

How to Sew a **FACE MASK**

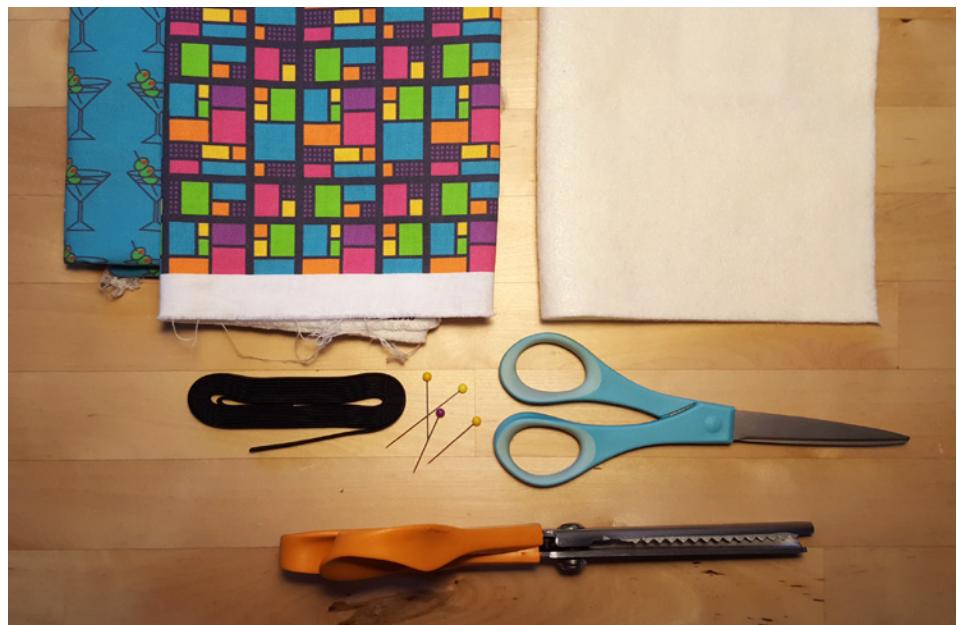
by
:Danielle

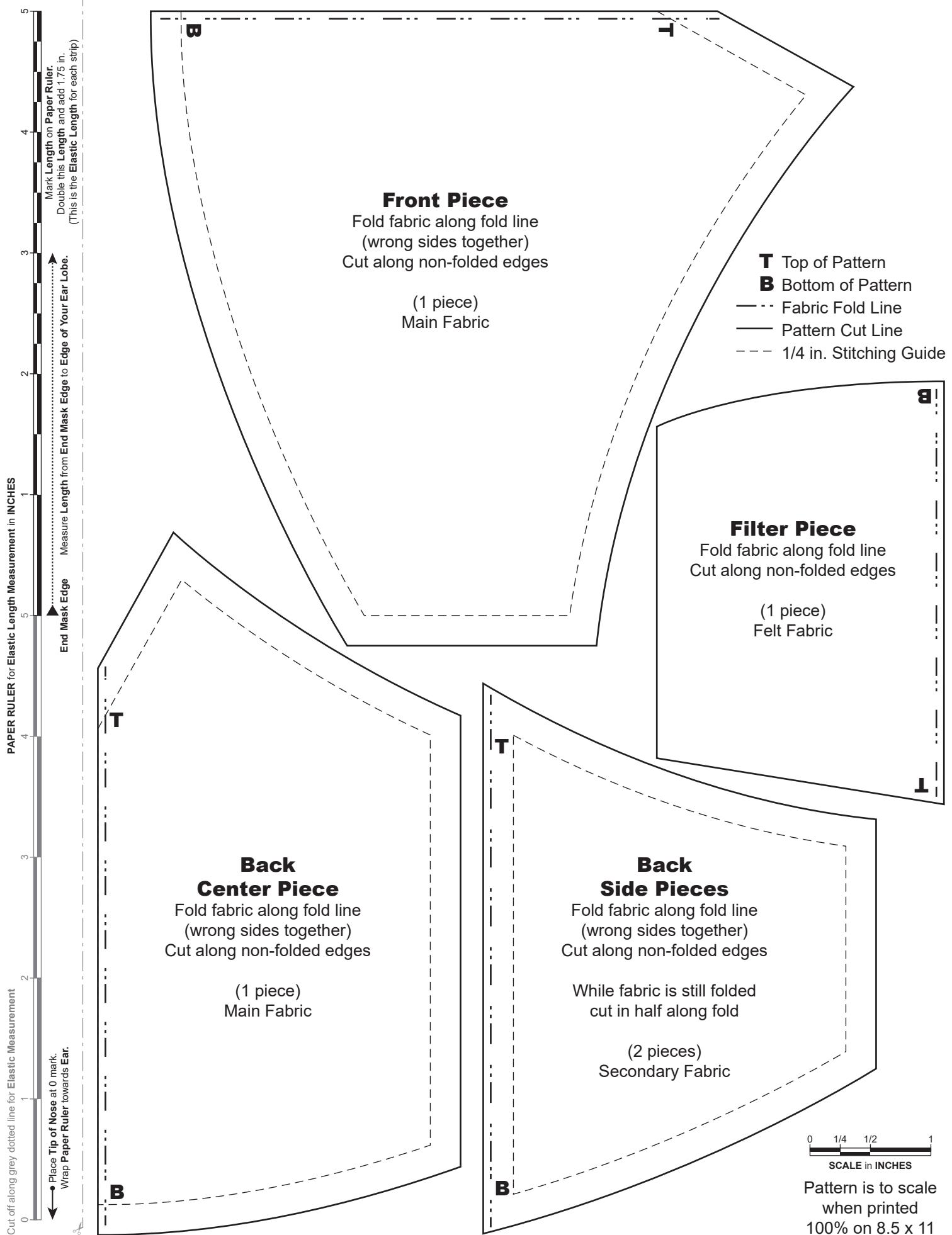


Supplies:

- Fabric (2 colors, 100% cotton – washed)
- Felt
- Elastic
- Pins or Clips
- Scissors
- Pinking Shears (*optional*)
- Sewing Machine & Thread
- Iron
- Chopstick

Estimated Time: 40 min.





