

MASK 2

(DIY FACE MASK)



PLEASE NOTE:

These are instructions to sew a DIY protective face mask. The mask is not officially certified nor has it been officially tested. The production and use of the mask is therefore at your own responsibility

PREPARE THE FABRIC

We recommend washing any fabric before cutting out pattern pieces. If possible, the fabric should be dried in a dryer. This will ensure that the finished item will not shrink after laundering and it will be free of undesirable additives. The fabric should then be ironed smooth to make cutting out the pieces easier.

The 'good' side of the fabric is used as the right side and faces outward when wearing the mask.



MATERIALS:

RECOMMENDED FABRICS:

- ▷ Tightly woven cotton fabric, about 25 x 50 cm (10" x 20")

NOTIONS:

- ▷ Elastic, 5 mm ($\frac{3}{16}$ ") wide: about 50 cm (20")
- ▷ 2 small safety pins
- ▷ Florist's wire or medium weight hobby wire, about 15 cm (6")
- ▷ Interchangeable filter layer (14 cm x 7 cm/ $5\frac{1}{2}$ " x 3"): e.g. paper kitchen towels or antibacterial fibre fleece (e.g. high-filter vacuum cleaner bag, antibacterial dish washing sponge cloth)

ALSO REQUIRED:

- ▷ Pencil, Paper scissors
- ▷ Tape measure or hand gauge
- ▷ Straight pins ▷ Tailor's chalk
- ▷ Fabric scissors and thread scissors
- ▷ Sewing thread
- ▷ Sewing machine, machine needles
- ▷ Hand sewing needle

PATTERN PIECES:

piece 1	outside (aussen)	1x
piece 1	inside (innen)	1x

CARE AND CLEANING

The mask should be stored in a dry place. After wearing, carefully remove the mask without touching the fabric. Wash the mask after use (at least once a day at a minimum of 60°C). Remove the filter layer before washing, leave to dry thoroughly.



1 PREPARE YOUR MATERIALS

Before you begin, gather all required supplies. A sewing machine would be ideal. With a little patience, however, the mask can also be sewn by hand. Cut out the paper pattern piece from page 4. The pattern piece includes seam allowances. If you would like to sew different sizes, the fabric can be cut wider or narrower.



2 CUT OUT THE PIECES FOR THE MASK

Pin the paper pattern piece to the fabric (printed side facing up) and use chalk or a pen to mark along the edge of the paper pattern piece. Cut out the piece on the marked lines (= outside piece).

To cut out the smaller piece for the inside of the mask, fold the paper pattern piece on the broken line ("inside") and then pin it to the fabric. Use chalk or a pen to mark along the edge of the paper pattern piece. Cut out the piece on the marked lines. Cut the filter according to the given measurements.



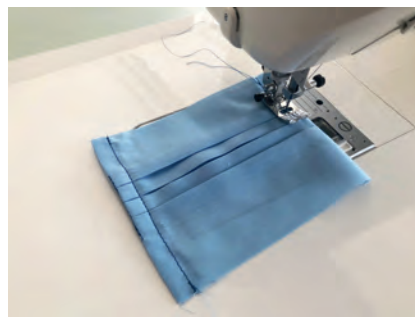
3 FOLD THE PLEATS AND PRESS

Transfer the markings for the pleats on both pieces: Clip the edges of the fabric on the inside and outside pieces for the markings by about 3 mm ($\frac{1}{8}$ "). Fold the pieces from clipping to clipping along the edges and pin them in place with straight pins. The arrows on the paper pattern piece indicate the direction. Press the pleats across the entire width.



4 STITCH THE PLEATS

Stitch the pleats on both sides on both pieces (inside and outside pieces) spaced 1.5 cm ($\frac{5}{8}$ ") next to the edge.



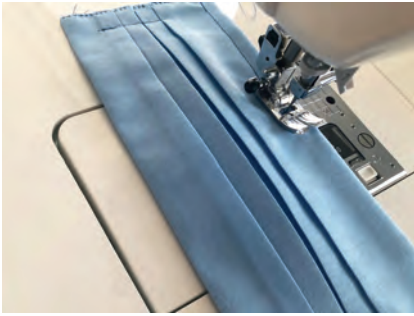
5 FINISH THE NARROW EDGES

Neaten the allowances at the narrow edges of the inside and outside pieces with narrow zigzag stitching or with overlock stitch. Then press the edges of the inside piece 1.5 cm ($\frac{5}{8}$ ") wide to the inside and stitch 1 cm ($\frac{3}{8}$ ") next to edge.



6 DOUBLE THE MASK

Use one straight pin each to mark the centre on the long edges of both pieces. Lay the inside piece on the outside piece with right sides facing (the 'good' fabric side faces in). Pin the upper and lower edges together (matching marked centres). Stitch together 1 cm ($\frac{3}{8}$ ") next to edges. Turn the mask right side out (the 'good' fabric side is now facing out) and press the upper and lower edges flat. Also press the seam allowance not yet sewn at the end of both edges.



7 CONSTRUCT A CASING FOR THE WIRE

Stitch 7 mm ($\frac{1}{4}$ ") wide along the upper edge (width of your machine's presser foot) from one side edge to the other. This will create a casing for the wire. Stitch 7 mm ($\frac{1}{4}$ ") wide along the lower edge likewise.

8 CONSTRUCT A CASING FOR THE ELASTIC

Press the allowances at the side edges of the outside piece 1.5 cm ($\frac{5}{8}$ ") wide to inside (the small clippings indicate the width), and stitch the allowances 1 cm ($\frac{3}{8}$ ") next to the edges.

9 INSERT ELASTIC AND WIRE

Cut the elastic into two equal pieces. Use a safety pin as a bodkin to insert the elastic through the side casings. Use safety pins to secure the ends to fit you properly. Bend over the ends of the wire and slip it into the top casing. Press the wire to your face when you put on the mask. This will ensure an optimal fit. Insert the filter layer between the outside and inside piece from the side. The elastic, wire and filter can be removed before washing the mask.

TEST SQUARE 10 X 10 CM (4" X 4")

PRINTER SETTINGS

The test square must measure exactly 10 x 10 cm (4" x 4"). If not, please check the settings of your printer. Important: Scale 100 %

You may need to deactivate the function "automatically fit to page"

On Apple-Macintosh-Computers, you may receive notice that the page is too large for the print area. Choose the command "crop" to keep the scale at 100 %

Fadenlauf = grain line
ausсен = outside
innen = inside
oben = top

