



# FACE MASK

**Step-by-step instructions for DIY**  
by Lisbeth Wahl, Italy March 2020



# Materials



**Materials needed** for one face mask :

- **Cotton Fabric**

Leftovers, old curtains, shirts, bedsheets etc.

For side pieces you can use a stiffer fabric. (I used an old dress bag. The stiffness keeps the form during manipulation).

- Four strings (whatever is available), each 45 -50 cm/18-20 inches long



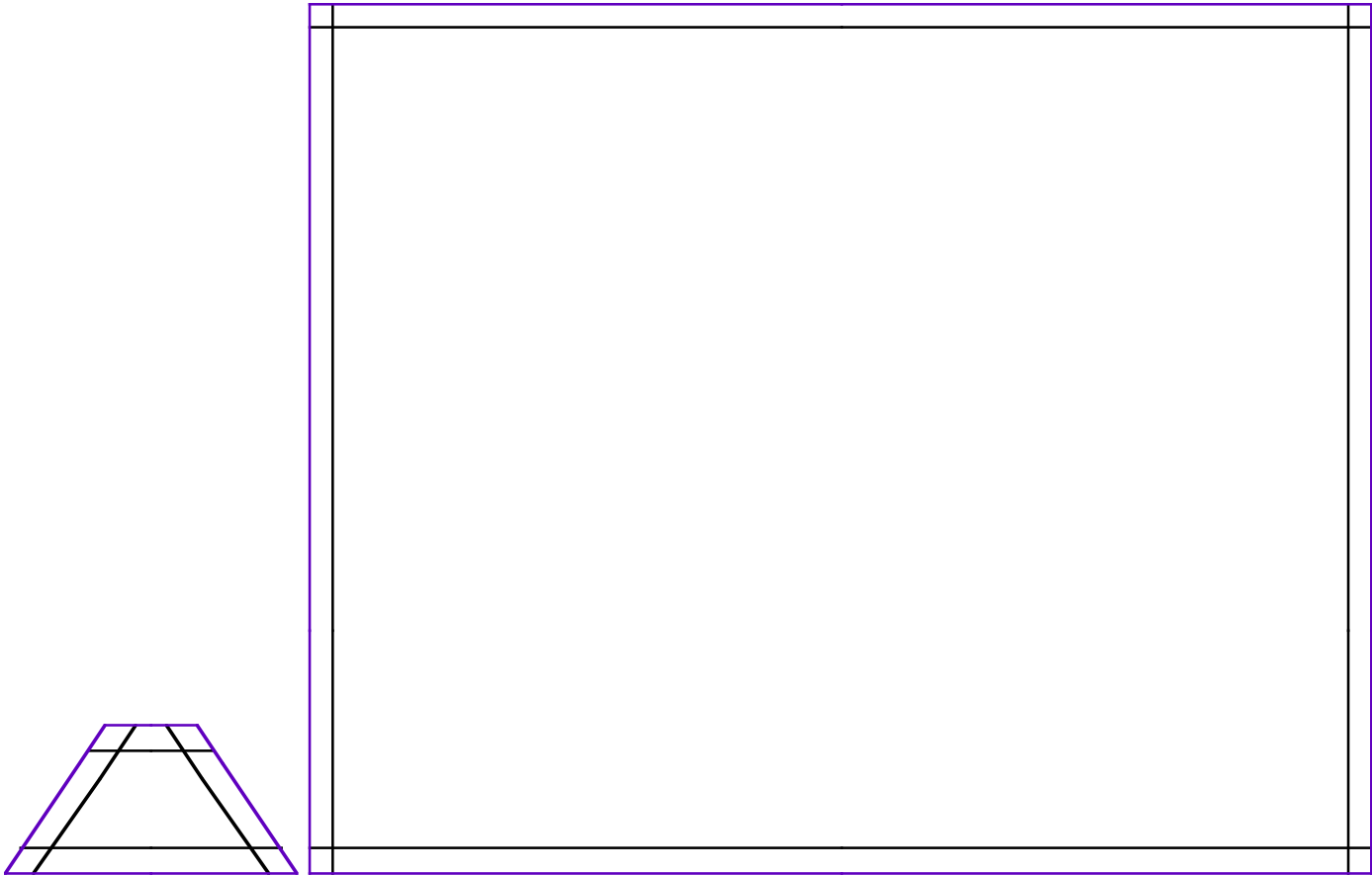


This mask is composed of two parts. The front double-layer allows for an insert of any additional protective fabric. The pleated construction of the front into the side panel allows for greater comfort in wearing.

