



BETTER FIT MASK

Face Mask Instructions

SUPPLIES:

fabric, thread, scissors, iron, pins (or paper clips to secure), and strap material (two 35cm lengths of ½ cm wide elastic, fabric strap, ribbon, or 2.5cm wide t-shirt material)

OPTIONAL:

nose clip material (8 cm wire or 1 paperclip), 2 craft beads, filter to insert (coffee filter, paper towel, or other recommended)

NOTES:

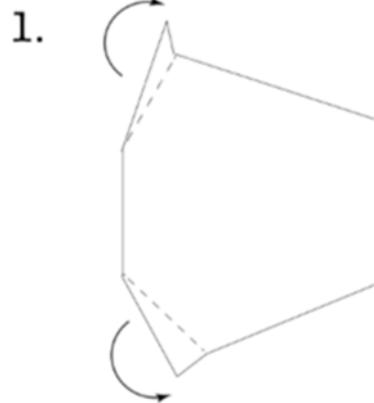
Made of fabric, this is a reusable mask that should be washed in soap and warm water after each use. This is not a replacement for N95 or surgical masks, but this particular design provides an additional layer of protection and option to insert a filter.

The key elements that make this mask a better fit are the adjustable ear straps, metal nose clip, and the molded chin and nose area. At the end of the instruction, print the templates for medium size to fit most people (draw a larger one for larger faces).

Fabric—100% cotton is a good choice. Any fabric that has little to no light shining through it when held up to the light is a good choice. The tighter the thread weave, the better, but it will be harder to breathe through.

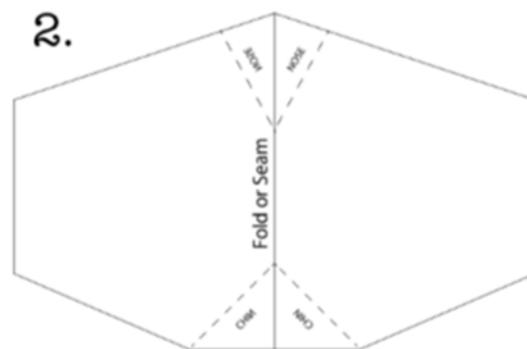
Adjustable Straps—In order to make the straps adjustable, you will feed the two ends of the strap through a craft bead to act as a cord stop. Be sure to tie the strap ends with a knot to prevent the bead from coming off.

INSTRUCTIONS:



1. Print and cut out template patterns. Fold on dotted lines (do not cut).

Trace the outside face mask template on your fabric with the wider side for nose/chin on the fabric fold. You can rotate the pattern to fit more cuts on the fabric, but you will need to add width to the cut fabric and sew together the separate pieces as a narrow centre seam.

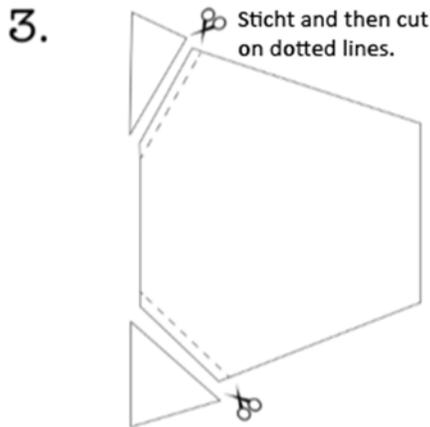


2. Lay the inside liner template onto your liner material (use a different coloured fabric for liners). Trace and cut out fabric.

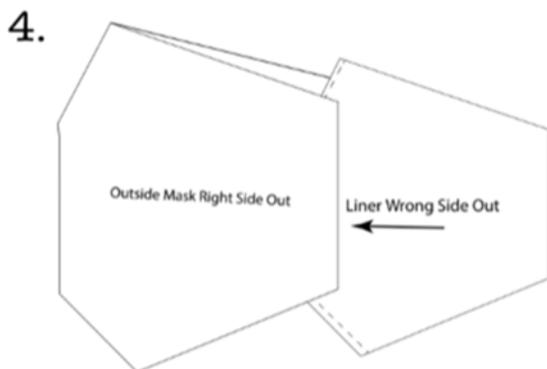
2. (continued)

Label the side of the nose and chin with pencil or light coloured pencil on each fabric layer.

