

## Jen's Face Mask Instructions

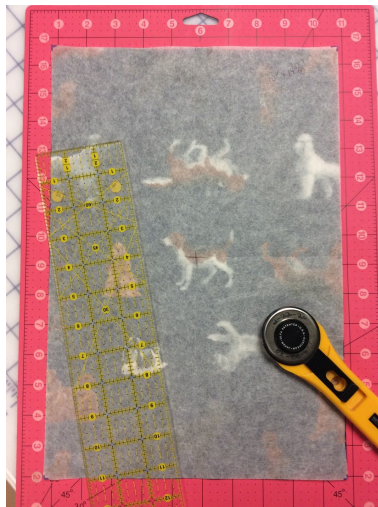


### Supplies

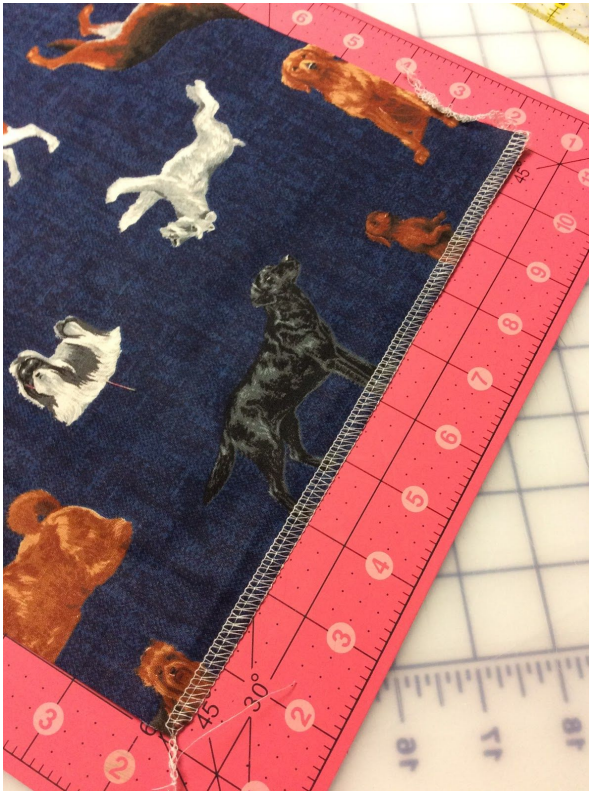
- 10" x 14<sup>5</sup>/<sub>8</sub>" piece of quilting cotton
- Thread and wonder clips
- 6" plastic twist tie or pipe cleaner (Smaller lengths will work too if that is all you have. I like the twist tie better than the pipe cleaner.)
- 2 - 9<sup>3</sup>/<sub>4</sub>" pieces of 1/8" or 1/4" elastic (You can cut your elastic to whatever length is comfortable for you. This amount is a suggested starting point. You can also substitute a piece of homemade spandex cord - see end of my instructions. You could also run twill tape or other material through the casings to make ties instead.)

### Instructions

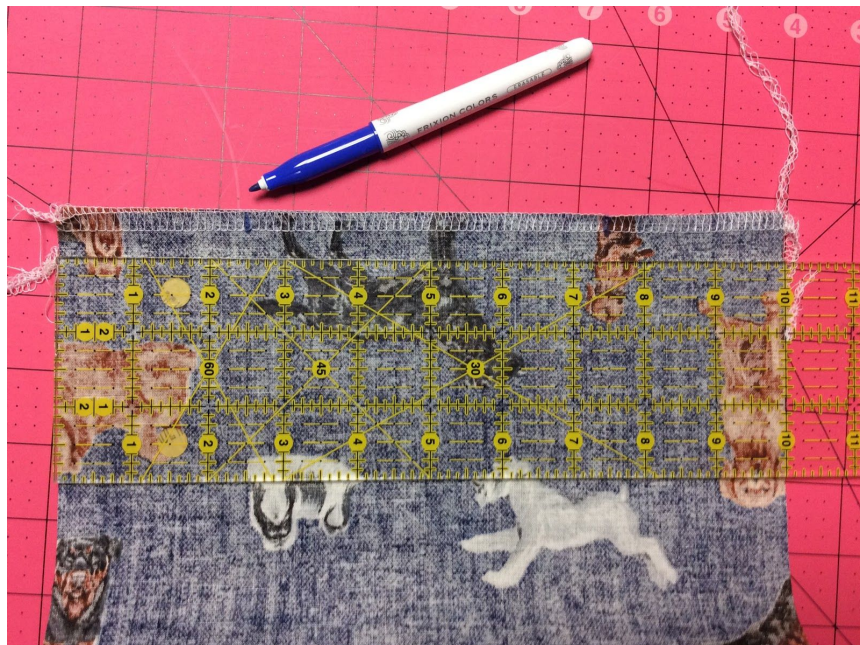
1. Cut a piece of fabric 10"x14<sup>5</sup>/<sub>8</sub>".