**NB:** This mask will not block any virus circulating, but it can protect other people around you from your sneezing or coughing.

# PATTERN PIECES

See PDF pattern (with grid included)



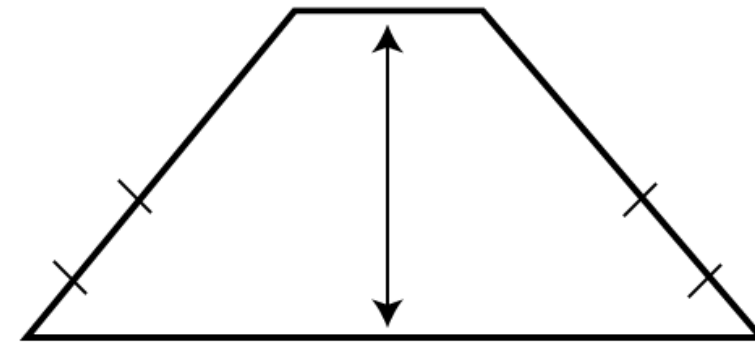
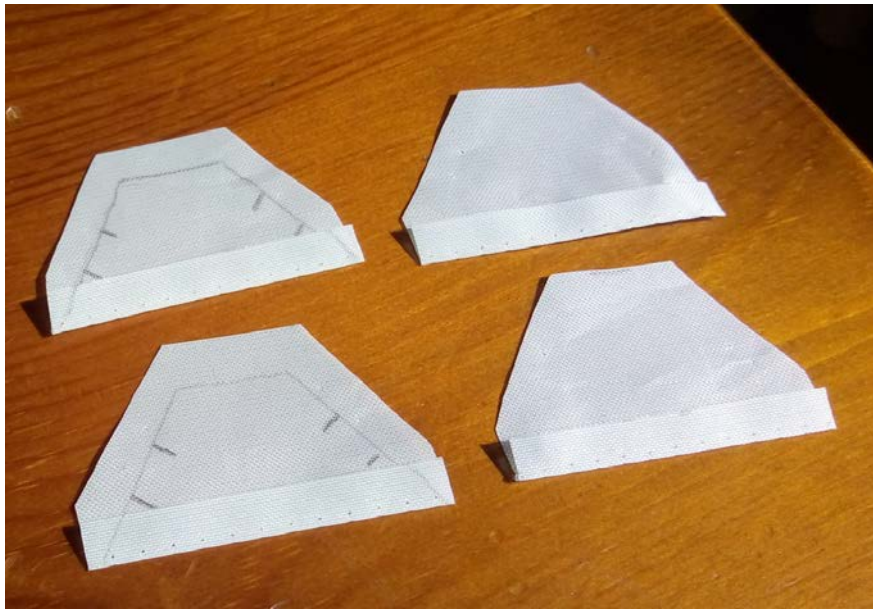
Side  
Cut 4

Front  
Cut 2



# Construction

## Side Pieces



Markings for String Placement

1.  
Cut out the four pieces



2.  
Position the strings, sandwiched between two layers. Knot the non-secured end of the string.



3.  
Sew across the string end of the side panel. Stitch 3-4 times back and forth, to create a secure seam. Trim the edges and turn them inside out.

