



SEWING INSTRUCTIONS FOR
THE FACE MASK PATTERN

MORE INFORMATION AT

www.makefacemasks.com



facebook.com/volksgezondheid



Concept

Don't use this face mask to go near or care for people who are infectious. Try to avoid contaminating others.

This mask has a washable fabric outer layer so it can be reused.

The emphasis is on safety:

- a snug fit
- the option to use filter materials that vary in thickness and density

The mask resembles a mini pillow case: it has an opening at the bottom with a folded edge, like a standard pillow case. You can insert a replaceable filter in this opening, that is kept in place by this folded edge. This guarantees that the filter is kept in place when wearing the mask.

The ties are sufficiently long so that the mask can easily be tied and loosened. You can therefore remove the face mask while maintaining a safe distance between your hands and your face.

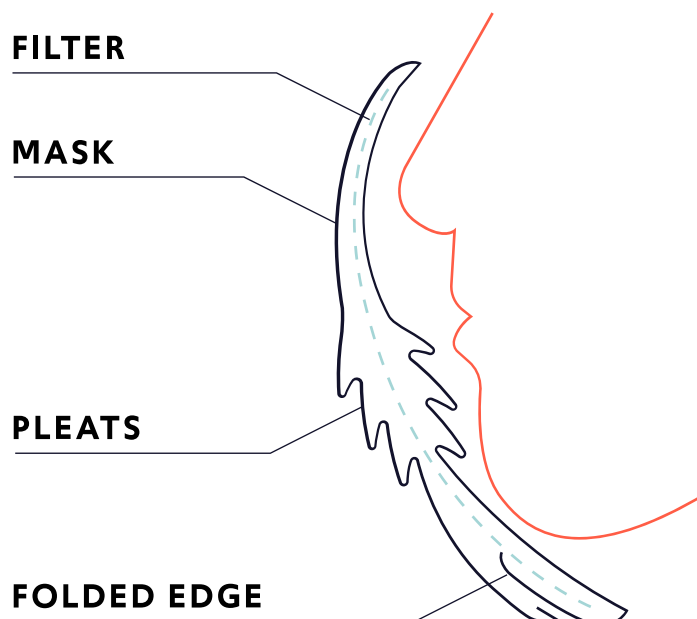
This pattern is based on a design by Dr Chen Xiaoting, a Taiwanese anaesthetist.

Instructions



- **Wash your hands** before touching the mask
- Pay special attention when putting on and removing the face mask and storing it.
- Do not touch the inner layer of the mask.
You can recognise the inner layer by its colour.
- Use the ends of the ties when handling the face mask to keep your hands away from your face.
- If necessary, wear safety goggles over the top of the face mask to ensure that it fits snugly over your nose.
- Do not wear the face mask longer than necessary.
- Replace the face mask with a new one if the face mask or filter is damp.
- Dispose of the mask in a sealed plastic bag or container immediately after use. Do not let it dangle around your neck.
- Sterilise the mask as often as possible (at least once a day) by washing it at 90°C - 194 °F.

Cross-section of the mask



Difficulty: beginner to advanced

The pattern is rectangular. **You don't need a lot of sewing experience to make it.**

Folding the pleats requires some dexterity.

Printing the pattern / available sizes

The seam allowance has been included in the **large, small** and **child** sizes.

Print the pattern on A4 paper. For the large and small version, cut out the pieces, match the numbers and tape or paste together with glue.

Always print to actual size, without scaling down! Use the test square to check if the pdf is printing at the actual size.

Materials

- For the outer layer (of the largest size): a piece of fabric, measuring at least 20 by 20.5 cm. You need a breathable fabric that does not absorb any moisture. Preferably use a synthetic material (polyester) or cotton.
- For the inside (of the largest size); a piece of fabric, measuring at least 20 by 20.5 cm. Ideally you should use polypropylene, but you can also use cotton.
- Make sure that both pieces of fabric have a different colour or pattern so that you always wear the same side on the outside.
- Avoid stretch fabrics as the face mask will not retain its shape that well.
- Stretch fabrics are also more difficult to sew with.
- Pre-wash the fabric at 90°C - 194°F before starting, so that the mask doesn't shrink too much after the first (heat) sterilisation.
- 4 ties, 50 cm long. Do not use elastic loops unless they can be washed at 90°C.
- Replaceable filter material, approximately the same size of the face mask. You can use vacuum cleaner bags or carbon filters.

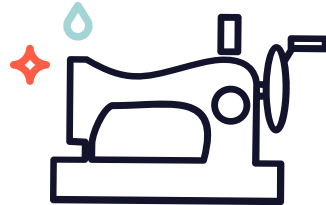
Hygiene

Take adequate hygiene precautions.



