

INSTRUCTIONS FOR CONTOURED FACE MASK WITH FILTER POCKET

*note: this mask is not approved for use as anti-viral personal protective equipment, but rather falls into the category of homemade masks that are described by the CDC as suitable for use during severe resource limitations. From the CDC:

“HCP use of homemade masks: In settings where facemasks are not available, HCP might use homemade masks (e.g., bandana, scarf) for care of patients with COVID-19 as a last resort. However, homemade masks are not considered PPE, since their capability to protect HCP is unknown. Caution should be exercised when considering this option. Homemade masks should ideally be used in combination with a face shield that covers the entire front (that extends to the chin or below) and sides of the face.”

INSTRUCTIONS

Materials needed:

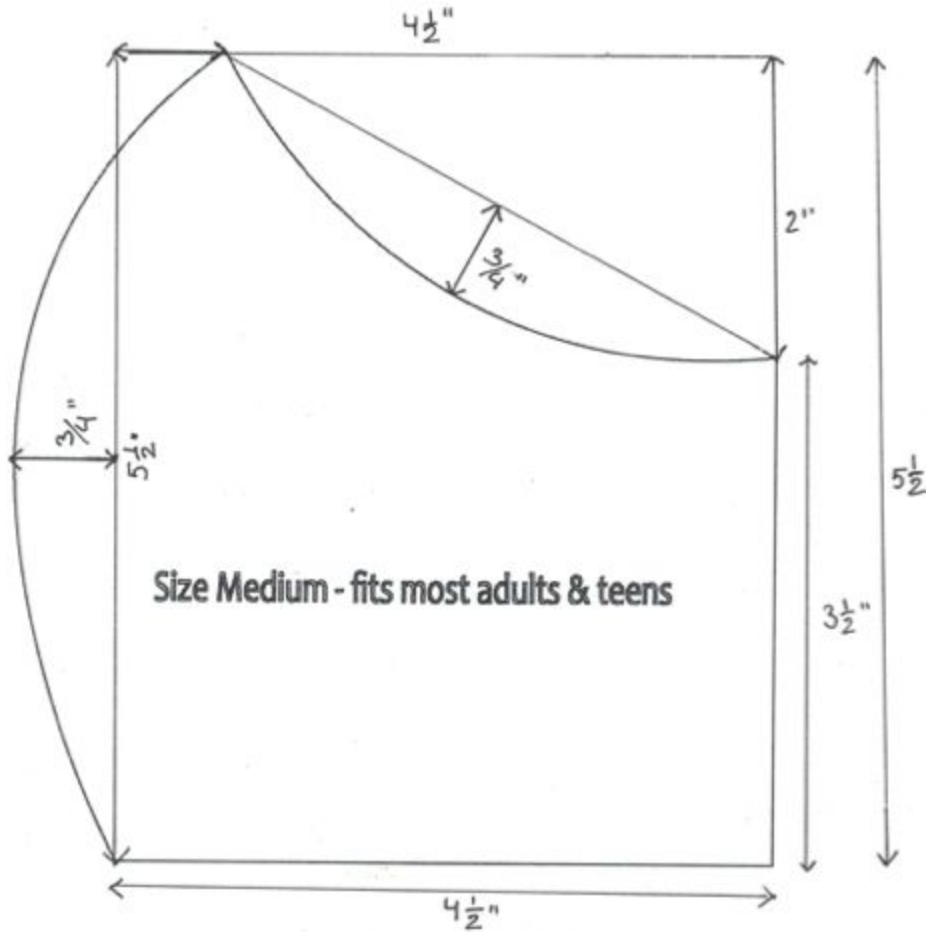
- fabric – about 13"x 14", tightly woven cotton
 - fabric should be washed in hot water, dried, and ironed before beginning construction
- thread
- round elastic - 1/8 in or 1/16 in preferable. 1/4 in flat will work as well.
 - large 35", medium 28", small 27", extra small 22"
- pins
- scissors
- iron

If you don't have a printer at home then you can make this pattern by yourself using the following illustration and measurements. This is a medium size, but if you wish to have a bigger size then just add a quarter of an inch all around to make it a large pattern.

You can also make a smaller pattern by reducing a quarter of an inch all around.

Face Mask Pattern

Arkansas Arts & Fashion Forum



Designed by Basana Chhetri for Arkansas Arts & Fashion Forum

STEP BY STEP INSTRUCTIONS

1. Download the pattern and cut the fabric

Download the pattern and cut the desired size. You don't need to add any seam allowance as it's already been included (half an inch). You will need four pieces of the cut fabric.