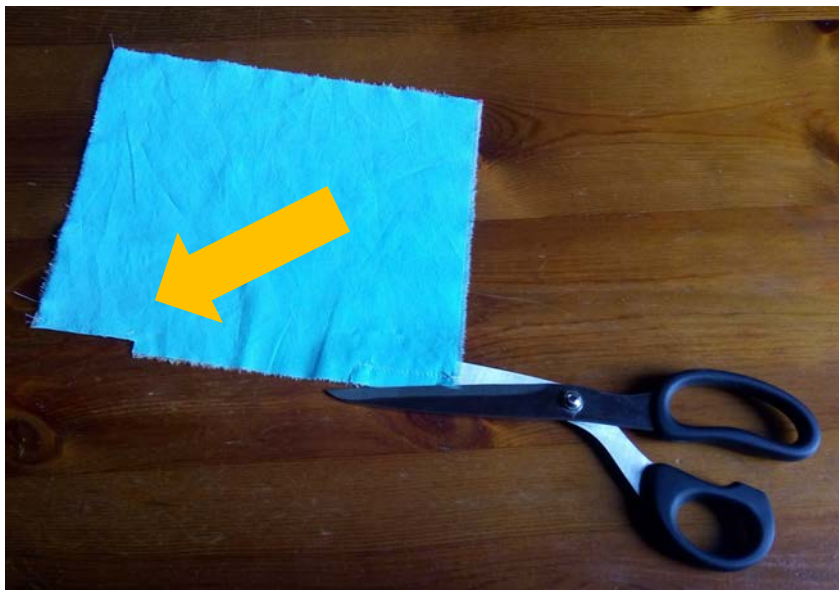


# Construction

## Front Pieces



4.  
Insert two pins to hold the fabric together, in the upper long edge.



6. Stitch (~1 cm/1/2" from the edge) from the tag/snip to the edge of the fabric on both sides, leaving the central part open. Trim close to the stitching lines.



5.  
Fold in the middle and cut a tag (snip) in the double layers, at a distance of ~5,5cm/2,3 inches from the cut edge.



7.  
Cut a curve on the back piece





8.  
Open and press the seam allowances flat.



9.  
Fold under the edges of the 'opening' and  
stitch around the opening.



10.  
Fold and iron.  
Prepare the upper and lower edge  
The upper: sew it flat together on both  
sides of the opening (see ill.11.)  
The lower: fold ~2 cm/1,8 inches.