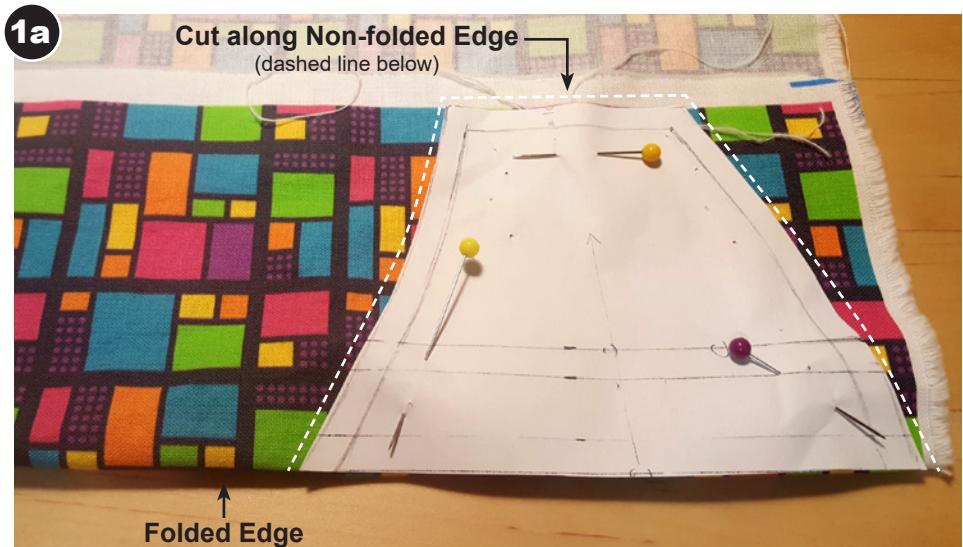
1 CUT PATTERN PIECES

All Pieces:

- Cut paper pattern pieces.
- Determine main & secondary fabric.
- Fold each fabric (wrong sides together)
- Pin paper pattern to fabric.
- Cut along **Non-folded Edge**.

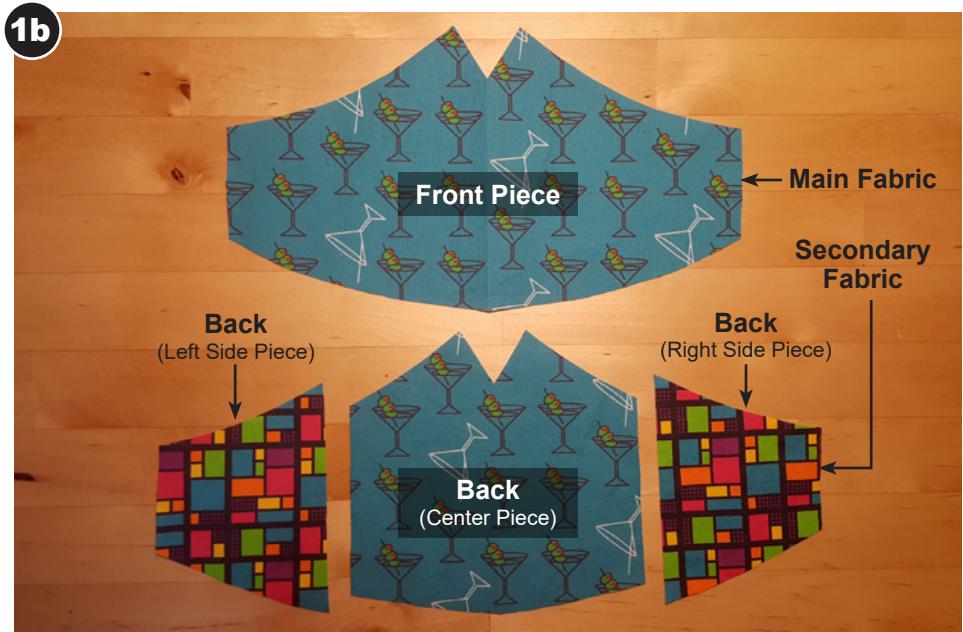
⚠ FOR SIDE PIECES ONLY:

While fabric is folded, cut in half along folded edge to create 2 **Side** pieces.



- Layout pieces

Note: Use two different fabrics (**Main & Secondary**) on the **Back Mask**. This will remind you which side touches your face (the side with 2 different fabrics).



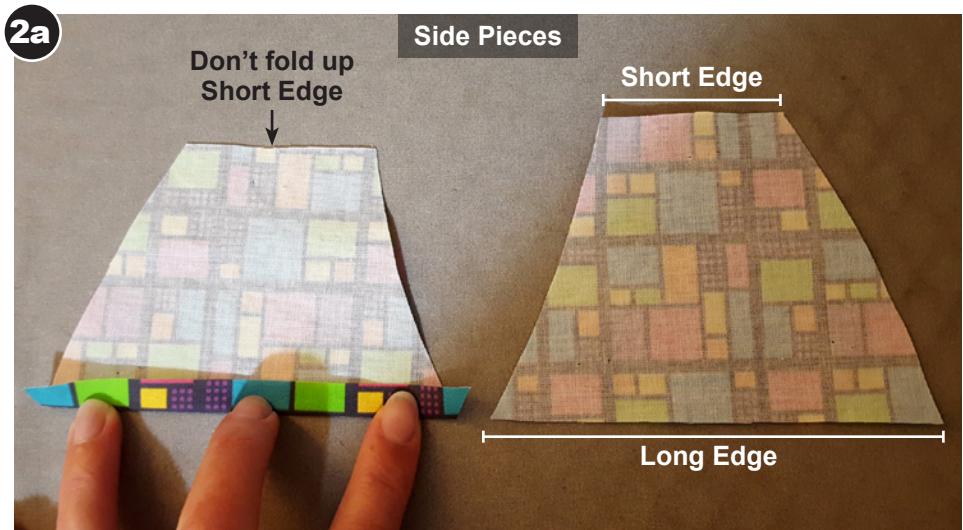
2 IRON & SEW HEMS

Side Pieces:

To make the filter pocket, hem **Long Edge** on both **Side Pieces**.