2. Serge or zig zag finish the raw edge of both 10" sides.



3. Fold fabric right sides together having serged edges together. Make a mark 2.5" from each edge along the 10" long edge.



4. Sew from the raw edge to the mark on each side with a  $\frac{3}{8}$ " seam allowance. Leave open in the middle between the marks. (This opening will be the opening in the lining to insert filter media.)



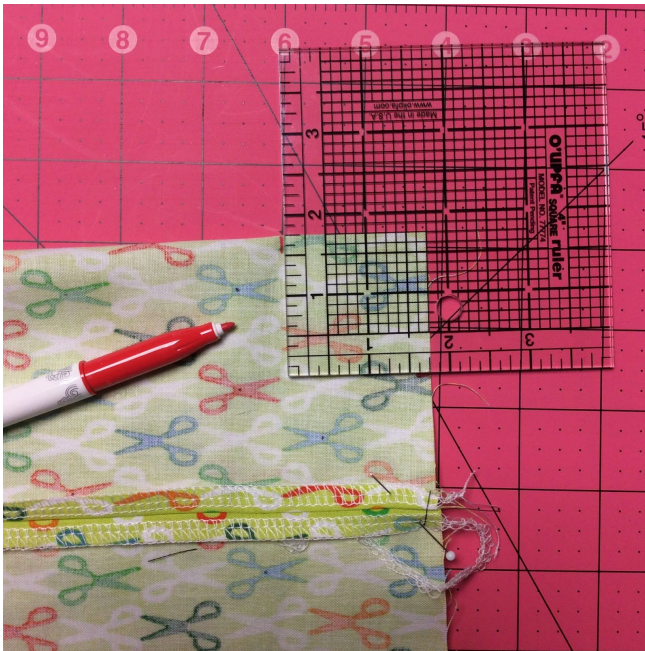
5. Press seam flat to set stitches, then press seam open.



6. After pressing, place the seam at the top and the fold at the bottom. Make a mark on the fold on both the right and the left side. Align seam with mark, moving seam to center. Clip or pin to hold in place.



