

Facemask Pattern - with pleats and pocket for filter

The following pattern is recommended for those making homemade masks. While this is one of many patterns that are great for personal use, it is the pattern we recommend be made for use by our health care workers should you wish to donate masks to help offset the potential depletion of available supplies.

The reasoning for recommending this style is that it provides a good fit around the mouth and nose as well as a pocket for inserting a disposable "filter", such as a tissue, coffee filter, additional cloth, or other type of barrier.



View this helpful Video Tutorial for making this mask pattern:

HOW TO MAKE FACE MASK WITH FILTER POCKET AND ADJUSTABLE WIRE - SEWING TUTORIAL

Pattern from EasyToSew on YouTube:

<https://www.youtube.com/watch?v=BCJcE-r7kcg&fbclid=IwAR3KDPn41MYTH1MoQWTMRKETyTqln8kq2RWPfCQL0h9-V3HNrTIQxqSrGnw>

Special considerations:

- Fabric of tight weave cotton or cotton/poly and color-fast so when washed in hot water, will not bleed.
Some suggestions, depending on what fabric is available:
 - 1 layer cotton front, 1 layer flannel inside (or another softer fabric that's easier on the face)
 - Use different material for the front vs. the back (making is easier to tell which side is which)
- Prewash cotton before you start.
- If you aren't able to get 1/4" elastic you could possibly cut thicker elastic in half – although you may need to zig zag stitch the elastic to prevent it from fraying.
- 12" elastic for the ear pieces creates a larger fit, 10" creates a more general fit for average face sizes.
- The instructions below include making ear loops as well as ties (tie instructions are in the ADDENDUM)
- Zig zag all edges, sew with a serger sewing machine, or use pinking shears to help keep the edges from fraying on the cotton.
- All seam edges are sewn with a 1/4" seam allowance unless otherwise specified.
- Iron fabric after cutting to eliminate initial wrinkles on fabric and make the fabric easier to work with.
- Back stitch at the start and end of the seams to help reinforce them.

Materials needed:

Material	Quantity	Dimensions
Cotton or cotton/poly woven fabric	1	16" long x 7.5" wide
Bias tape or 2" wide x 6" long fabric strips	2	Bias tape - 36" long
Plastic twist tie, bread wrapper tie, pipe cleaner, or 18 or 20 gauge wire	1	About 6 ½ " long (if use wire or pipe cleaner)
1/4 -3/8" elastic	2 pieces	10" long if you sew them together, 12" long if you tie the ends together
If unable to find elastic, use ½" bias tape	2 pieces	6" long

Instructions:

1. Cut fabric as listed above and assemble other supplies.
2. Secure the edges as listed in the suggestions above by zig zag sewing, sewing with a serger, or using pinking shears to help keep the fabric from fraying.
3. Starting with the largest piece of fabric (16" x 7.5") after you have done step 2, fold fabric in half, right sides of the fabric together and pin together.
4. Mark 1 ½" from the edges on one of the open longer sides of the rectangle fabric piece.
5. Stitch across the longer open side of the rectangle from the edge of the fabric up to the 1 ½" markings.
6. Turn fabric so right side of fabric is facing out and press seam open (including the opening which will form the pocket for the filter)
7. After seam is ironed topstitch closest to the seam/pocket opening on both long sides of the seam/pocket you created.
8. Mark ½" above the long seam that created the pocket and press.
9. Stitch along all edges of the rectangle.
10. Mark center on twist tie/pipe cleaner or wire (the nosepiece) and mark center of the long edge of the mask above the pocket.
11. Insert the wire for the nosepiece into the top seam above the filter pocket and secure with pins.
12. Stitch the edges of the nosepiece in place (this will only be a couple of stitches).
13. Sew the long side of the seam between the opening and the nosepiece to make the casing and seal the longer side of the nosepiece in place sealing this seam.
14. Fold three ¾" pleats along the mask so pleats face down on the front of the mask and iron. Then pin in place and sew a basting stitch on the short edges of the mask to hold the pleats in place.
15. (To add the elastic) Lay the bias tape or 2" fabric strips right sides together along the edge of the mask. Leave 12" of bias tape hanging below the mask and the rest of the excess above the mask. If you use 2" fabric strips center the mask with the strips leaving some above and below for a finishing edge.
16. Stich the edges of the elastic together to make a loop. Backstitch and sew seam several times to ensure a secure seam.
17. Insert elastic on one side.
18. Fold the raw edge of your bias tape to meet the raw edge of your mask and then fold again so the folded edges meet along and covers your previous stitching on the mask.
19. Stitch the seam.
20. Repeat step 18 & 19 with other side of mask and you are FINISHED!

ADDENDUM

If making fabric ties versus elastic:

1. Assemble mask as listed above, except don't lace the elastic.
2. Cut 4 pieces of bias tape or fabric strips no shorter than 13-14" long but recommended not longer than 20-21" long.
3. If using fabric to make strips, jersey knit works well as it naturally curls in on itself. If using regular cotton fabric, cut strips 2 inches wide.
4. IF using fabric to make bias strips, continue the following steps in order. IF using bias tape, skip to step 11.

5. Fold the fabric in half and have the printed side facing out.
6. Press with iron.
7. Open up the straps with the printed edge of the fabric facing down.
8. Fold the edges of the fabric towards the center matching the raw edges of the fabric to the previously pressed center. (See diagram 1)
9. Press with iron so the raw edges meet in the center over the first pressed center.
10. Turn the almost complete bias tape so that the printed edges are out and press with iron.
11. If using bias tape, fold the bias tape so the folds are facing each other. (If using fabric created bias strips- skip this step as you did this in step 10)
12. Zig Zag and stitch the bias tape together. (Depending on the size of bias tape used this could seem pretty thin and the zig zag stitch may cover the width of the strap.)
13. Place each strap on the corners of the assembled mask as demonstrated in diagram 2 below.
14. Stitch in place. This may be easier to hand stitch, just make sure they are secure.

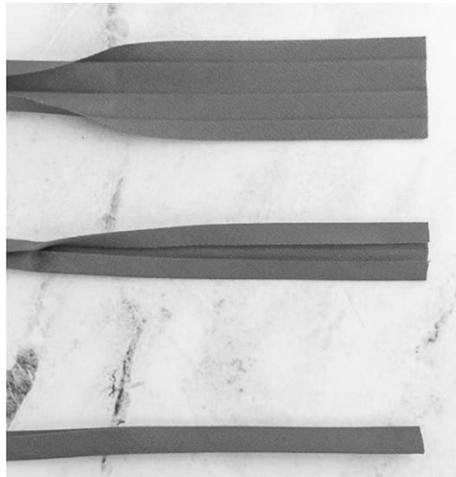


Diagram 1

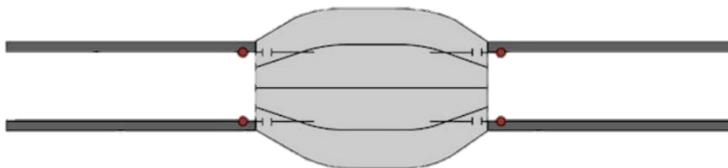


Diagram 2