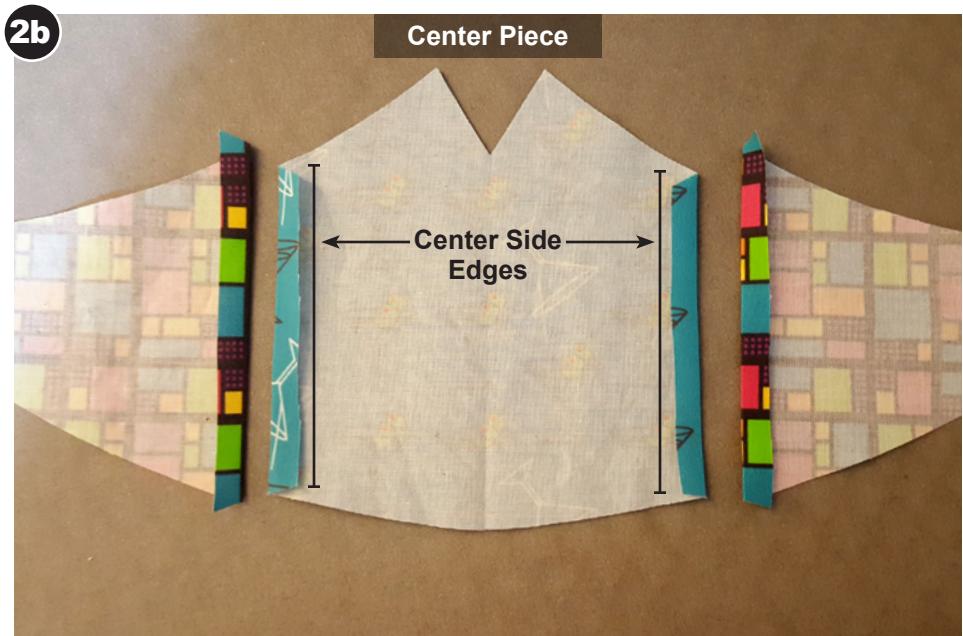
- Turn fabric over and fold up 1/3 in. along **Long Edge**.
- Iron this down.

⚠ ONLY DO THIS FOR LONG EDGES.



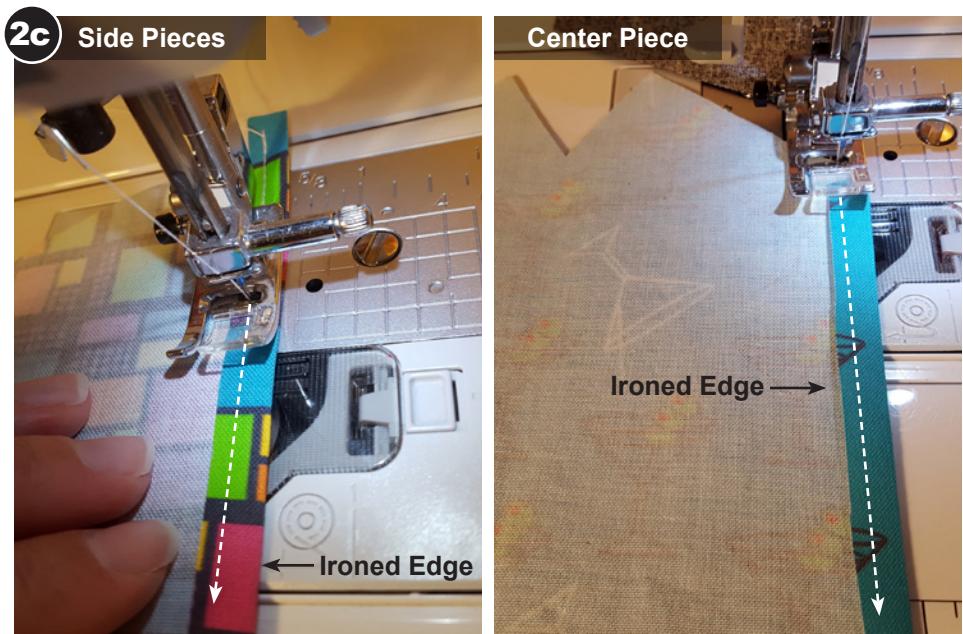
Center Piece:

- Turn fabric over and fold up 1/3 in. along both **Center Side Edges**.
- Iron these down.



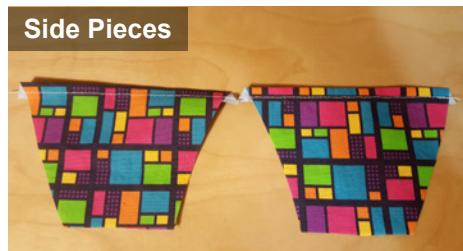
Side & Center Pieces:

- Sew 1/4 in. hem along all **Ironed Edges**.



Side Pieces:

- Flip **Side Pieces** over.
- Trim **Dog Ears**.



3 LAYOUT & PIN

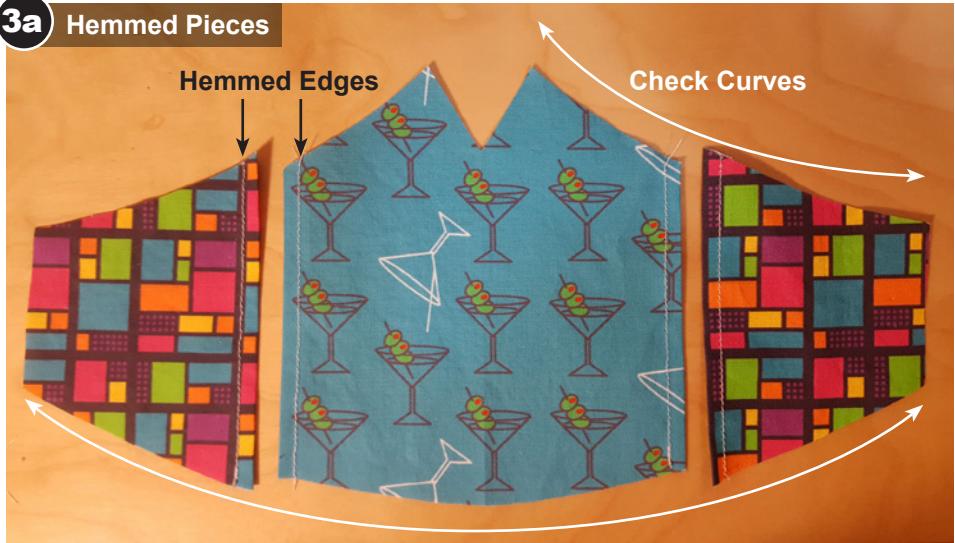
Side & Center Pieces:

- Layout all **Hemmed Pieces**.
- Make sure **Hemmed Edges** face each other and curves are going in proper direction.

