



# HOW TO MAKE A FACE MASK

**We are welcoming fabric masks from our community as we prepare for COVID-19.**

Orders for standard/disposable masks are on long back-orders, due to both demand and supply chain issues. Other hospitals across the country are reporting the same supply concerns.

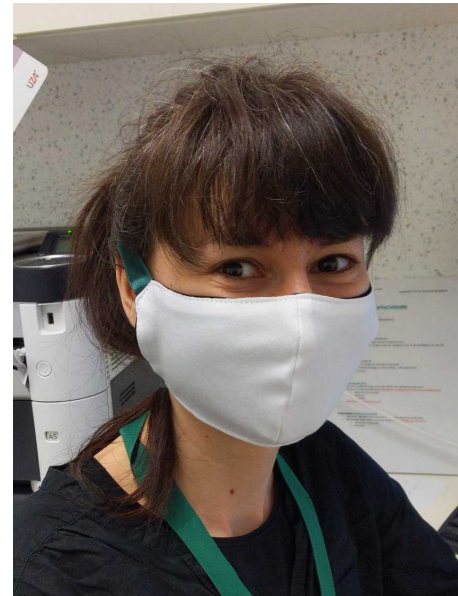
According to the CDC, fabric masks are a crisis response option when other supplies have been exhausted. "Prior to modern disposable masks, washable fabric masks were standard use for hospitals," said Dawn Rogers, MSN, RN, FNP-C, Patient Safety & Infection Prevention Office. "We will be able to sterilize these masks and use them repeatedly as needed. While it's less than ideal, we want to do our best to protect our staff and patients during this pandemic."

## WHAT YOU NEED

- Basic sewing supplies
- Suggested Fabric: Tightly woven cotton or viscose/rayon
- Elastic or about 4 feet of ribbon cut in 4 equal parts

## ADDITIONAL SUGGESTIONS:

- Ties or elastic can be used to fit over the ears or back of the head.
- Add a pipe cleaner, twist tie or any thin metal at the top of the nose and sew in between the seam allowance space on the inside of the mask. This is so it can best fit over the nose.
- The top could be left open for 2 - 3 inches between the front and inside materials. This would allow for an insert of filtering material to be placed inside for more protection against small molecules like this virus.



## FABRIC OPTIONS

Suggested Fabric: Tightly woven cotton or viscose/rayon

The goal of our mask is to stop droplets. So you want to go for something that filters those out. Then again, you need to be able to breathe through your mask, so we want fabric that breathes, without letting droplets through. In addition, we want the inside to be comfortable on our skin. So here I'd suggest a tightly woven cotton or viscose/rayon.

**Please remember that both women and men in a variety of roles may wear these masks.**

**When your masks are complete, please email Tina Swanton [t.swanton@mihia.org](mailto:t.swanton@mihia.org) to arrange pickup/delivery. (We will do our best to coordinate and keep all parties safe.)**

*Collected masks will be immediately sent to laundry/processing to be prepared for use.*

