



PLEATED MASK

Face Mask Instructions

TOOLS:

scissors, iron, pins (or paper clips to hold fabrics in place)

MATERIALS:

Thread

Fabric:

1 piece fabric (cotton 150g)

22 x 44 cm / 9 x 17 in (Adult mask)

16 x 32 cm / 6 x 12 in (Child mask)

100% cotton is a good choice. Any fabric that has little to no light shining through it when held up to the light is a good choice. The tighter the thread weave, the better, but it will be harder to breathe through.

Strips:

4 x 44 cm / 4 x 17 in

(flat shoe laces, flat sewing elastics, strips cut out from old T-shirt)

Nose bar (optional):

6 cm (paperclip, electrical wire, freezer bag strip, etc.)



freezer bag strip
for nose bar

NOTES:

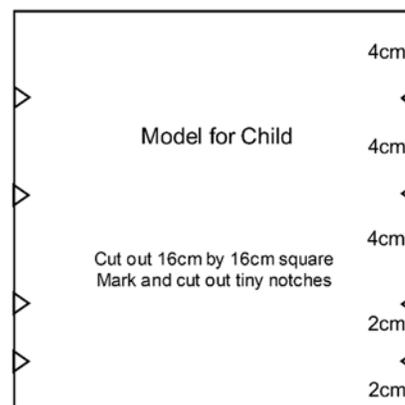
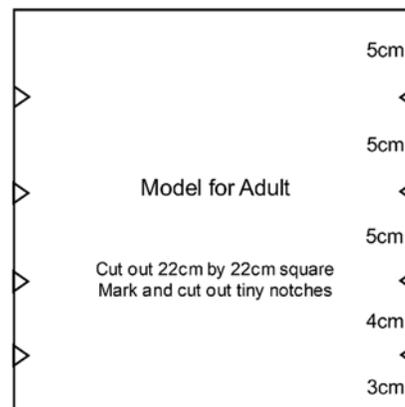
Made of fabric, this is a reusable mask that should be washed in soap and warm water after each use. This is not a replacement for N95 or surgical masks, but this particular design provides an additional layer of protection and option to insert a filter.

PATTERN:

Make a pattern of cardboard and cut very tiny notches at the markings.

Adult Mask: 22cm square (9 in square)

Child Mask: 16cm square (6 in square)



INSTRUCTIONS:

1. Cut out Adult size 22 x 44 cm (Child 16 x 32cm) cotton fabric piece.
2. Fold in half.
3. Position the pattern along the fold and cut the 3 other sides.
4. If the fabric is fraying, make a simple fold (about 1 cm) upside down on each of the short sides of the rectangle.
5. Fabric folded right sides together, fold on the top, using the pattern, mark marks from the top at 5cm, 10 cm, 15 cm and 18cm on the right side and on the left side.
6. Pinch the top fabric at the location of the first mark and form the fold, going up at an equal distance from the top of the square and the hollow of the fold.
7. Form the second fold so that the top of the fold is glued to the hollow of the first fold.
8. Form the third fold so that the top of the fold is glued to the hollow of the second fold.
9. Mark the folds with an iron.



10. Turn the fabric over without undoing the folds and repeat the same operations on the other side.



11. Open the fabric in half and position the links towards the middle of the fabric. Two at the top and two just above the last marker. Close the fabric. Pin if necessary.
12. Sew a seam 1 cm from the right side to the bottom mark by going back and forth at the links. Turn to continue sewing parallel to the bottom 3 cm from the edge if you have folded back otherwise 4 cm. Stop when you have made 4 cm and repeat the seam on the same line 5 cm from the other edge up to 1 cm from the edge. Turn and go up to the top.



13. Flip the mask

OPTIONAL: To create the location of the nasal bar, determine the middle of the top of the mask by folding it in half, mark a mark 3 cm on each side. Start the seam at the top at a mark, descend 8mm and turn to make a seam 6 cm parallel to the edge. Do not close the rectangle to be able to insert the wire which will serve as a nasal bar passing through the interior of the mask.



Your mask is finished. Do not forget to remove the filter and the nasal strip before washing it at 60° C with your usual detergent.