Note: Use Front Mask as a guide.



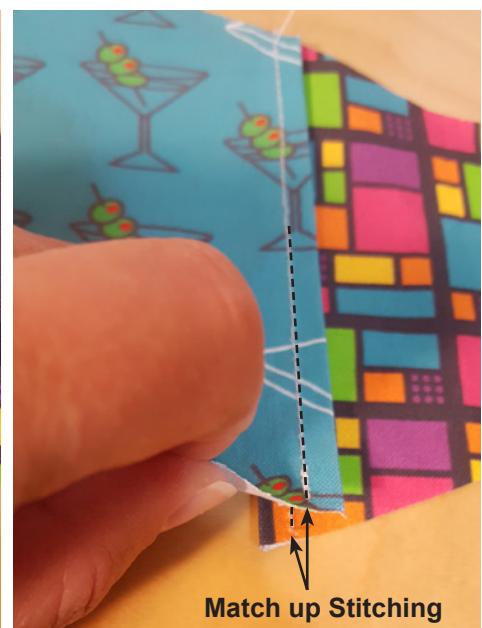
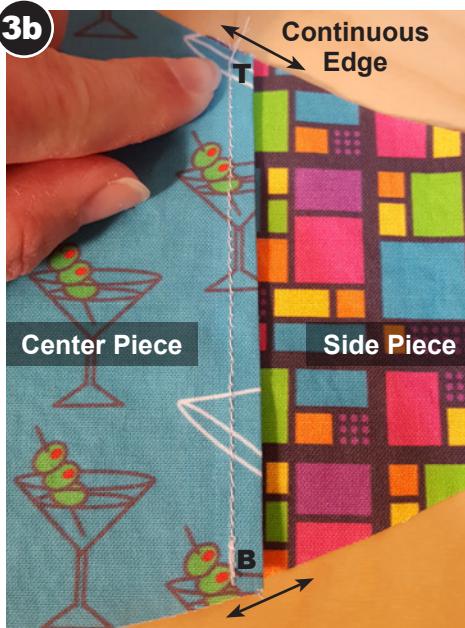
3a Hemmed Pieces



Side & Center Pieces:

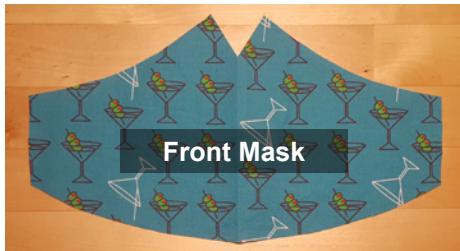
- Tuck each **Side Piece** 1/2 in. under **Center Piece** or until edges come together forming a **Continuous Edge** at top and bottom.
- Stitching should be close to touching each other.

3b



Side & Center Pieces (Back Mask):

- Pin **Side Pieces** to **Center Piece**.
- Now you have a **Front Mask** and **Back Mask**.



3c Back Mask



4 SEW NOSE DARTS

Back Mask:

- Fold fabric in half (right sides together).
- Sew 1/4 in. along **Nose Dart**.

4a Back Mask



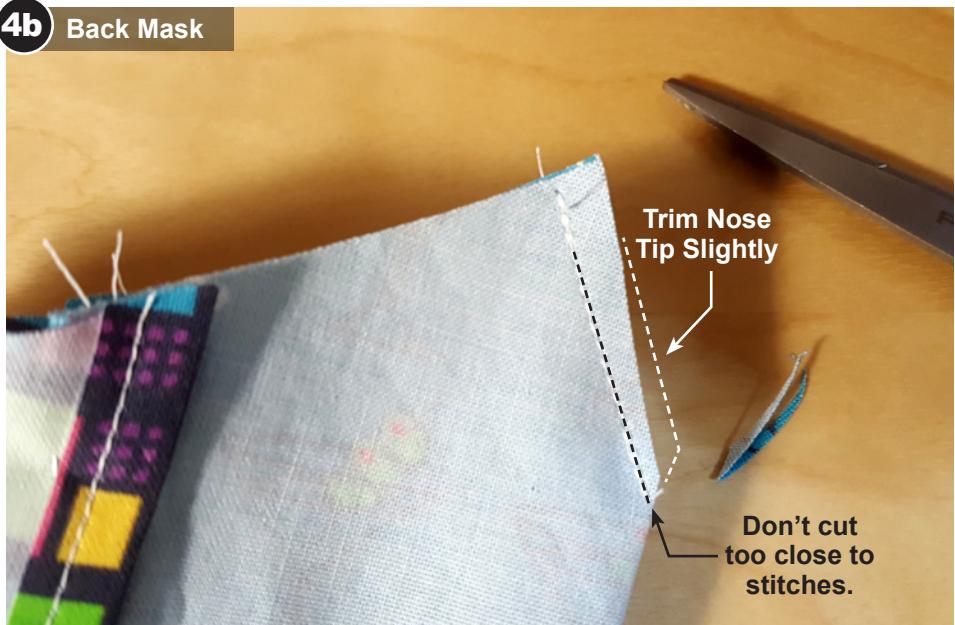
Back Mask:

- Trim **Nose Tip** at a slight angle.

⚠ DON'T CUT TOO CLOSE TO STITCHES.

*Note: This will help the **Back Mask** nest into the **Front Mask** and reduce bulk.*

4b Back Mask



Front Mask:

- Repeat steps **4a** and **4b** for **Front Mask**.

4c



5 PIN & SEW TOGETHER

Front & Back Mask:

- Unfold both **Front & Back Masks**.
- Match right-sides together.
- Press **Back Mask Nose Dart** inwards pointing towards **Front Mask** (**Back Mask** should nest into **Front Mask**).