The pattern is courtesy of: <https://freeseewing.org/>

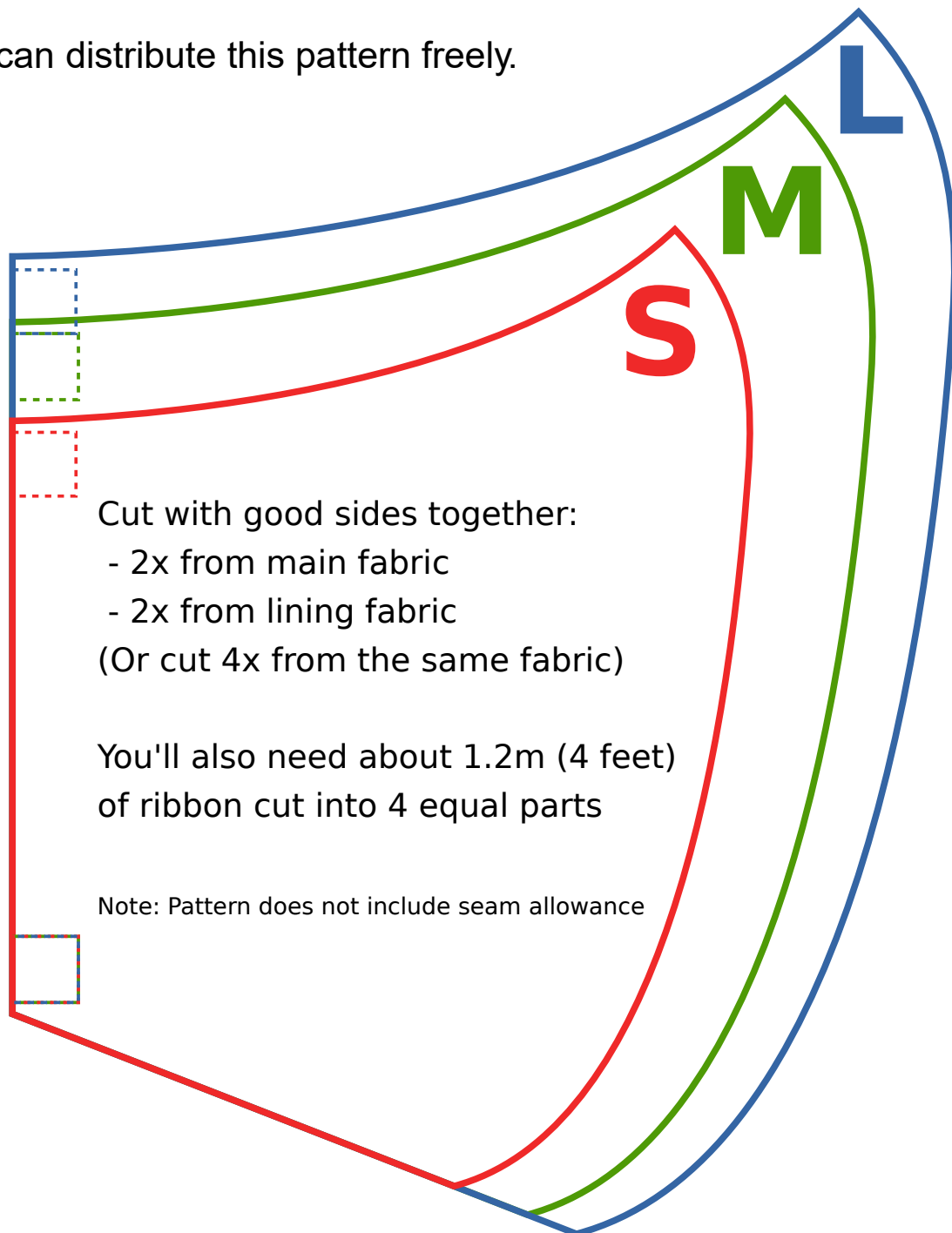
# Face Mask

This is based on freesewing.org's Face Mask pattern.

**Sewing instructions start on page 4 and are also available online:**

<https://freesewing.org/docs/patterns/fu/instructions/>

You can distribute this pattern freely.



Cut with good sides together:

- 2x from main fabric
- 2x from lining fabric

(Or cut 4x from the same fabric)

You'll also need about 1.2m (4 feet)  
of ribbon cut into 4 equal parts

Note: Pattern does not include seam allowance

The (white) inside of this box should be 10cm wide  
The (black) outside of this box should be 4" wide

# Cutting

This pattern only has one part, the *mask*. This is half of the mask, so we will need two of them. In addition, we want an outer and inner layer of fabric, so we'll need four in total:

- **Main fabric**
  - Cut **2 masks** parts
- **Lining fabric**
  - Cut **2 masks** parts

If you're using the same fabric in and out (which is fine) then simply cut **4 mask** parts.

## Fabric options

The goal of our mask is to stop droplets. So you want to go for something that filters those out. Then again, you need to be able to breath through your mask, so we want fabric that breathes, without letting droplets through.

