

Make your own face mask

directions for the Contoured face mask
and links for other styles

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General Information

- Your facemask should have at least two layers of 100% cotton
- It should fit close to your face
- May be held on with elastic that goes behind your ears, around your head or with ties
- Having wire at the bridge of the nose is recommended to get the correct fit
- Wash your face mask after each use – machine washing is fine but you can also hand wash

Types of face masks

- Directions will be presented for the Contoured face masks but there are many other styles that are comfortable and easy to make, check YouTube for ones that may be of interest to you
- I particularly like the one by Riley Blake (pattern and directions are free) -
<https://www.bing.com/search?pc=HIBF&q=fabric+face+masks+canada&form=HIBFDF>
- If you want the envelope or surgical style - McCall's M8169 is free on line
 - For adults I use fabric that is cut 6" x 9"
 - For children I use fabric that is cut 5" x 7"

Contoured face mask

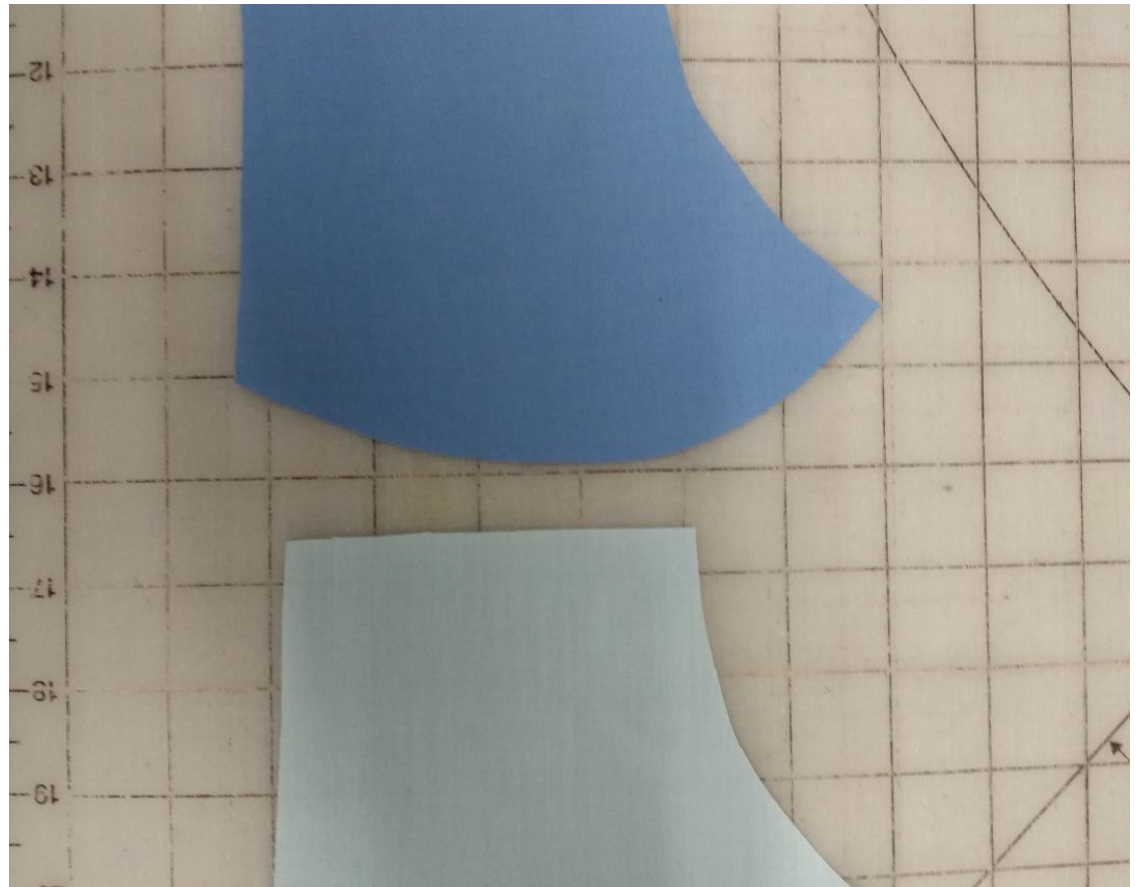
- Pattern and instructions available, free, at https://covidmaskcrafters.org/wp-content/uploads/2020/03/FuFaceMask_PatternInstructionsCombined-1.pdf
- This is an easy to make face mask and they offer several sizes.
- I find the large fits most men and the medium fits most women

