

# Assembly Instructions for making a fitted face mask

Original pattern by Jessica Nandino

(These are not medical grade, and may not prevent Covid-19 exposure, but it is better than nothing)

I made the pattern (and adjusted the instructions) smaller as this was designed to fit over the N95 respirator. Now it can be worn without the respirator.

Fabric recommended for outer layer: Batiks (the dyes may bother some wearers), duck, twill, canvas, denim, high-count sheet fabric, and *100% high quality cotton fabrics*.

Fabric recommended for lining between the outer and inner layers: light to medium weight Pellon (iron on or sew in). This adds another layer of filtration.

Fabric recommended for inner layer (next to face): heavy t-shirt fabric, *100% high quality cotton fabrics*.

**Please prewash fabric to remove starch/dye/dust and to shrink it.** Iron. As a precaution, wash & dry again after making the mask(s). Tie strings together and place in a laundry bag. Place in a zip lock plastic bag when dry. Mark the number of masks in the bag on the outside with a permanent marker.

You will need a 8" x 12" piece for each layer. Plus 2 pieces of Pellon.

**Note: use two different colors for the mask, one for the outside and one for the inside, this is so the wearer will be able to tell the one side from the other.** (or use the right side for the outside and the wrong side of the same print for the inside.)

Binding: Use premade (1/2" when folded); or make your own - 1.5" x 90".

## Sewing instructions:

- 1) Place pattern on folded edge of fabric and cut out. Notch or make small snips for the pleat marks.
- 2) Cut binding strips. You will need (2) 36-40" long and (1) - 10" long
- 3) Iron or sew the Pellon to the wrong side of the outer & inner fabrics. Or put it on the right side of the inner piece (if using the same fabric for both layers).
- 4) Make the darts on the wrong side of the fabric. (Make the darts on the **right** side of the inner fabric, if using the same fabric). Trim and iron.
- 5) Place the inner fabric with the trimmed darts facing each other, on top of the outer piece, pin in place. Sew 1/4 inch from edge all around the mask. (This mask is sewn together with the finished side of the darts facing outward.)
- 6) Make the pleats by folding the small (<) to match, there will be 3 pleats. Pin in place and then sew down (make sure they are all laying the same direction).
- 7) Add the binding. Fold the long strip in half and iron, then fold the long sides inward to the middle press line and press them. Sew the right side of the binding to the wrong side of the mask, use a 1/4 " seam. Press outward, fold over the seam and top sew on the right side of the mask. Apply to sides first (about 4" each side). Then do the same for the top and bottom of the mask. Find the center of the long strip and pin to center of the back of the mask, pin in place and sew from across the mask. Fold over the seam, pin in place, then sew from the end of the strip, top sewing on the right side of the mask. The strip will make the ties and bind the mask edges. (about 36-40" each side.)

*Find these (comparable) instructions and pictures at: [instructables.com/id/AB-Mask-for-a-Nurse-by-a-Nurse/](https://instructables.com/id/AB-Mask-for-a-Nurse-by-a-Nurse/)*