
Making a Face Mask

with pouch to hold suitable filter material



The pattern is designed to utilise commonly available fabrics, simple shapes and straight line sewing to create a washable pouch mask into which can be placed an effective barrier material that can be disposed of after use.

It is constructed in 3 layers:

Outer Layer

Lining

Pouch Layer

Lightweight, but closely woven cotton or poly-cotton, such as old bedding or shirt fabrics are ideal for making the mask. Choose a soft fabric for the pouch layer which will be worn closest to the face. You could use a slightly heavier, or nicely patterned fabric for the outer layer which is the side you will see when wearing, but avoid very stiff or heavy fabrics as these can be difficult to sew.

You will also need something to make the ties. This can be ribbon, bias binding, twill tape, light webbing. Alternatively ties can also be made from the same fabric used for the masks, cut to 1m lengths and sewn with a 1/8" seam and turned inside out.

There is also the option of adding in a metal strip to help fit the bridge of the nose where these have been supplied to you. It is important that the ends of the metal strip are rounded off or looped back, so that it doesn't pierce the fabric or injure the wearer. **For safety reasons, please do not improvise your own wires. Only include them if you are using finished wires that have been supplied to you for this pattern.**

Making the Mask

Preparation:

Steam iron all fabrics before cutting. This should both align the fibres straight across each other & also allow for any shrinkage to occur.

Seams should be 1/4"

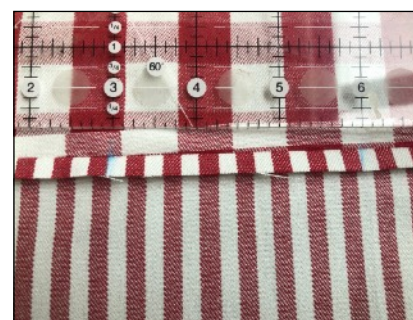


Step by Step

1. Cut 1 top fabric piece, 1 lining piece, and 1 pouch piece - all the same size, either LARGE: 8" x 9" (20 cm x 23cm) or SMALL/MEDIUM: 6" x 9" (15 cm x 23cm)
2. Fold over the long edge of the pouch piece twice, pin and sew to form a 1/4" hem
3. Lay the lining piece on the outside of the top fabric right sides facing, and stitch together 1/4" from top edge. Press open.

4-7 Optional steps for adding nose strip

4. Mark this seam at 3" intervals

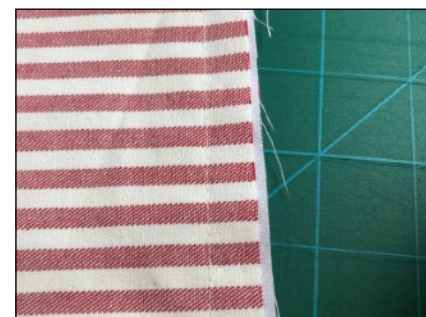


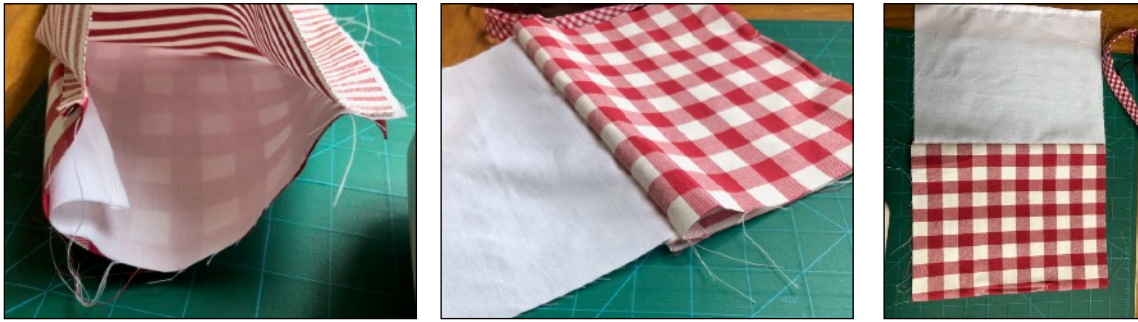


5. Push piece of wire up under the seam between the marked points.
6. Fold fabrics back right sides out and pin to secure the wire in place.
7. Sew around edges of the supplied wire to create a snug fit but taking care not to hit the wire itself. Use a locking stitch or back stitch at each end. This will become the top edge of the mask. You could begin sewing at one corner, edge-stitching along the top until you come to the wire, and carrying on after it, for a neater finish.
8. Open out the seam again and pin the pouch layer to the opposite edge of the outer layer with right sides facing so that cut edges are aligned.