2. Sew along the wide, curved line of the mask

3. Next, clip or put notches in the seam allowance on the sewn part of the mask, separate the seam and iron the seam flat.



4. Join the two layers together by sewing together the outer sides on the opposite of the notches. Leave 3" on the bottom line open to make a pocket for a filter and stitch the seam. Clip the curve along the top and flip the mask inside out.



5. Make a pocket for the elastic by folding the side raw edges of the outer layer about a quarter of an inch away from the edge and fold half an inch again stitch a straight line.

6. Now put the elastic through the vertical tube and tie a knot.



Now your mask is ready!



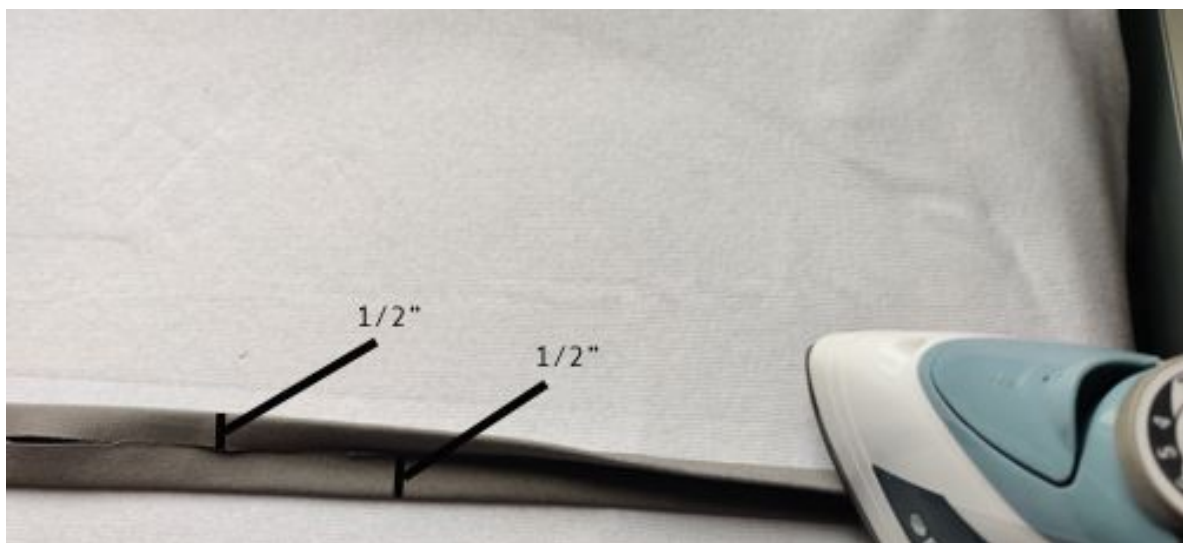
View of Mask from behind. Note that elastic is one continuous piece.