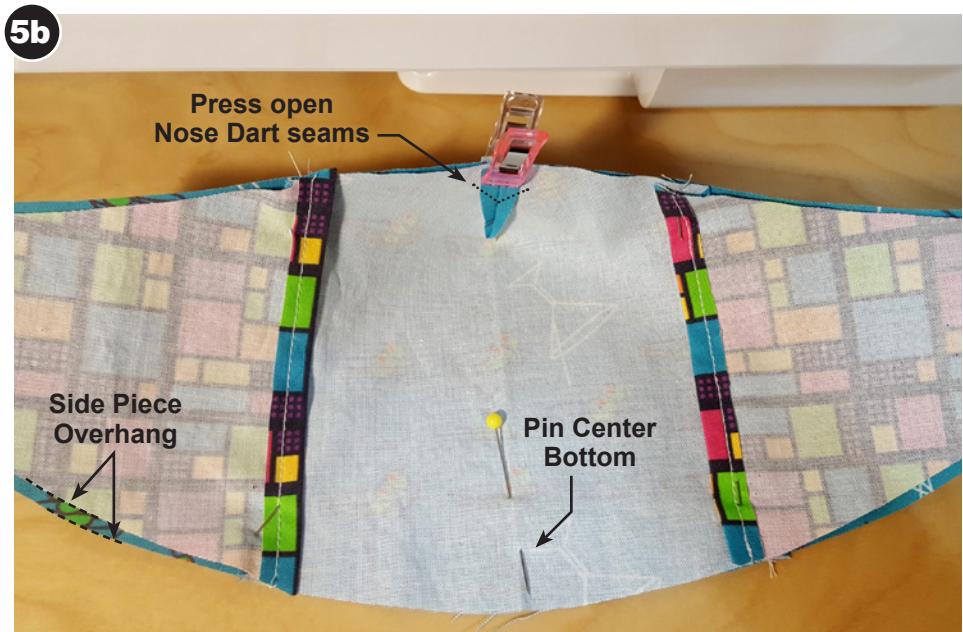
Front & Back Mask:

- Press open **Nose Dart** seams and pin or clip together.

⚠ ENSURE NOSE SEAMS ALIGN AT THE TOP.

- Pin **Center Bottom**.

*Note: Don't worry about the **Side Piece Overhang**. This will be trimmed later.*

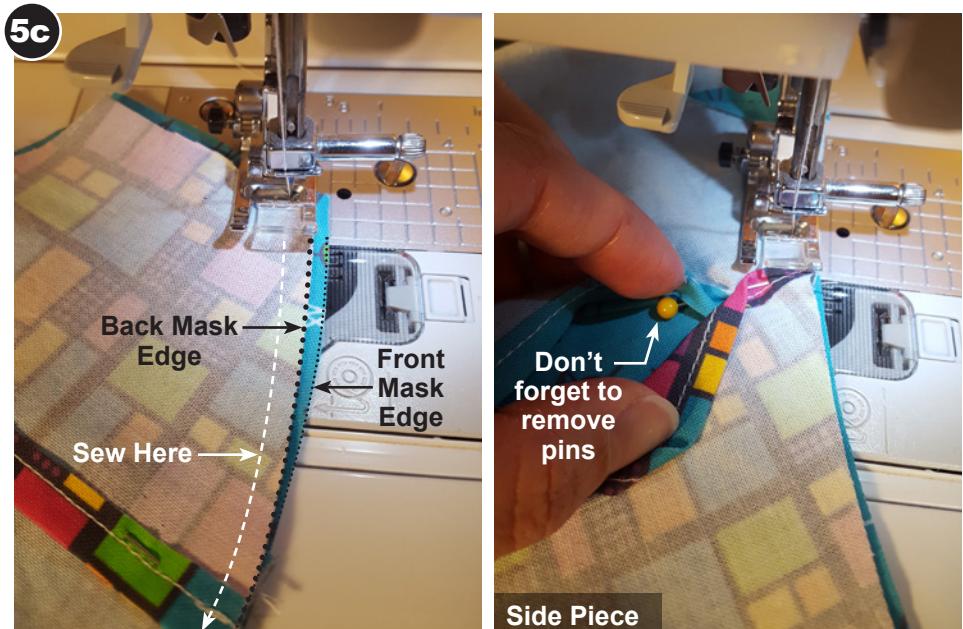


Mask (Bottom Edge):

- Sew 1/4 in. along entire **Bottom Edge** first, starting at one end.
- Follow along **Back Mask Edge** only.

⚠ DON'T FORGET TO REMOVE PINS AS YOU GO.

- Fold open pocket to remove **Side Piece** pins.

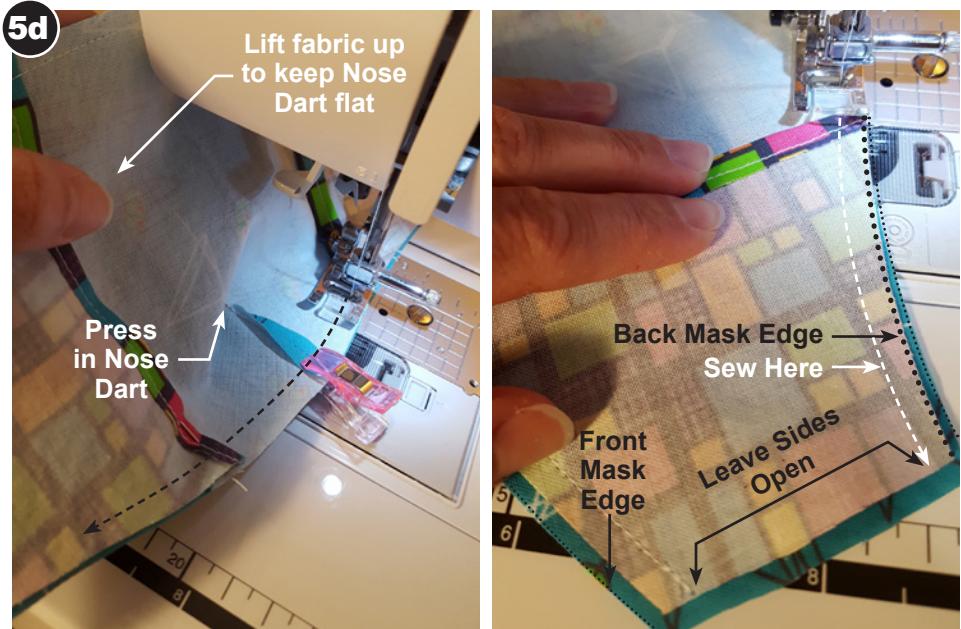


Mask (Top Edge):

- Sew 1/4 in. along entire **Top Edge** starting at one end.
- Follow along **Back Mask Edge** only.
- When you get to the **Nose Dart**, lift fabric up on its side and press in **Dart**. This will keep everything flat and make it easier to sew.

⚠ DON'T FORGET TO REMOVE PINS AS YOU GO.

- Leave **Sides** open. This is where the elastic will go.