7. Make marks  $1\frac{3}{4}$ " away from each side of the corner and draw a diagonal line in each corner.



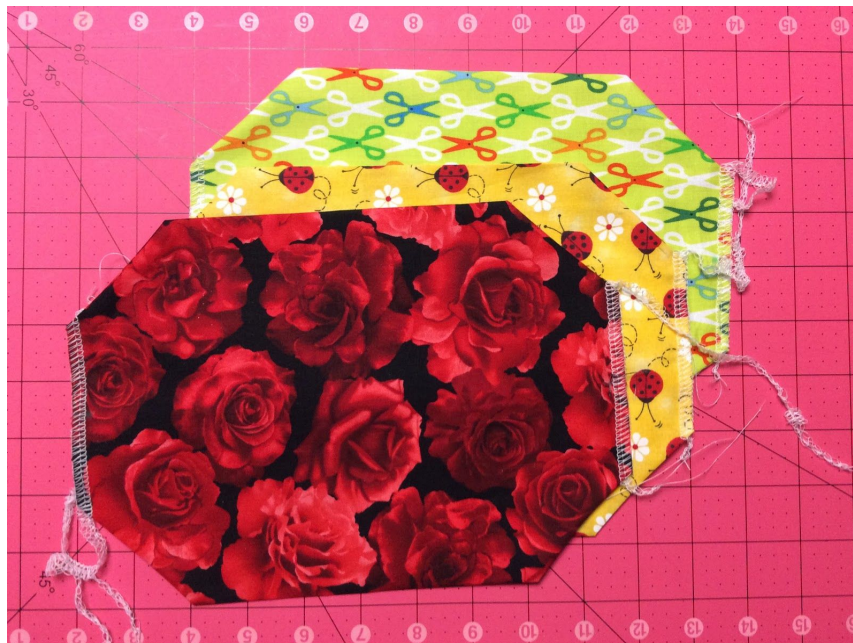
8. Stitch on the lines. Trim corners to a ¼" seam allowance.



9. Press seams flat to set stitches. Turn the mask right side out. Poke out corners and press.



10. Serge or zig zag finish to close the sides of the mask.



11. Decide which edge will be the top of the mask. Insert a 6" twist tie into the mask through the lining opening. Place the twist tie in the fold at the top edge and clip in place.





12. Topstitch along the upper edges, securing the twist tie in place.  
Topstitch along the bottom edges.



13. With lining side facing up, turn bottom edge up toward center, folding where the angle begins on both sides. Press.



14. Turn the top edge down toward the center, folding where the angle begins on both sides. Press. The top edge should overlap the bottom edge slightly.



15. Fold up the sides of the top and bottom edges as shown in photos and clip in place.



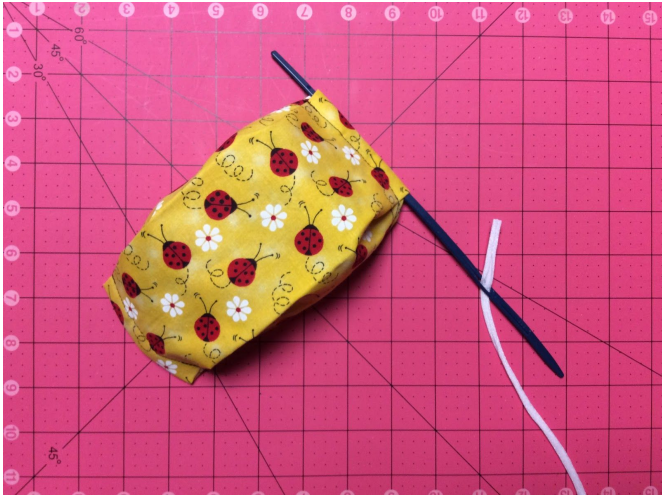
16. Now fold in both the side edges to form a casing for the elastic. Overlap the folded top and bottom edges by about ¼". Clip in place.



17. Edgestitch both casings about  $\frac{1}{8}$ " from serged edge.



18. Insert a piece of elastic or cord into each casing using a safety pin, bodkin or other tool. Tie into a knot. Slide knot into casing.



19. Your mask is ready to wear! The edge with the twist tie is is the top. Place the elastic loops around your ears and shape the twist tie to create a snug fit around your nose.

