

Fabric Face Masks

Disclaimer: These face masks will NOT guarantee you protection from getting COVID-19. Please read the information regarding masks and how to use them from a reputable source (such as the CDC) before attempting to use this product. I am not a medical professional and make no claims as to the efficacy of these masks. I'm a seamstress and just wanted to do my part making it easier for people to make their own masks to use and/or give to sick people during the shortage. There is some data to indicate that if a person is sick, there is benefit for them to wear a mask because it reduces spread from droplets. Here is the original source for these masks: <https://mustsharenews.com/cloth-face-mask/> I have adjusted them to fit our needs and thought I'd share my adjustments and instructions with the rest of you.

Supplies Needed:

Fabric cut to size: 14.5" x 7.75"

Extra wide double fold bias tape

Fabric pen

Sewing Gauge

Metal Prong Fasteners (from the office section)



Directions:

1. Fold each of the short ends over $\frac{1}{4}$ " and press. On one side fold the end over again $\frac{3}{4}$ " and press. Then line the two folded short edges up together and press. Open.



2. From the center fold: measure 4cm, 2cm, 1cm, 2cm, 1cm and mark with the fabric pen at each spot. You'll do this on all 4 long sides of the fabric from the center fold.



3. Starting from the first 2cm mark after the 4cm mark, pinch your fabric at both sides of the long edge and align with the 4cm mark. Press. Continue to take the 2cm marks and align with the 1cm marks to create pleats. Turn the fabric and repeat on the opposite side.



4. Sew pleats in place and sew your short ends close to the edge ($\frac{1}{4}$ " seam allowance or less). On the end where you folded the fabric a second time, sew along the fold so you are creating a tube for the metal fastener. I marked a line approx $1\frac{1}{2}$ " from the edge to make a cut so I could slide the metal piece in and out to wash.



5. Fold your fabric **WRONG SIDES TOGETHER**. Use the bias tape to create the ties and enclose your raw edges. I find that I can get 1 ½ masks out of one package of bias tape. So I just divide tape into three sections. Each piece is approx. 36". I marked my tape to have 12" at the bottom of my mask and the rest of the excess is at the top. Pin in place and sew.



6. Sew about ½" to 1" along the top of the mask (where the opening is). The opening will allow you to insert and remove the metal piece for washing as well as your non-woven "filter" (such as a piece of tissue). I cut the extra metal off my fastener with an old pair of scissors.