Elastic Ear Pieces:

Use **Paper Ruler** on pattern to measure **Elastic Length**.

- Cut off **Paper Ruler**.
- Place 0 mark at tip of your nose.
- Wrap **Paper Ruler** towards your ear.
- Measure length from **End Mask Edge** mark to edge of your ear lobe.
- Mark length on **Paper Ruler**.
- Double this length and add 1.75 in. This is your **Elastic Length**.
- Cut 2 pieces of elastic based on your measurement.**
- Create an **Elastic Loop** by laying elastic flat and bringing **Top** side ends together.

⚠ DON'T TWIST ELASTIC.

- Insert **Elastic Loops** carefully between **Front & Back Mask** layers, butting each piece against stitching.
- Pin or clip elastic in place.
- Do this for both sides.

Note: If you don't have elastic, consider using old bra straps, hair ties, ribbons, or create your own fabric ties.

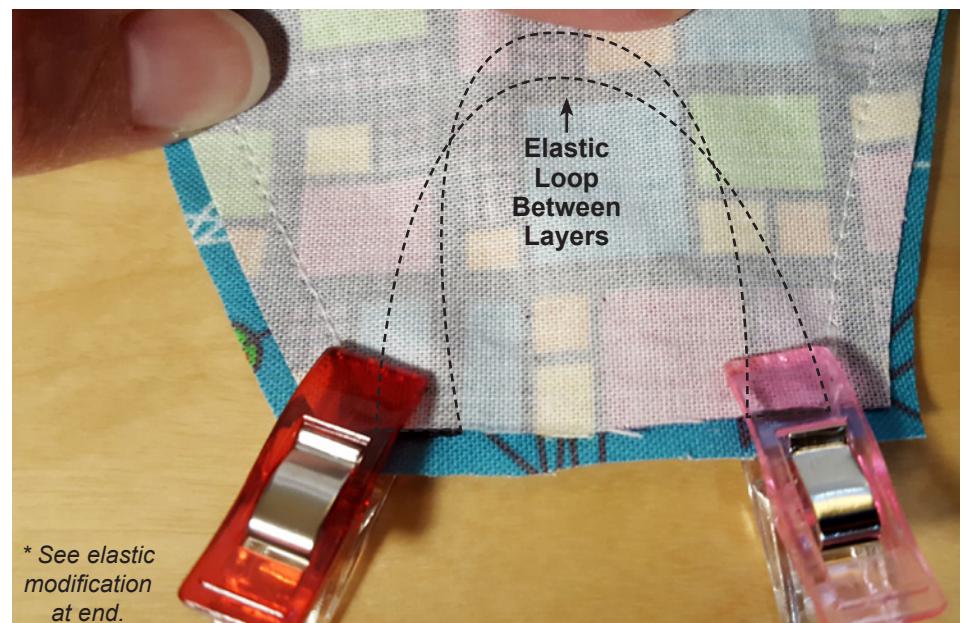
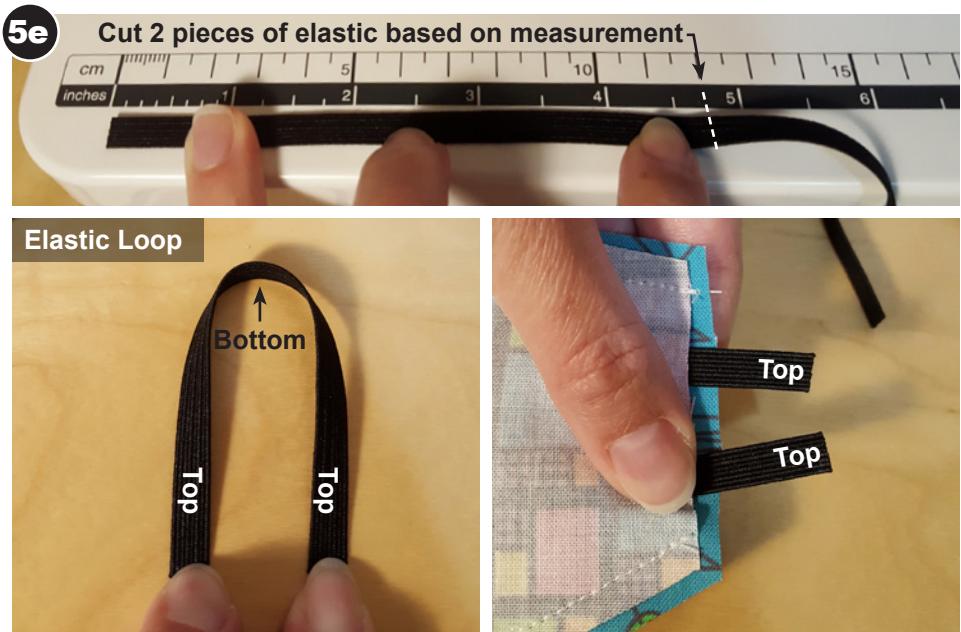
Equation Example:

Length between **End Mask Edge** to edge of your ear lobe = **1.5 in.**

$$1.5 \text{ in.} \times 2 = 3 \text{ in.}$$

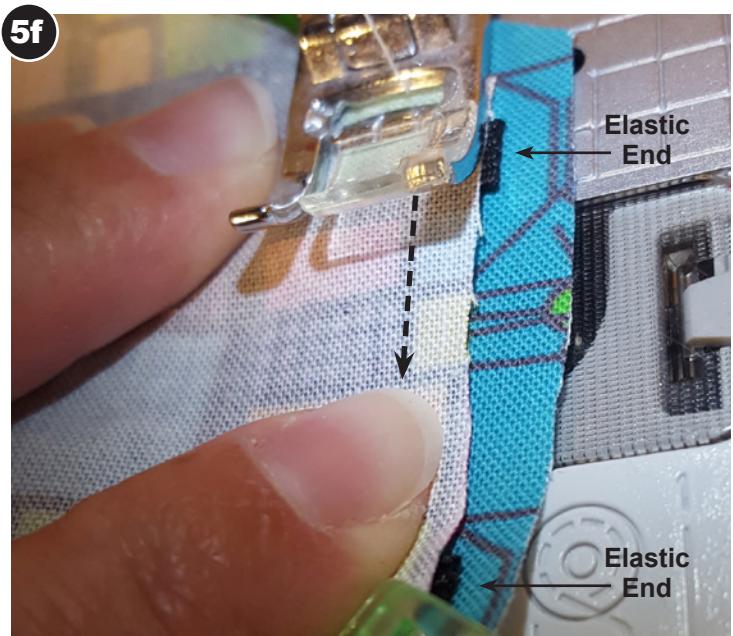
$$3 \text{ in.} + 1.75 \text{ in.} = 4.75 \text{ in.}$$

Cut each elastic piece 4.75 in.*



Elastic Ear Pieces:

- Sew elastic in place.
- Backstitch 3 or more times over each **Elastic End** for extra strength (see **Backstitch Arrow Diagram**).