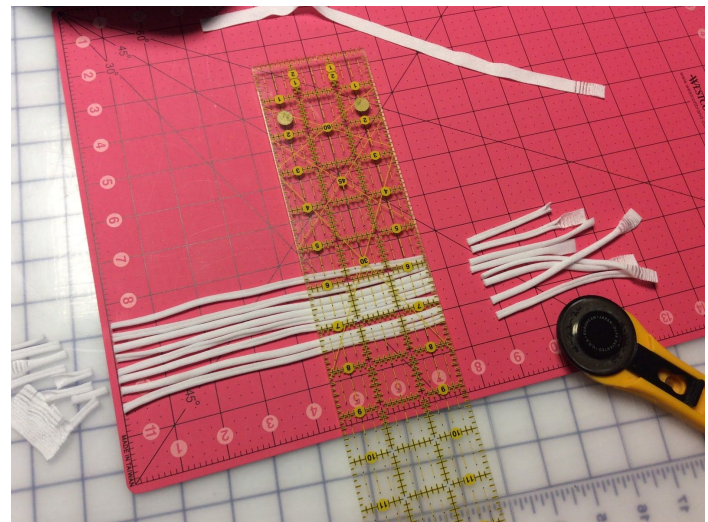
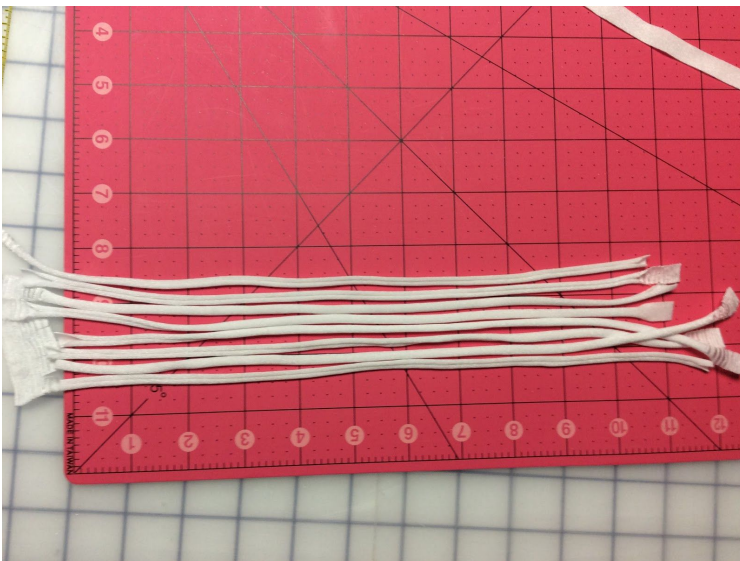
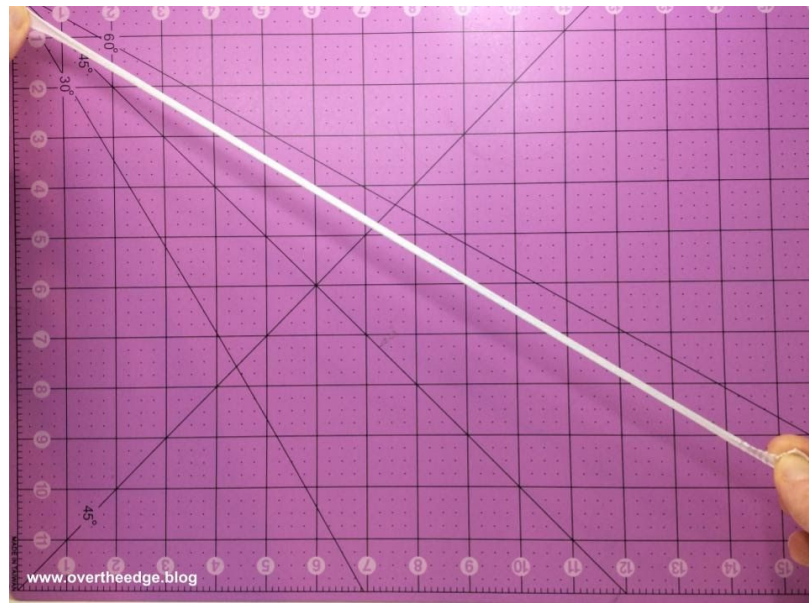
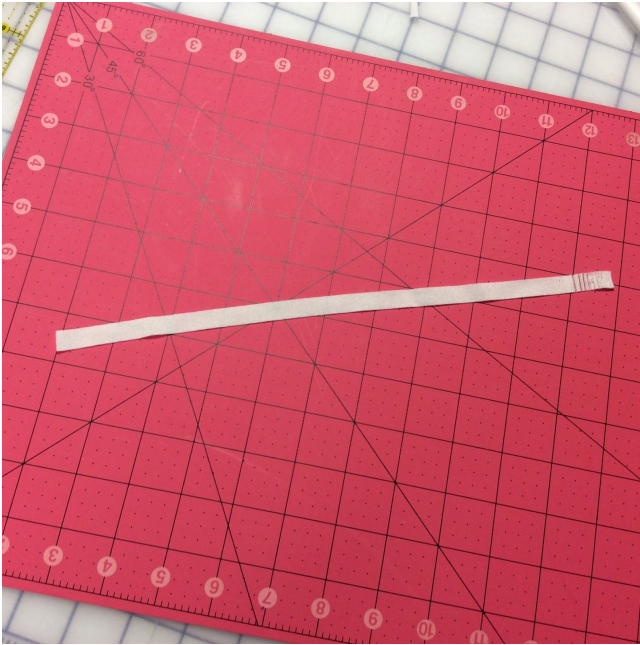