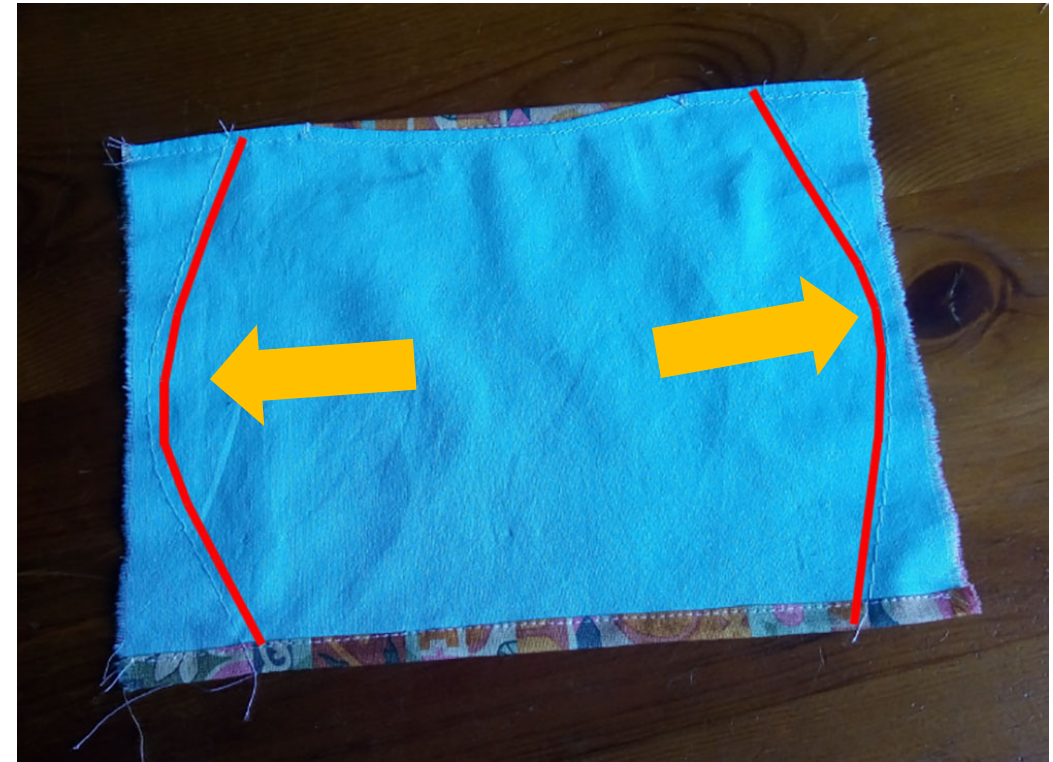


11.  
Trim away the inner layer of the folded  
side.



12.  
Fold the lower outer edge again  
and sew along the edge.

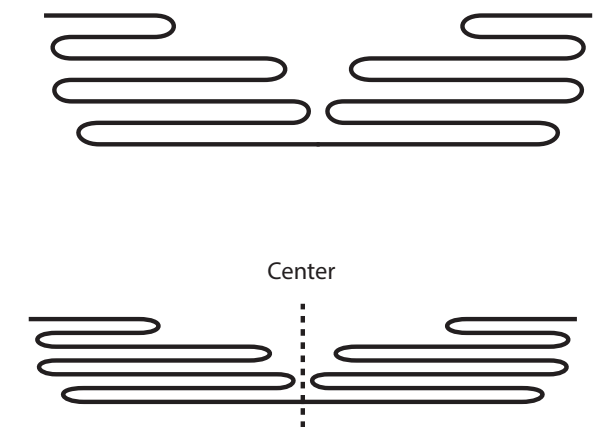
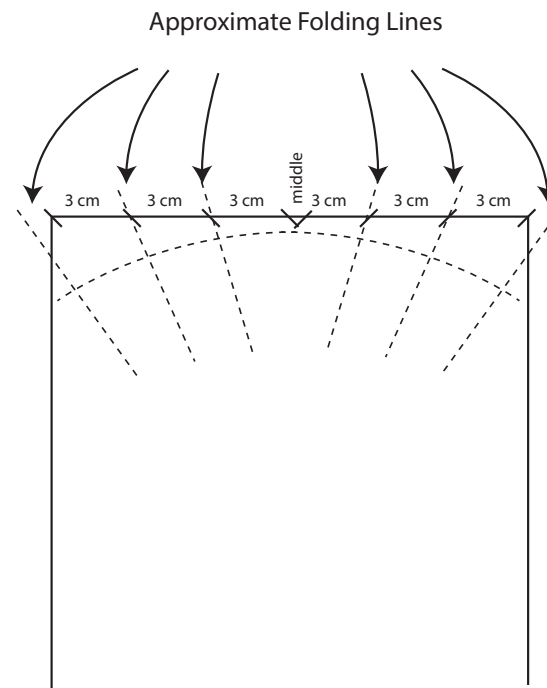




13.  
In order to keep the fabric in place, and have a useful helpline, sew a curved line beginning ~ 3 cm/1,2 inches on either the upper or the lower edge, finishing at the opposite edge with the same distance. If you feel like it, chalk up a curve before sewing. If the fabric has a pattern, maybe you can use it as a guide line.



14.  
Fold the piece upper to lower edge and cut a tag/snip to mark the middle, at both sides.



15.  
A simple drawing of the pleats to fold. Mark folding lines.





16.

Fold both sides from the middle mark to the extremities pulling up the fabric little by little, so that the sewn curved helping line becomes, more or less, straight.



17.

On the back side it should look something like this.



18.

At this point pins and machine needle shouldn't be too fine.

Sew it all together- back and forth 2-3 times straight over the helping line.

Measuring across this sewing line it should now be 3,5-4 cm/1,5 inches wide.





19.  
Trim the edges and keep the shape



20.  
Tug the fabric into the side pieces, until it fits  
in the corners.  
Sew it all together



21.  
TA-Daaa! Ready to use.

In the opening on top, in between the two  
layers of fabric can be inserted some kind of  
filter, for instance baking paper (as seen on  
the cover picture).