fabric

- You can buy fat quarters at most fabric stores or at Walmart
- This is a visualization of what a fat quarter is – basically it's a piece of cotton that is about 18" x 22 " – for of which equal 1 yard
- You can also buy cotton by the meter at fabric stores – be aware that cotton isn't cheap
- I wash the fabric and dry it before I cut – to be sure it doesn't shrink later
- You will need fabric for the outside of your face mask and a plain white or complimentary colour for the inside

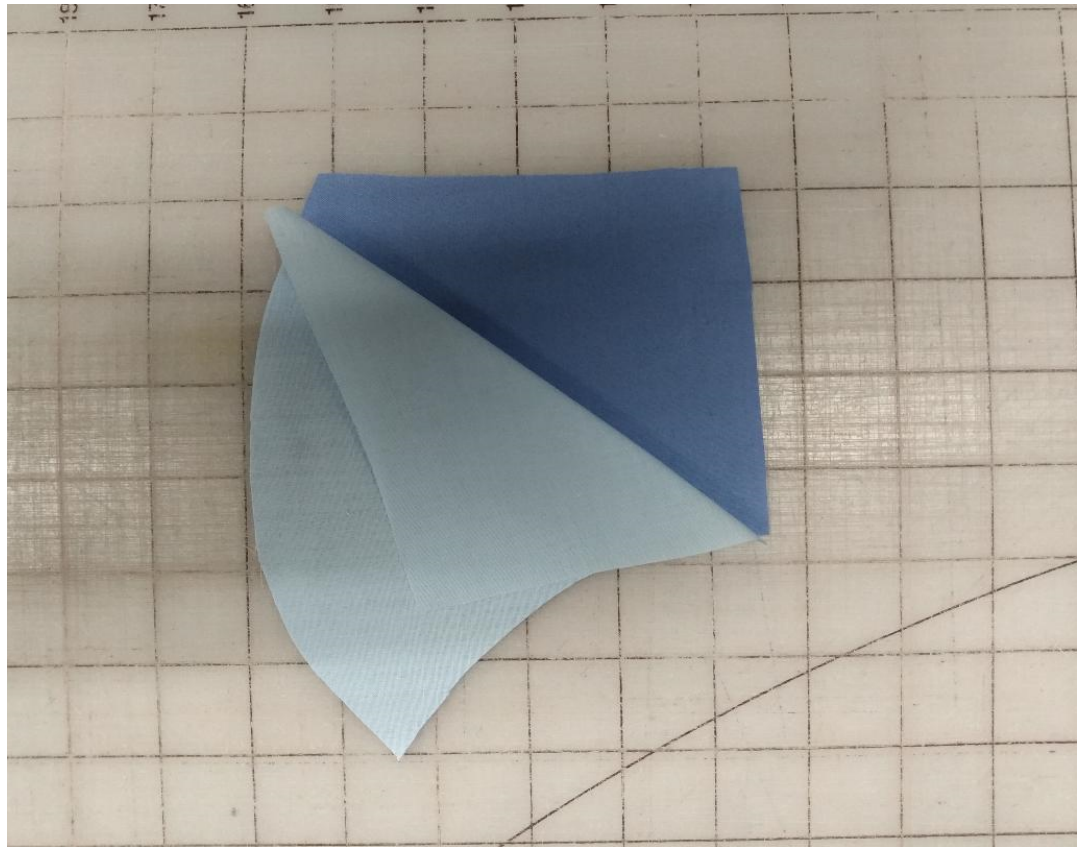


- Print and cut out the pattern pieces for the face mask of your choice
- For the contoured face mask you will need to cut out 2 each from the outside fabric and from the lining fabric