You can insert a piece of filter media, if desired, through the opening in the lining. Filter media could be paper towels, or facial tissue, or other? You can do research on the internet to see if this is something you want to do.



## How to Make Homemade Spandex Cord

If elastic is unavailable, you can use homemade spandex cord instead. This cord can be made from spandex bathing suit type fabric. For each cord, cut a  $\frac{3}{8}$ " wide crosswise piece of spandex at least 8-9" long. Grab both ends of the strip and give it a good stretch, causing it to curl so that it looks like a cord. Let it relax for a minute and then cut it to 7.5" long (or as desired.) I found that the spandex cord needs to be shorter than the  $\frac{1}{4}$ " elastic to fit comfortably on the ear.





## How to Wash Face Masks

I cleaned my face masks by putting them in a mesh laundry bag and putting them in the washing machine and dryer with my clothes. They came out of the wash and dryer rolled up in balls. I was able to easily open them up and reshape the twist ties. If you want them to look as pretty as new, touch up the wrinkles with an iron. You could also hand wash the masks in warm water with soap. Scrub just like you do when you wash your hands.



## Replacing Twist Ties

If the twist tie stops performing, don't throw the mask away. Repair the mask. Grab a seam ripper and remove some of the top stitching holding the twist tie in place. Reach in through the lining and remove the old twist tie. Insert a new twist tie, and restitch the stitches that were removed.

## Replacing Elastic

Since the elastic is in a casing it is easy to replace. Just cut it and remove it from the mask. Use a safety pin or other method to insert a new piece of elastic or cord. You could even replace the elastic with ties if that works better for you.

## Notes

- I tried 3 different face mask patterns, and this is the one that fit my face the best. It put less pressure on my nose, but still gave me a good fit around the edges.
- You could make it a little bigger or smaller if needed (10.5" x 14<sup>5</sup>/<sub>8</sub>" is a little larger or 9.5" x 14<sup>1</sup>/<sub>8</sub>" is a little smaller). Or change the length of the elastic to better fit your face.
- I saw a tutorial for this style of facemask on YouTube, but there was no written pattern to go with the video. Unfortunately, the video was removed from YouTube shortly after I viewed it, and I couldn't find a pattern for this style face mask anywhere on the internet. Luckily for me, I took a few notes before the video disappeared. I decided to make my own written tutorial with lots of photos to share with my family, friends and anyone else who would like this tutorial. I did make a few minor changes (to the original face mask instructions I saw on YouTube) to make it easier to sew.

## Disclaimer

This homemade mask is not considered personal protective equipment by the CDC. Make fabric masks at your own discretion. For more information on face masks please visit the CDC website: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/face-masks.html>

Another good website explaining personal protective equipment and face masks:

<https://www.cnet.com/how-to/homemade-face-masks-and-coronavirus-what-to-know-about-cd-c-recommendations-and-n95/>