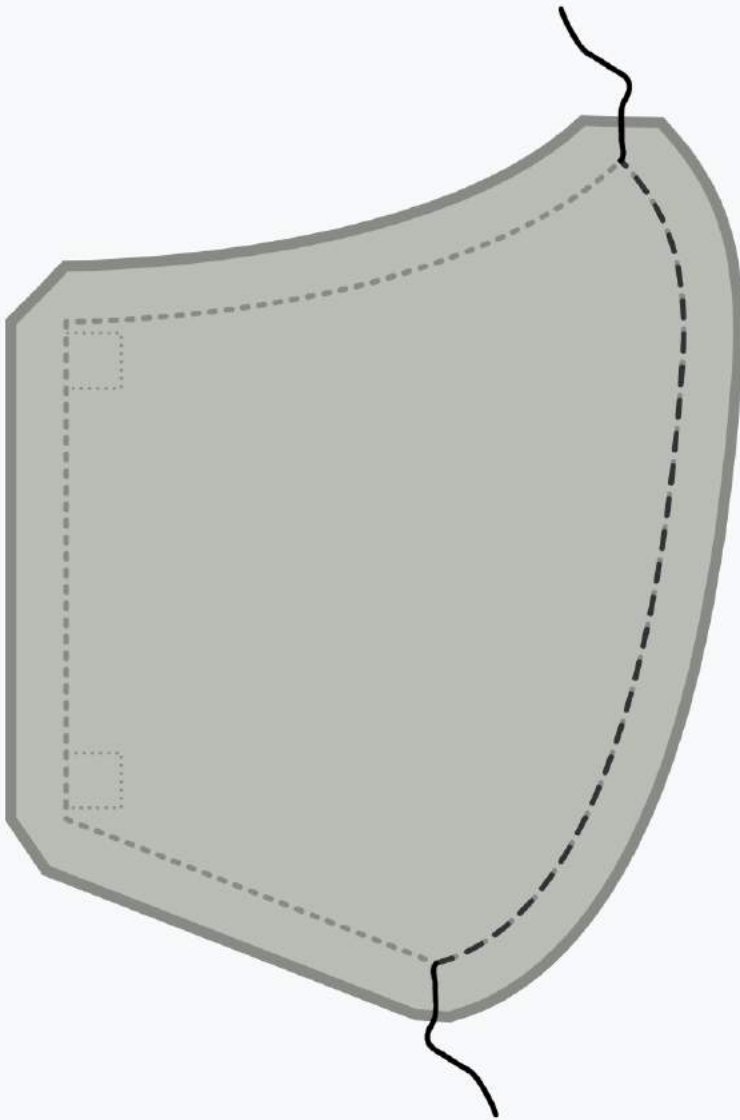
In addition, we want the inside to be comfortable on our skin. So here I'd suggest a tightly woven cotton or viscose/rayon. For the outter fabric, cotton again, or a tightly woven wool.

Note that fabric that is *breathable* is not the same as fabric your can breath through. There's many so-called waterproof breathable fabrics — or MBFs — that are used for outdoor gear because they repel water and are *breathable* but would make a poor choice for a face mask. Look no further than your umbrella for an example. Chances are it's more from a fabric you can breath through, but only with substantial effort, which would not work for our face mask.

# Instructions

## 🔗 Step 1: Join center seam

Join the curved seam that is center of our mask by placing the *good sides together* and sewing them in place.



**i** Repeat this step for both the outer (main) fabric, and the inner (lining) fabric.

## Step 2 (optional): Press the center seam



This step has no functional value, it will only make your mask look better. So if you're not too bothered about that, feel free to skip it.

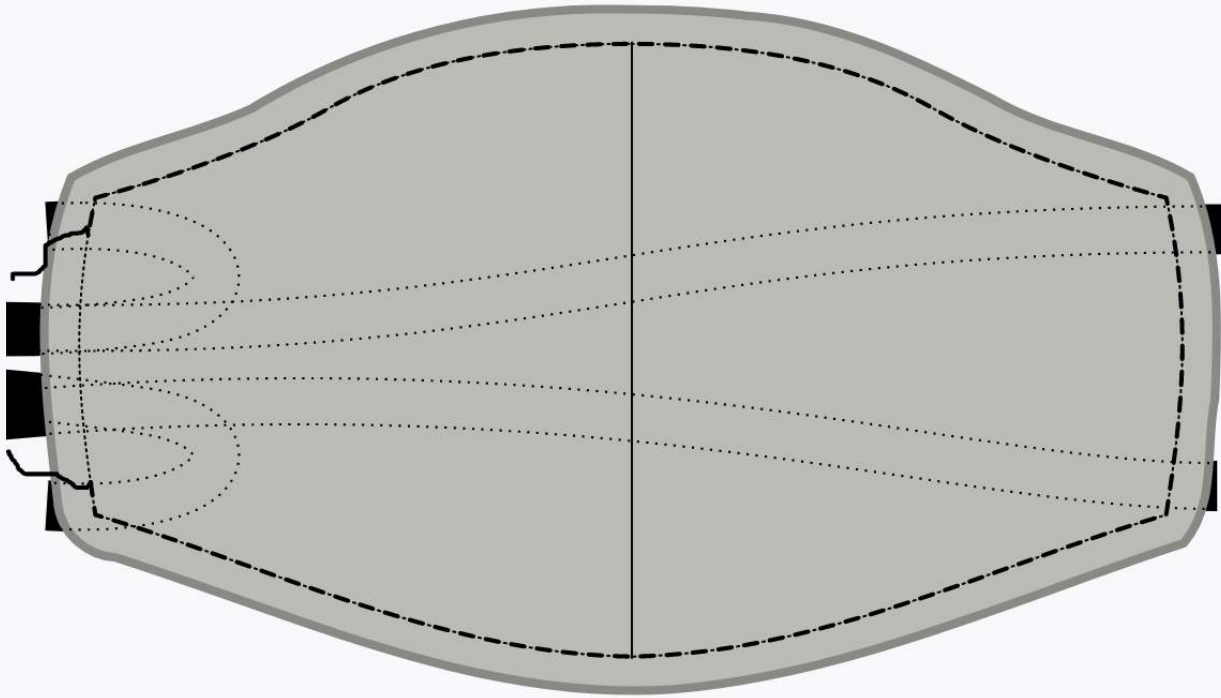
Press the seam allowance on the center seam open so the seam lies nice and flat.