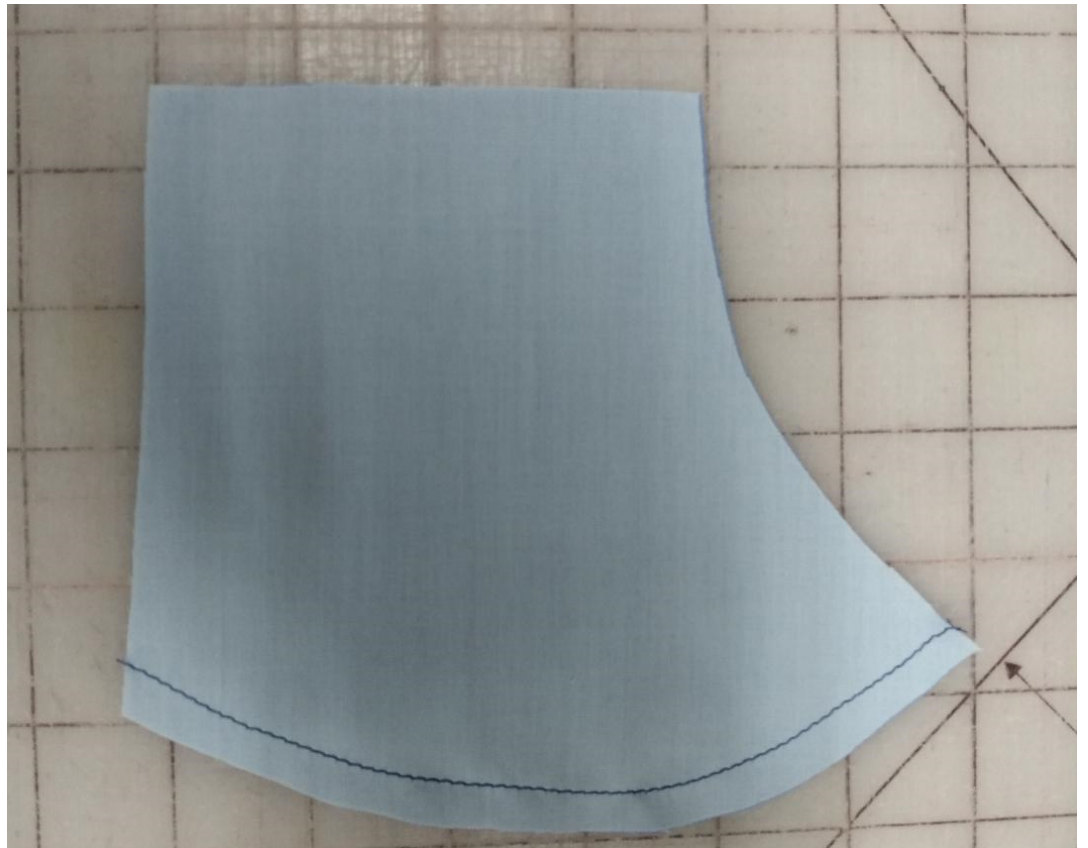


For the purposes of this presentation I've used two different colours for the outside of this mask – in reality you would use the same fabric for both pieces