ALTERNATE WITH FABRIC TIES

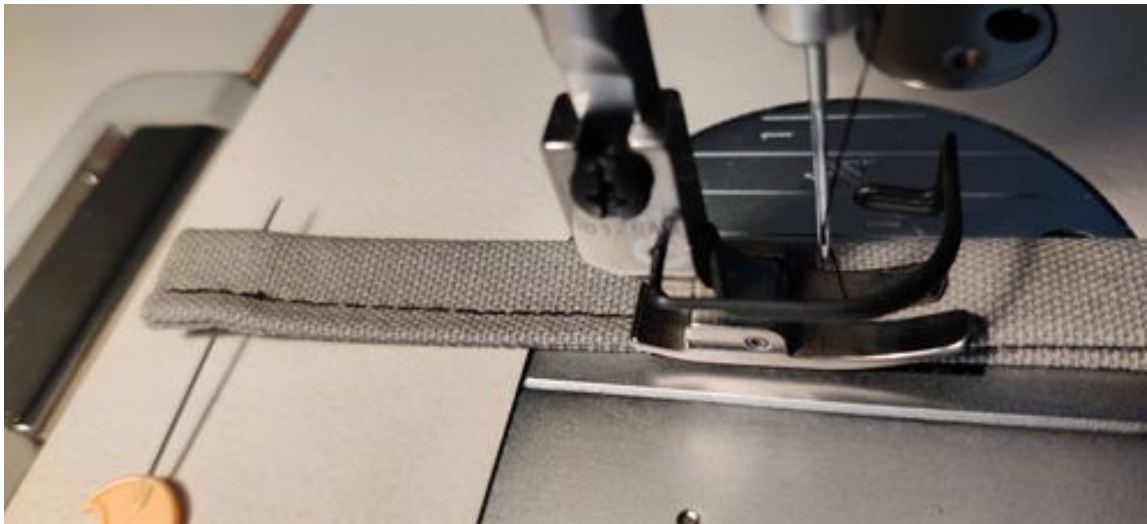
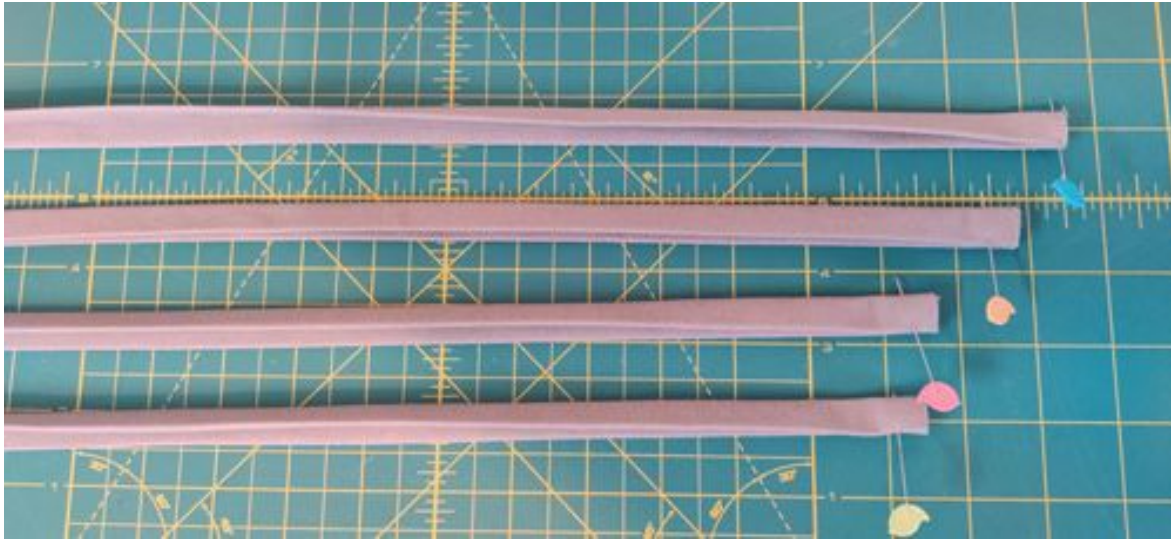
1. Now, you will need four strips of fabric measuring 2" X 18" and another two strips of fabric measuring 2" X 4"

2. Fold 1/2" and iron on one end of all four pieces of fabric strips (2" X 18")

3. Fold 1/2" on both sides of the 2" X 18" strips and iron all four pieces well.

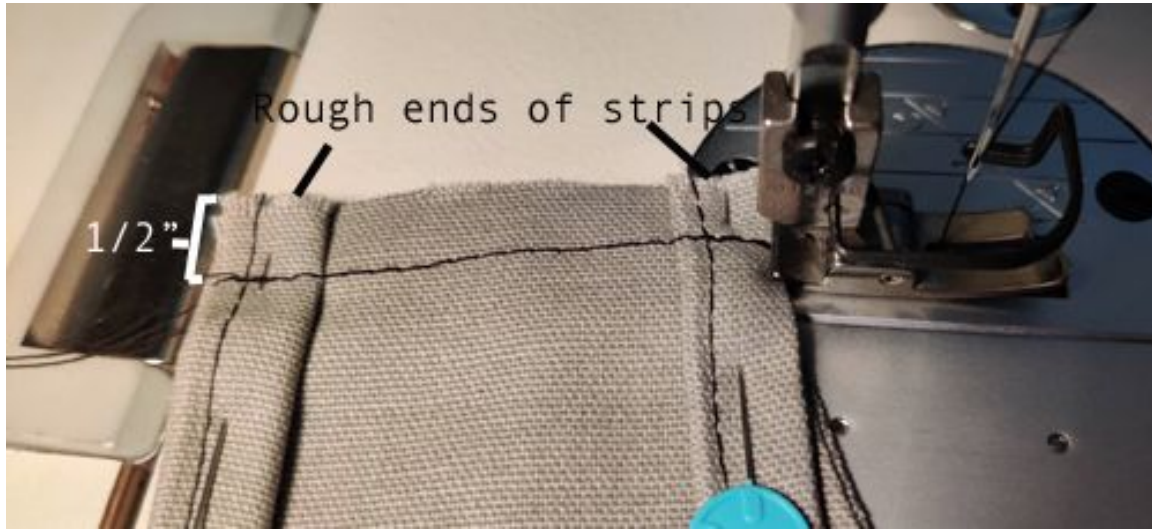


4. make all four pieces ready like the picture below and stitch a straight line along the edge of the folded strips.