If you are making a filter pocket, cut out two liners but only one outside piece. If you saved fabric by not using the fold on the center wide side, then you must stitch these two separate sides “right sides together” for the outside piece and both liners. Use a very small seam allowance.

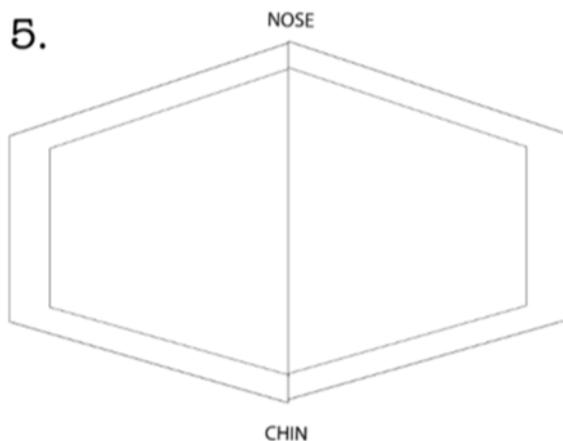


3. Fold the corners of your template and mark a line onto your fabric at the fold. Repeat this on all pieces you cut out. Stitch along all the dotted corners. If your fabric has a design, be sure the “right sides” are together. Now trim off the excess fabric at the corners, making sure to cut close to the stitching.



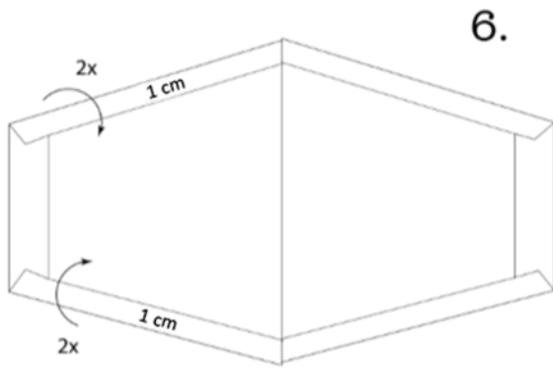
Insert liner inside outside fabric

4. Turn your outside mask fabric “right sides out” and press it with the iron. Lay the liner on top of the mask, making sure the angled corners match for the nose and chin. Insert the liner fabric into the outside fabric and match the points and angles. (You may need to turn the outside layer inside-out to match up seams before turning it back to right-side out.)

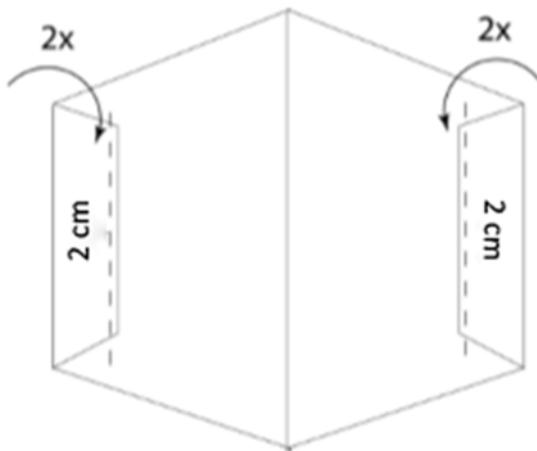


Center liner inside the outside fabric

5. Centre the liner so there is an equal border of outside fabric around it.



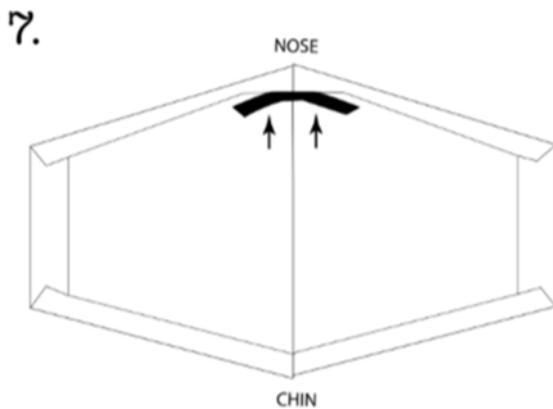
6. Fold over the outside fabric 1cm to touch the edge of the liner. Press and then fold over the fabric a second time, this time over the liner.