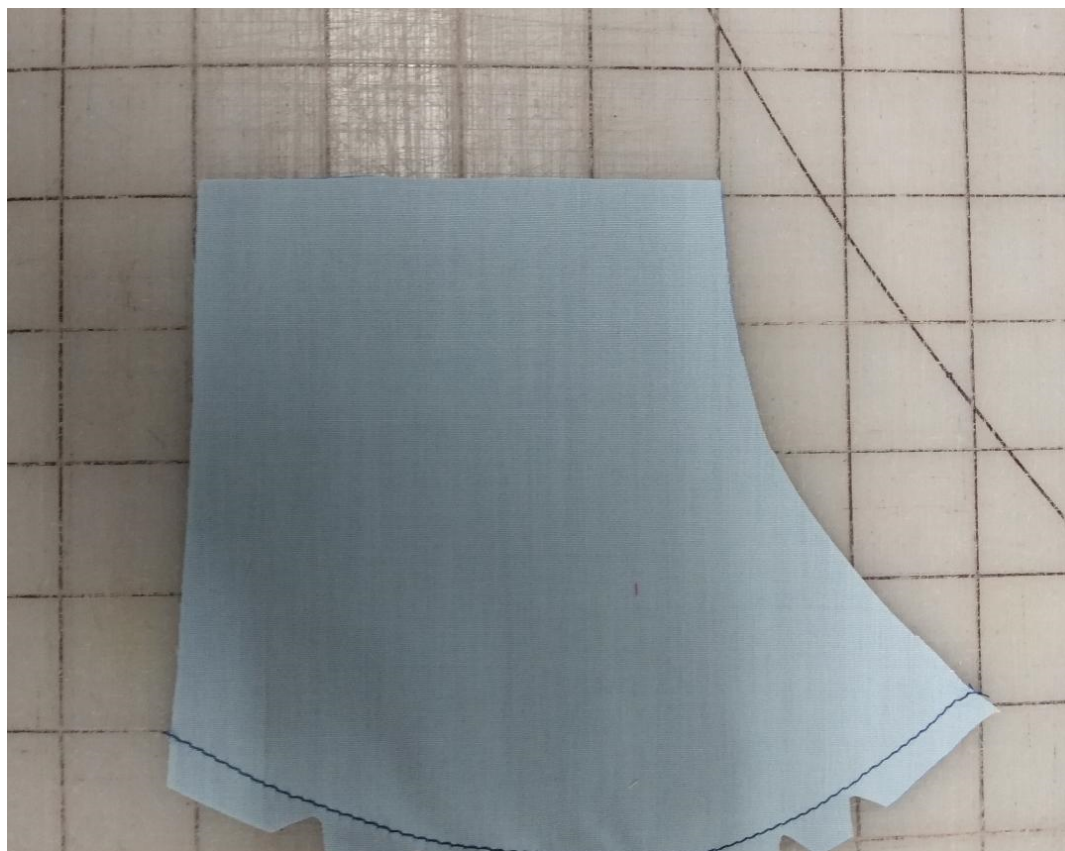
- Place the pieces, right sides together
- Pin the long curved edge if you aren't comfortable stitching it without pins