1

Wash your hands



2

Make sure that your sewing machine is as sterile as possible



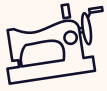
3

Wash your hands before continuing



4

Wear a face mask while sewing



How to proceed



1. Cutting the fabric

The pattern includes the seam allowance, you don't have to add it.

Cut

- Four ties of 50 cm.
- The fabric for the outer layer.
- The fabric for the inner layer.

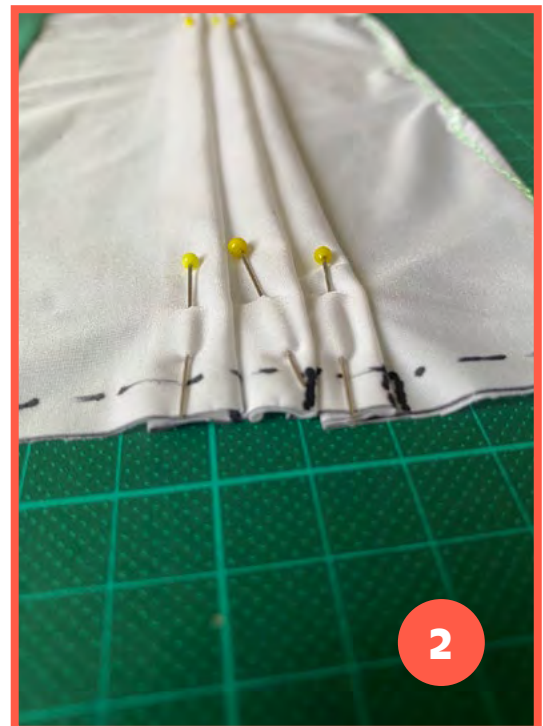
If your fabric is soft and pliable as opposed to stiff, then make the fold on the outer fabric slightly longer.



2. Making the pleats

Press the side seams on the short sides inwards:

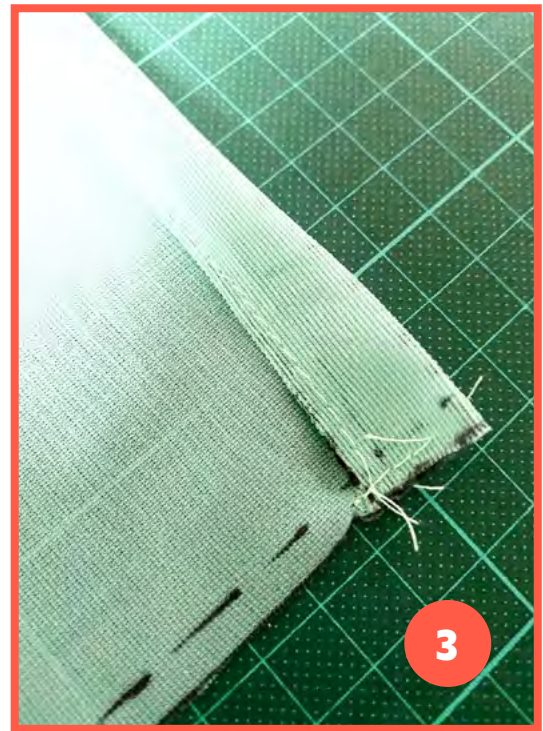
- Press the fold of the folded edge inwards.
- Turn the fabric over, with the right side up: the seam and folded edge face downwards.
- Fold the black line over the red line in the direction of the arrows.
- Repeat for every pair of black and red lines.
- Press the folds (one by one if necessary) using an iron.



3. Sewing the folded edge

Use a straight stitch (3 mm stitch length), a standard needle and synthetic thread.

Sew along the seams on the short sides.
Sew along the folded edge, sew within the seam allowance for this.



4. Secure the pleats

Secure the pleats within the seam allowance, if you find this easier when sewing the closed side seams.



5. Sewing the centre seam

Align the two fabric pieces, right side facing up, and sew along the centre seam.



6. Attaching the ties

Pin a tie to each corner. (see drawing: the ties point towards the inside of the pattern)



7. Sewing the side edges

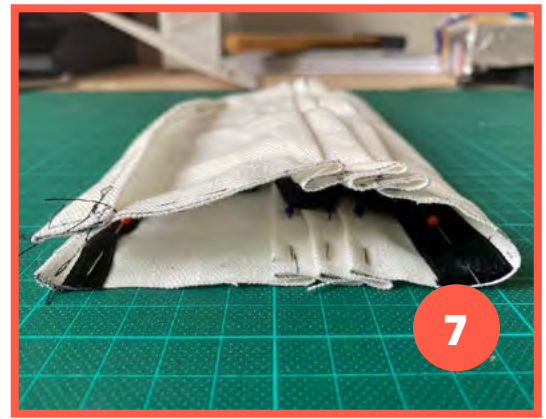
Fold the mask closed along the centre seam (like a sandwich). The wrong side of the fabric faces upwards. You can easily check this by looking at the seams on the short side and the folded edge:

- These seams must be visible.
- The ties should be on the inside (like the filling of a sandwich)

Sew the side seams, using an overlock stitch if necessary. Stitch back-and-forth to secure the seams.