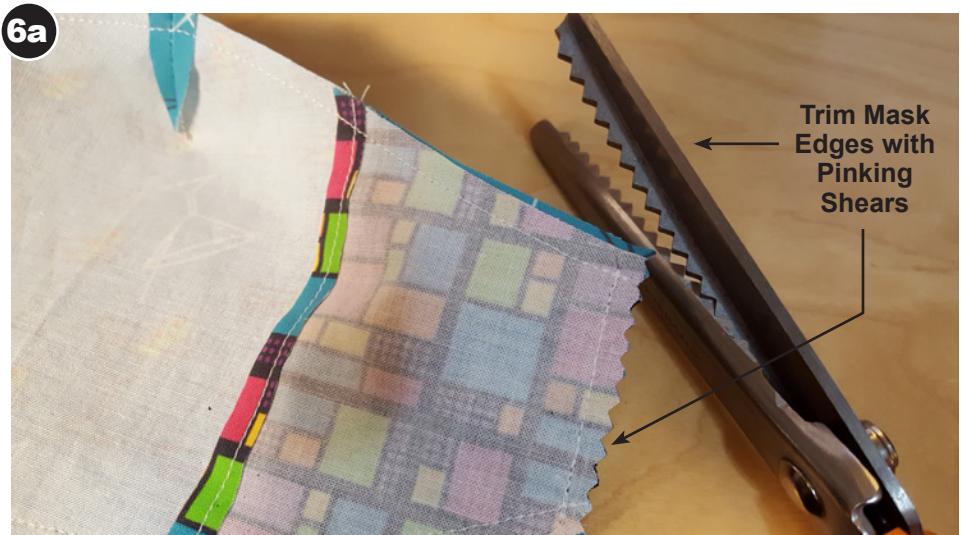
Backstitch Arrow Diagram

6 FINISHING TOUCHES

Trim Mask Edges:

- If you have **Pinking Shears**, trim around **Mask Edges**. This will reduce fraying.

*Note: Top-stitching at the end will also help reduce fraying if you don't have **Pinking Shears**.*



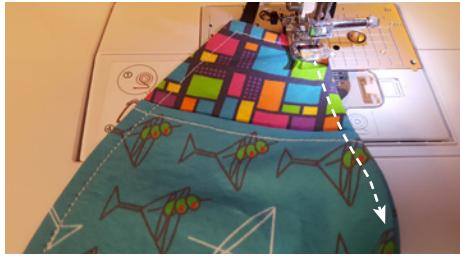
Flip Mask Right-Side Out:

- Start at one side pulling elastic through **Mask Pocket**.
- Turn mask right-side out.
- Use a chopstick to gently push inside seams outward.
- Iron mask.

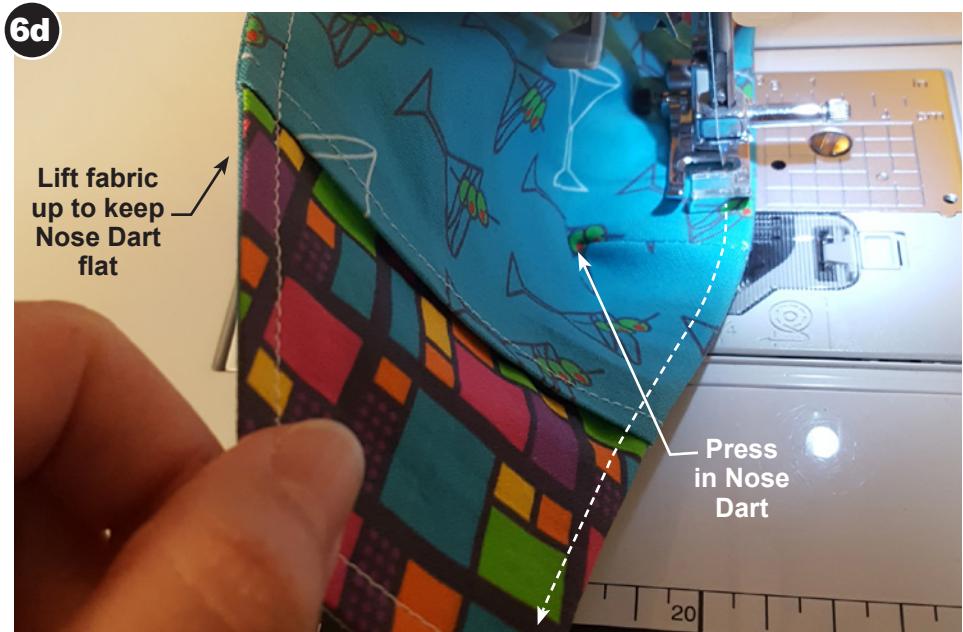
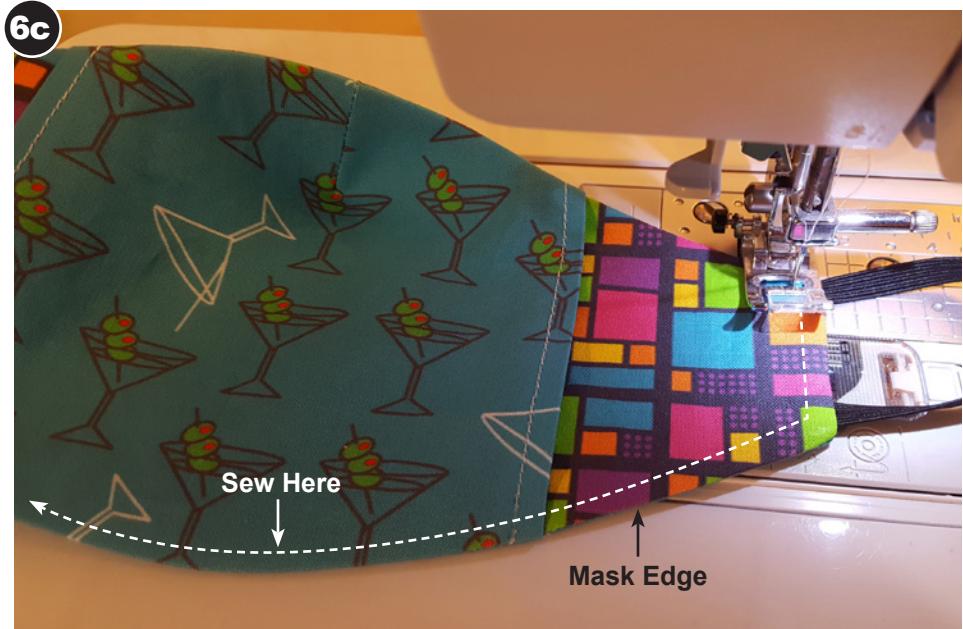