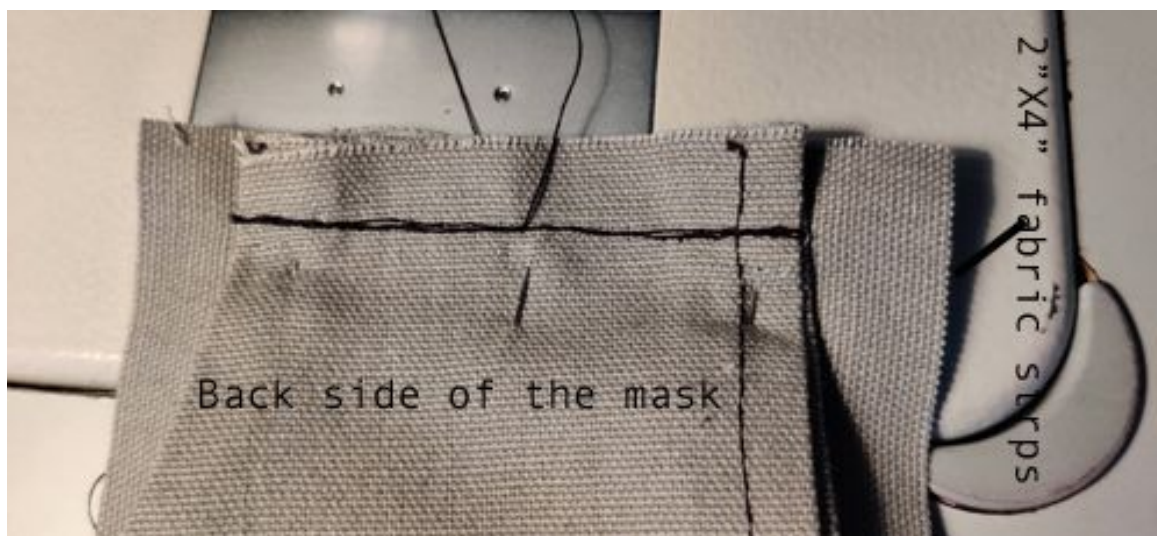




5. Now, place the rough ends on both edges of the strips on the front side of the mask and stitch a straight line, leaving 1/2" as seam allowance.



6. Place two pieces of fabric strips (2" X 4") over the front side of the mask, flip it over and stitch a straight line on each end of the mask.



Sew on both sides like in the picture below.

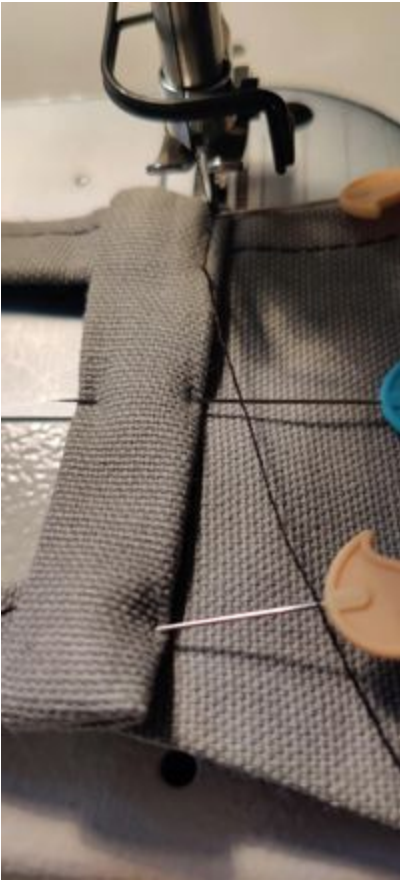
7. Now, flip the remaining part of the sewn pieces (2" X 4") on both sides and iron them well like in the picture below.



On the back side of the mask, fold the remaining part of the fabric on both ends.



Now, fold the remaining part of the strips twice and stitch a straight line along the edge of the 2" X 4" strips on both sides of the mask.



Now your mask is ready!