Filter Pocket Diagram:

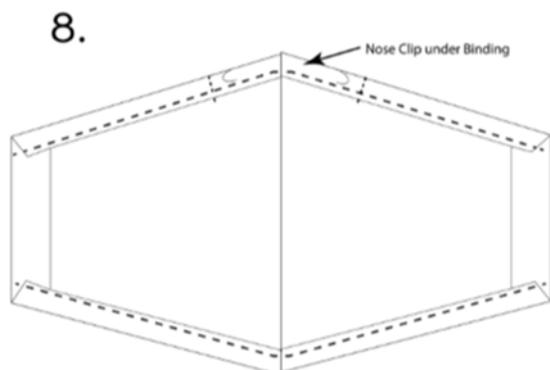
Fold over 2cm of the fabric twice at the ends of the second liner. Press it with the iron. Now stitch over both sides along this edge to tack the fold over in place.

After stitching, insert the filter pocket on top of the liner (right side up) with the liner also right side up, matching all the corner points. Then tuck these two inner layers under the pre-ironed edges of the outside fabric.



7. Locate the nose portion of the mask and insert the wire nose clip. Flatten the nose clip and tuck it under the binding edge of the nose.

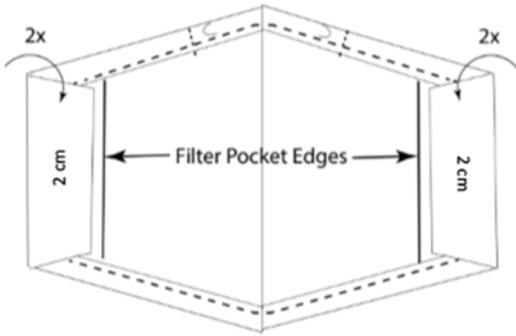
Use a clip or pin to hold the clip in place, but be careful not to put the pin all the way through the outside fabric layer so as not to add any large holes in the mask.



8. Stitch along the edge of the fold, being careful to avoid stitching onto the nose clip. Rotate the mask and stitch along the chin side of the mask.

Flip the mask over and feel for the nose clip. Sew a few stitches to the left and right of the nose clip to keep it from sliding around in the mask.

9.



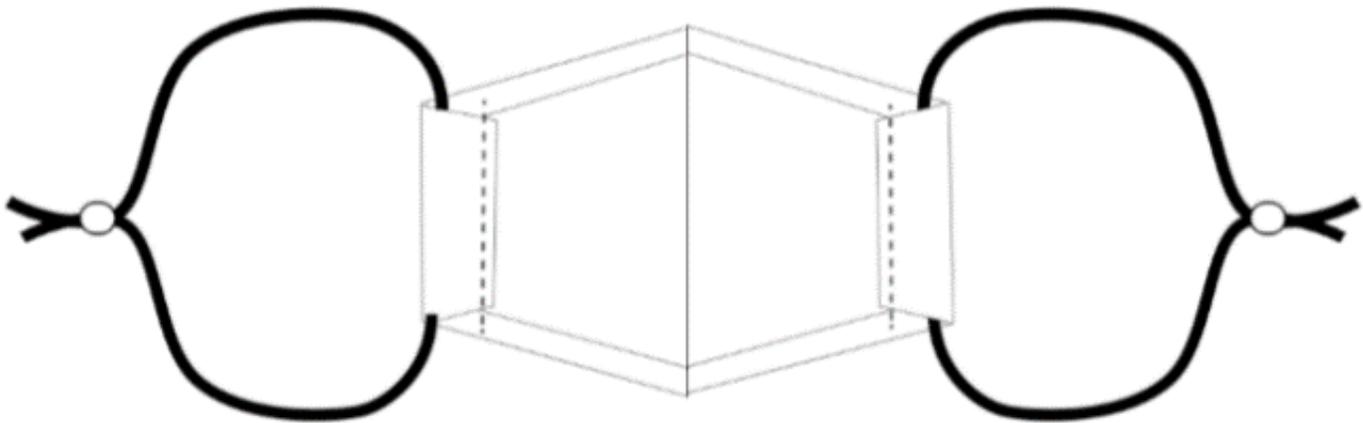
9. Double fold the ends of your mask about 2cm twice to create a pocket for the ear straps. Be sure to avoid the filter pocket, if you have one.