As this is a curved seam, it won't lay flat. But you can approach it with your iron from one side, then do the second half from the other side. Alternatively, you can use a tailor's hem or cushion to press.



Repeat this step for both the outer (main) fabric, and the inner (lining) fabric.

### 🔗 Step 3: Sew the outer to the inner fabric and attach ribbons



Now we will sew the inner (lining) fabric to the outer (main) fabric, and attach the ribbons all in one step.

- Place your lining fabric down with the good side up.
- Then, place two ribbons on the corners of one side (right in our example) so that they peak out just a bit from the mask, but the ribbon extends inwards.
- Now place the main fabric on top of this with the good side down. You should now have both layers of your mask on top of each other with *good sides together?* and two ribbons sandwiched between them
- Pin through ribbons and layers to keep them in place
- Now do the same on the other side



As you get some practice, you will find you don't need to pin this and can just insert the ribbons as you approach a corner.

Now sew around the mask, making sure to leave one side open so we can turn the mask inside-out later.



Be careful not to catch any of the ribbons in the seam apart from where you want them to. Either guide them through the opening you leave on one side, or bunch them up in between the masks of your layer to keep them out of the way.



## 🔗 Step 4: Turn the mask inside-out

Actually, your mask is inside-out now, so turning it inside out will mean we get it outside-out, or regular.

Just reach in through the side your left open and carefully pull the mask through to turn it.

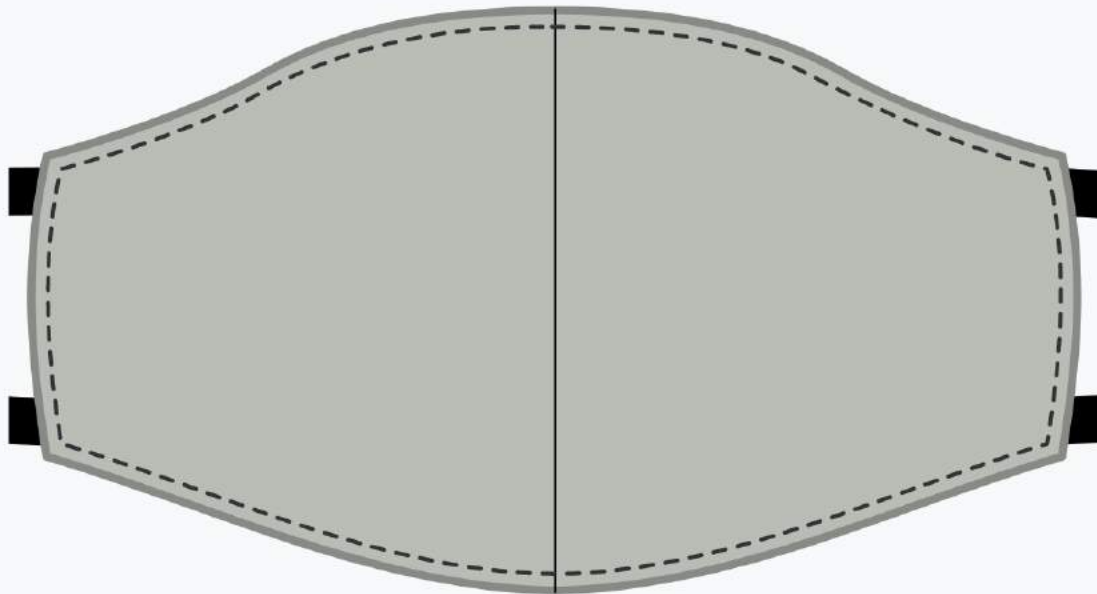
## 🔗 Step 5 (optional): Press the mask



This step has little functional value, it will only make your mask look better. So if you're not too bothered about that, feel free to skip it.

Now that the mask is as it should be, it's time to press it. Before doing so, make sure to fold the seam allowance of the side we left open inwards, so that we press it flat as if it was sewn.

## 🔗 Step 6: Close open side of the mask and edge-stitch around the edge



Now it's time to close the side of our mask the we left open to turn it inside out.

We are not merely going to close the opening, but also edge-stitch around the entire mask to give our mask some extra stability, and keep the lining at the back.

Make sure the open side is folded neatly inside, then edge-stitch around the entire mask.

## 🔗 Step 7: Wear your mask or make a bunch

That's it, you're done! You can now wear your mask.

Even better, make a bunch so you can give others masks too.