Top Stitching:

- Stitch 1/4 in. around entire **Mask Edge**.

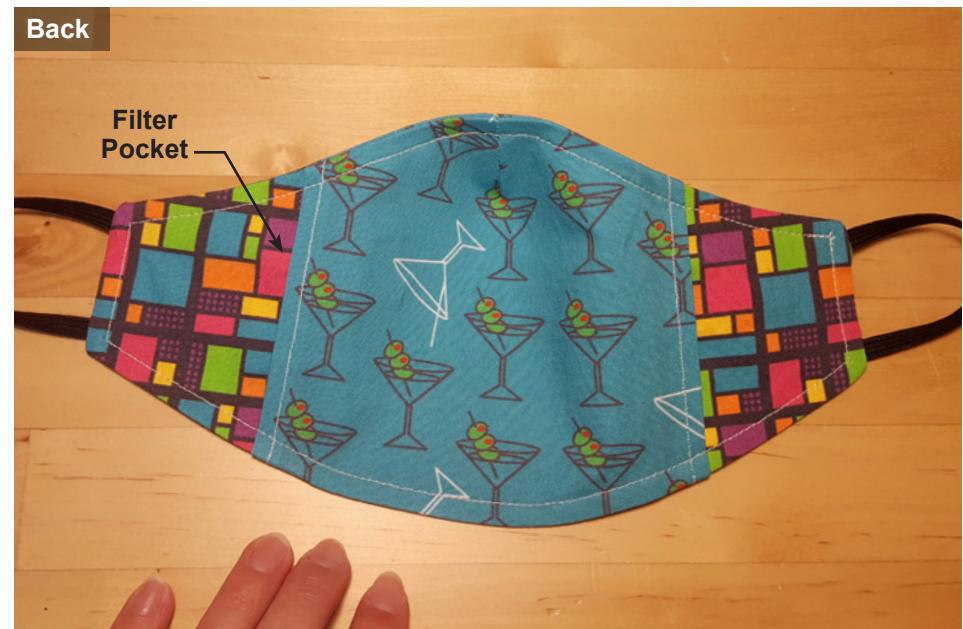


- When you get to the **Nose Dart**, lift fabric up on it's side and press in **Dart** just like you did earlier.



**SUPER AWESOME!
YOU DID IT!
GREAT JOB!
WELL DONE!**

- Last step is to make a filter!



7 FELT FILTER

Felt Filter:

- Fold felt and pin paper pattern.
- Cut felt around non-folded edges.
- Tuck **Felt Filter** into Mask.

Note: If you don't have felt, use a clean towel, t-shirt, coffee filter, or more fabric. The goal is to add an extra barrier.

How to Wash:

Safety-pin Felt Filter to Mask.

Wash in laundry bag. Dry in dryer. Iron if needed.

Modifications:

All people are different, modifications may be necessary.

Elastic too tight? Cut **Ear Loop**, sew on additional elastic to each side in 1/4 in. increments.

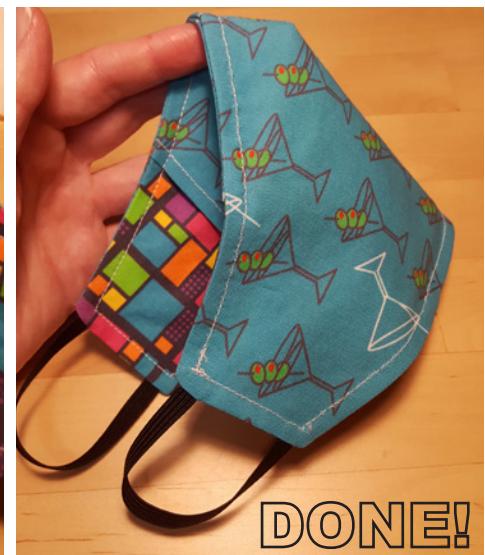
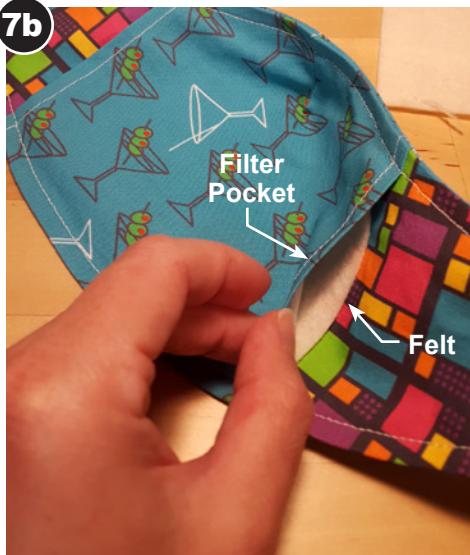
Elastic too loose? Put mask on and pinch elastic behind ears to measure excess. Cut **Ear Loop** and move one side of elastic inside the other. Sew based on finger measurement. Do this for each side.

Tighter nose piece? Sew a piece of pipe cleaner, paperclip, or folder fastener into top of **Nose Dart**.

7a



7b



THANK YOU SO MUCH!

Please feel free to share this pattern and tutorial!

Make masks for all your loved ones or donate to our heroes on the front line! **Stay Home & Stay Safe.**

Thank you to all of our **Front Line Heroes!**

♥ Thanks Mom! ♥ I love you! ♥

Remember: Please refer to CDC guidelines on wearing masks and how they can help prevent the spread of COVID-19.

:Danielle's Super Awesome Super Hero Mom ❤