10. Time to get your adjustable straps. Take one strap and tuck it under the fold on the end. Stitch along the edge of the fold, taking care not to stitch over the elastic (or ribbon or t-shirt strip).

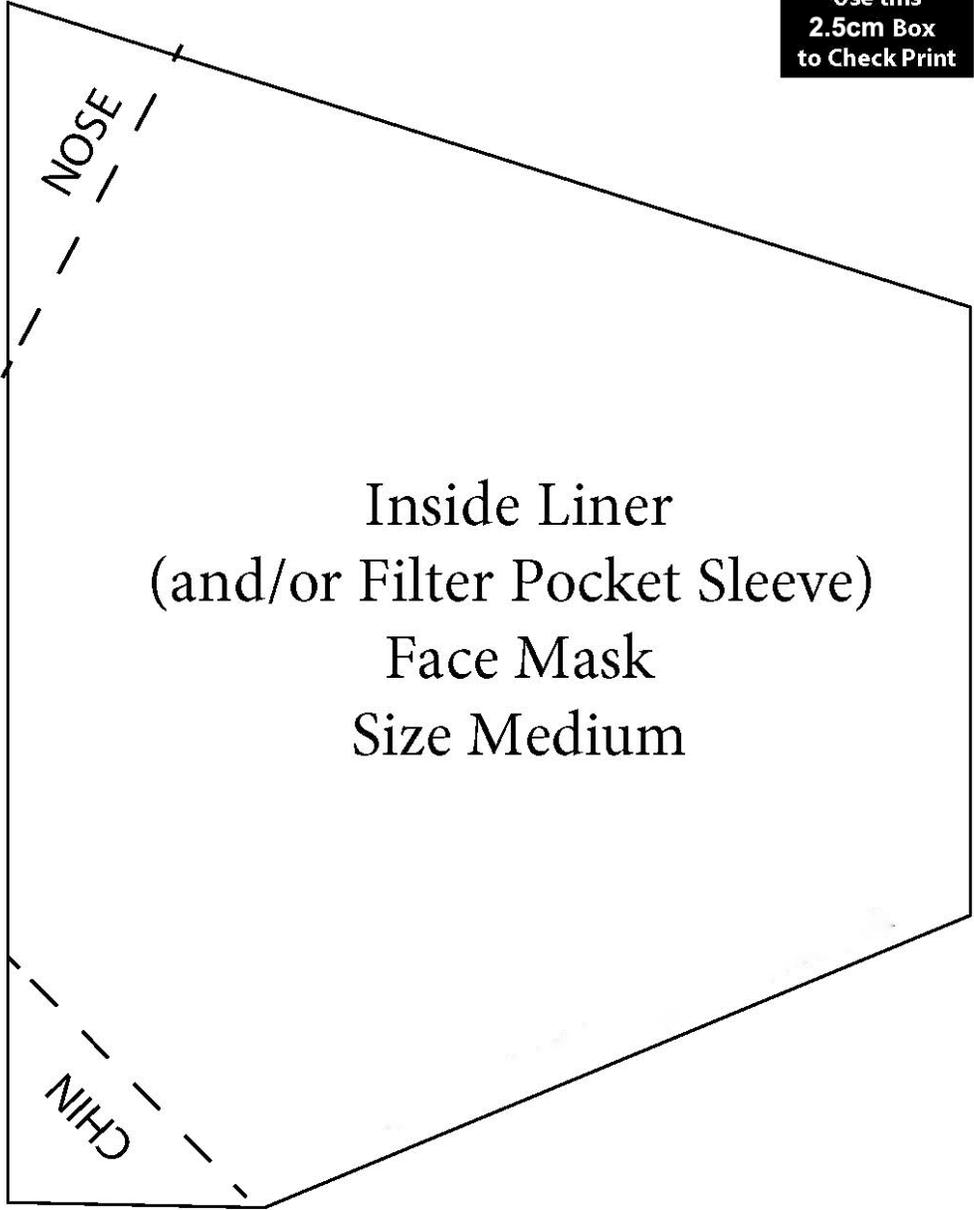
String a bead onto the strap with both ends and secure with knots on both strap ends. Repeat for the other side.

Make sure your straps still move freely in the fold. This allows the mask to cinch behind your cheek and not be loose.

Another option is to simply sew a premeasured loop of elastic on each end, but this will not be adjustable.



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