



Medical Mask Instructions

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We are happy to share our technique with you! Thank you so much for contributing your efforts to the medical community in whatever way you can. We hope our instructions are helpful and useful. There are 3 versions of this mask included. The easiest is the twill tape version.

We have included photos of our process to help you along!

Fabric Materials for the base mask (per mask):

2, 7" x 9" pieces cut of 100% Woven Cotton fabric (like quilters cotton) (your fabric needs to be washed, dried and pressed—lightly bleached if you can—before cutting)

Tie options for materials (per mask):

Either 2, 8" pieces of 1/4" elastic (or 3/8" if 1/4" is unavailable)

OR

2, 34" pieces of 1/2" twill tape

OR

2, 34" pieces of 1/2" double fold bias tape (or similar as needed)

STEP #1 TEMPLATE MAKING:

Print a Template or make a template/pattern from plastic cutting mats, cardboard or other stable material (like a plastic folder) or a scrap piece of cotton that you can mark up.

*SEE PICTURE FOR REFERENCE. Template will measure 7" x 9"

Mark the TEMPLATE with all notations for seam allowance, pleat folds, tape placements and center marks.

STEP #2 CUTTING:

a. Cut out 7" x 9" cotton fabric pieces using template/pattern and elastic or ties according to measurements.

b. Transfer marks for seam allowances, and centers onto fabric using a Frixion Pen (marks come out with the iron), tailor's wax chalk (this is a specific type of chalk!) or water soluble pens for fabric marking. Do not use pencils, sharpie or other permanent pens or pencils.

STEP #3 SEWING YOUR MASK:

- a. Place pieces "right sides together." For those of you newer to sewing that means the pretty, printed sides are touching each other.
- b. Sew along just the 2 long 9" sides of the fabric. Remember your seam allowance is $\frac{1}{2}$ ". Be sure to forward and back stitch at both ends so secure your stitching
- c. Turn right side out and iron/press flat so that seams are parallel and at the top and bottom of the mask.
- d. Turn in the short 7" ends of your fabric mask $\frac{1}{2}$ " and press.

FROM THIS POINT FORWARD, DEPENDING ON YOUR SUPPLIES, WILL DETERMINE WHICH DIRECTIONS TO FOLLOW:

FOR ELASTIC VERSION:

- A. After the short ends are pressed, use template and mark pleats on folded edges; tuck $\frac{1}{2}$ " of one end of the elastic at the top of one corner and sew down at the very edge of the fold using 4 or 5 forward and back stitches to secure in place. Take the other end and secure at the bottom edge (make sure it does not get twisted). This will create a loop for over the ear. Do this to both sides of the mask so you will have a loop for each ear.
- B. Edge stitch the folded edges down to close the mask completely.
- C. CREATING THE PLEATS:
 - 1). You should have marked your fabric with the pleats of each side. Reference the template for the arrow direction because all pleats need to go in the same direction. Pleats are 1" apart with a $\frac{1}{2}$ " gap in-between and the markings start $\frac{3}{4}$ " down from the seam.
 - 2) Tuck pleats down from top to bottom. There are 3 per side. They should be folded together so you get a nice crease across the mask.
 - 3) Pin each one in place or press to hold the pleats
 - 4) Edge stitch along folded edge and sew down the pleats.
 - 5) Use water (spritz) or the iron to remove all your marks on the fabric.

YOUR MASK IS COMPLETE FOR THIS VERSION!!! GOOD JOB!

FOR BIAS TAPE/TWILL TAPE VERSION:

(THIS VERSION IS DESIGNED TO TIE AROUND THE HEAD, NOT LOOP OVER THE EARS).

*Pictures are also available for this version.

- A. Edge stitch the folded edges down to close the mask completely.
- B. CREATING THE PLEATS:
- 1). Take your template and mark your fabric with the pleats of each side. Reference the template for the arrow direction because all pleats need to go in the same direction. Pleats are 1" apart with a 1/2" gap in-between and the markings start 3/4" down from the seam.
 - 2) Tuck pleats down from top to bottom. There are 3 per side. They should be folded together so you get a nice crease across the mask.
 - 3) Pin each one in place or press to hold the pleats
 - 4) Edge stitch along folded edge and sew down the pleats.
- C. **FOR THE TWILL TAPE VERSION (FOR THE BEGINNER SEWER):**
- 1). Find the centers of the cut tape pieces and place on top and bottom edges of the center marks on both long ends of the mask. The edge of the tape should be flush with the long edges of the mask. Pin in place.
 - 2). Stitch down through the middle of the twill tape.
 - 3). Tie knots on the edges of each of the pieces of twill tape to keep from fraying.
 - 4). Use water (spritz) or the iron to remove all your marks on the fabric.

YOUR MASK IS NOW COMPLETE!!! YAY!!

- D. **FOR THE BIAS TAPE VERSION:**
- 1). Find the centers of the cut tape pieces and place on top and bottom edges of the center marks on both long ends of the mask.
 - 2). Open up the bias tape completely and place the raw edge of the tape, right sides together with the top edge of the finished long edge of the mask.
 - 3). Stitch in the first crease of the bias folds, being sure to forward and back stitch at both ends of the mask. Do this on both long ends of the mask.
 - 4). Fold bias tape of the edges of top and bottom so that center crease is flush with the top edge of the mask.
 - 5). Starting at the end of the tie, fold cut end inside 1/2" to create a nice edge and edge stitch. Do this to all 4 tie ends first.
 - 6). Stitch bias tape closed on the very edge of the fold end that is currently open from one tie end all the way across to the other end. Again being sure to back stitch at corners.
 - 7). Use water (spritz) or the iron to remove all your marks on the fabric.

YOUR MASK IS ALL DONE.