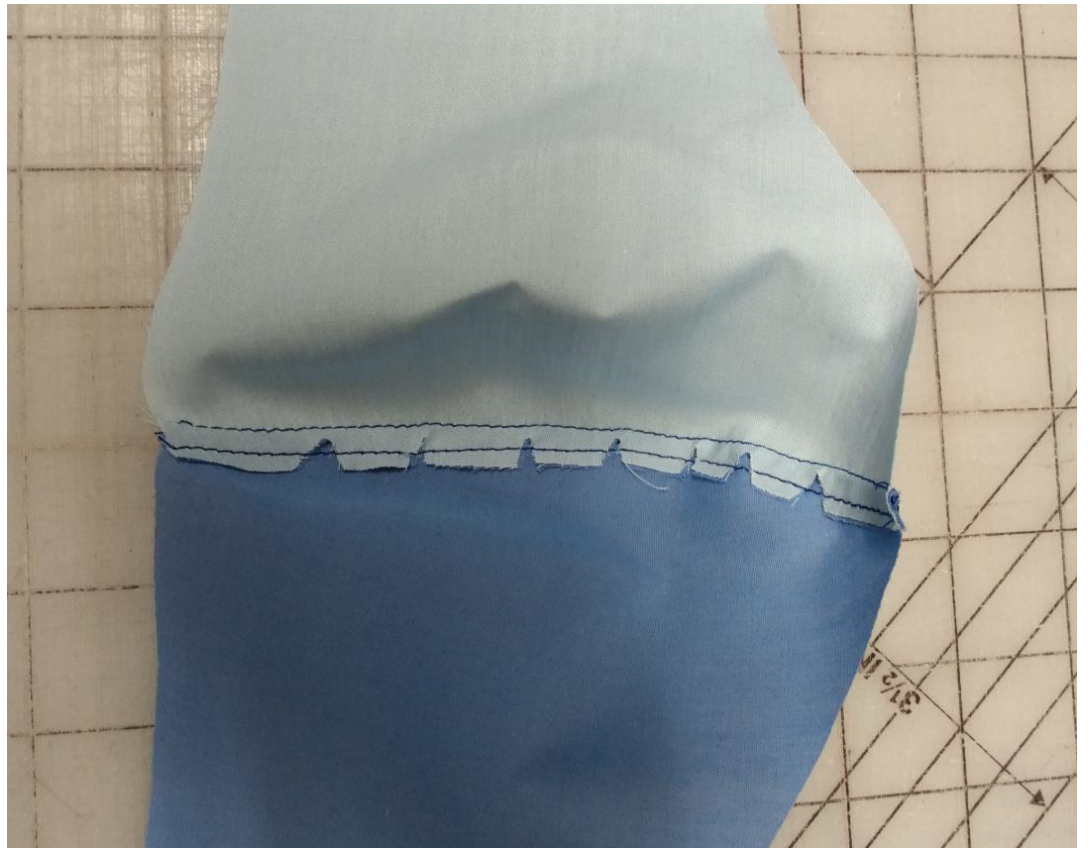
- Using a matching colour of thread, stitch $\frac{1}{4}$ " away from edge



- Cut notches to make turning easier, be careful not to cut the stitched line
- Press seam to one side



- Top stitch the seam allowance down – I use the narrow side of my pressure foot as my gauge
- If you only have one pressure foot and both sides are the same size you can shift the needle to one size for this step
- Repeat these steps with the lining fabric



- Pin the front and lining pieces together – right sides together
- Stitch at the top and the bottom, $\frac{1}{4}$ " seams
- Do not stitch the sides closed
- If you chose to have a filter pocket you will need to place it between the front piece and the lining (with the right side of the filter pocket being against the right side of the front fabric) and stitch all three layers together
- Note – the filter pocket is made with lining fabric, the same way as the other two pieces except that the sides are folded in $\frac{1}{4}$ " and then turned in another $\frac{1}{4}$ " and stitched to hem



- Turn right side out
- Top stitch both the top and bottom, $\frac{1}{4}$ " from the edges
- Insert a 6" piece of thin wire into the casing created at the top



- Make three pleats on each side – these are small pleats and should point down



- Pin a 3" x 2" piece of the front fabric to the pleated ends – having the right side facing the lining of the mask
- Stitch together, using a $\frac{1}{4}$ " seam
- Fold the short ends in and pin
- Fold the long edge over $\frac{1}{4}$ " and pin
- Repeat on the other end



- Lay a 7" piece of thin elastic across the middle of the end piece
- Fold the piece over to the front and pin in place
- Stitch near the edge
- Repeat on the other end



- tie the ends of the elastic together
- Pull the knot into the casing
- Repeat on the other side
- Your face mask is now ready to wear



- To check if your face mask is 'strong' enough try this – while wearing your face mask hold a lighted candle 12” from your face and try to blow it out – if you can, then the fabric you chose isn't woven tightly enough and you need to add another layer
- If you can't blow out the candle then you've chosen well
- There are a number of you tube videos of this test

- Consider getting a group together to make face masks for your community
- Some of the places I've donated to include food banks, dentist offices, optometrist offices, schools, VON, postal workers, retail workers, friends and neighbours