9. Join with a 1/4" seam.
10. Fold the lining layer back over to align with the other two layers so that the lining is on top, then the pouch, then the outer layer at the bottom.
11. Sew all three layers along the long edge where you have just joined the pouch and outer layers.





12. Turn your work right side out. You should have a tube with the outer layer and lining, and the pouch layer lying to one side.

13. Next create pleats on the mask. Mark the main body of mask at both sides at 2 inch intervals. Using these marks as the inner edge of pleats form 3 x 1/2 inch tucks. NB the pleats should point down from top as shown. Press and pin the pleats in place. If you are making the SMALL/MEDIUM size make two pleats rather than three for LARGE.

14. Sew down each edge of the mask. There are quite a few layers of fabric to go through so lengthen your stitch length on your sewing machine to make it easier.



15. Next the hem on the pouch flap should be aligned just below the top edge of the mask & pinned either side. Press the bottom edge of the pouch flap neatly up & pin.

16. Form loose pleats on the pouch layer and pin in place. As before, make sure the pleats point downwards.

17. Sew long stitches along each edge to secure. You could also edge stitch along the bottom edge for a neat finish.



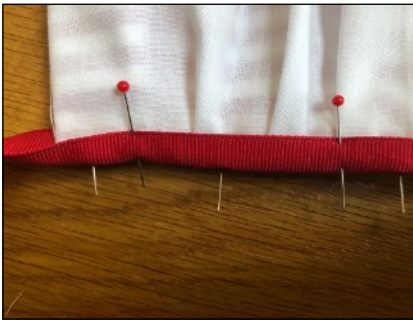
18. Now to cover the raw edges and attach ties. The method will depend on the materials you are using.

Method 1

In the next pictures a broad ribbon is used which is enough to fold around the raw edges and create ties in one piece. This would also work with broad bias binding.

First trim the raw edges to $1/4''$. Fold 36'' / 1m of ribbon over the raw edges and pin in place. Position it so that the ties are longer at the top than at the bottom. Approx 18'' for the top and 14'' at the bottom. (Alternatively cut a longer length and trim to size after sewing.).

Sew with a long stitch length three times up and down, starting and finishing with back stitch or locking stitch if your machine has one. If using bias binding sew the entire length of the binding with raw edges inside.



Method 2 (Recommended and Preferred)

Use this method to create a channel that can accommodate drawstring ties within it. This method gives a good fit on the face. Bias binding or bias cut fabric (fabric cut at 45° angle) gives the best flexibility for this construction. Cutting instructions are provided at the end.



First trim the raw edges to $1/4''$.

Pin a piece of bias cut fabric (2 inch width & 2x inches longer than the sides of pleated mask to side edges of mask over side seams/ pleats. Sew to front of mask first.





Method 2 continued

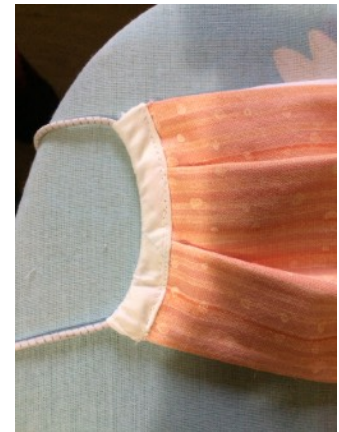
Turn mask over. Fold ends of bias fabric in to line up with top and bottom of mask. Press.

Then *either* tuck the chosen tie inside the fold & turn binding over (tucking its cut edge inside) & stitch down; *or* fold binding & stitch to form roomy tube through which the chosen tie can be threaded afterwards. Once ties are in place secure them with a few stitches at the top of the channel to stop it sliding around while putting the mask on. Allow 18" length of tie to the top of the mask and 14" at the bottom. Ties can be ribbon, tape, string or anything you have available.

Elastic may also be used but for medical use, it has been requested that ties are preferred.



20. Finally, clip any remaining threads and press the mask to finish. You may also need to tie knots at the end of the ties if they are likely to fray.



Cutting Bias Binding

Take a **square** of fabric.

Steam press.

Fold corner to corner (45°) to form a double layer triangle.

Mark and cut at 2" intervals parallel with the longest side of the triangle.

If joining is required to obtain desired length, lay two pieces across each other at right angles so that the 45° angled sides line up. Sew these together with a 1/8" seam.

Open out and finger press the seam open.

Thanks to Diana Guthrie-James for developing this pattern; Dawn Reade for prototyping and preparing the instruction sheet; Brian Swinbanks for designing and making the nose wires; Piers Massey for feedback on each prototype; Flora McFadden for input on fabric, and to Moray Finch for co-ordinating our efforts. Thanks in advance to everyone involved in making the masks and distributing materials. Stay safe!