will stay mindful of all the strategies you can use to prevent the spread. Our mask is a useful piece of equipment to support your own efforts to keep yourself and everyone else safe, but it is not a substitute for rigorous hygiene and distancing practises.