Attention: make sure not to sew the ties into the side seams!



8. Turn inside out and finish

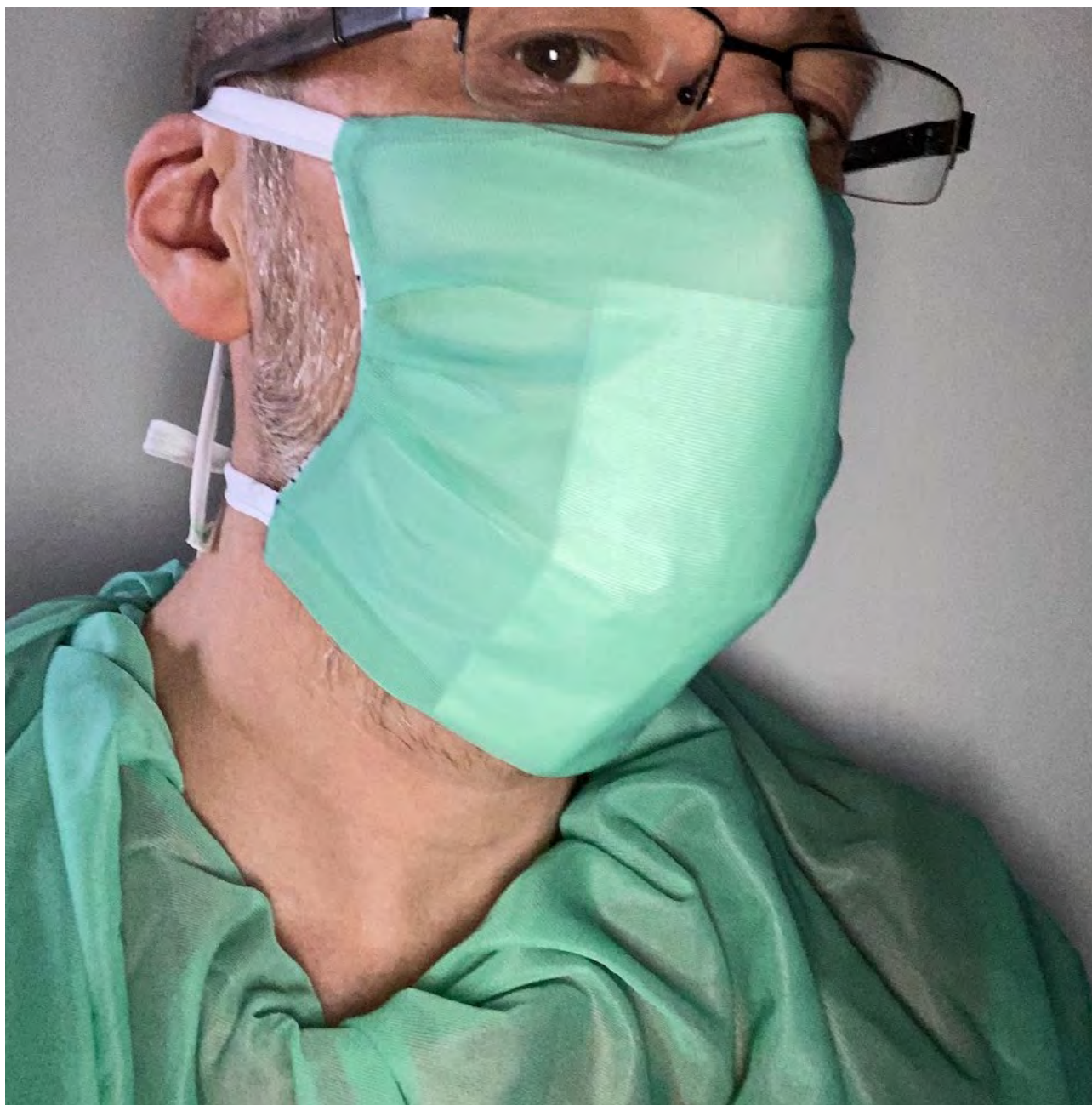
Turn the mask inside out through the open side (seam and folded edge).

Insert a filter if needed.

9. Sterilising your mask

Sterilise the mask by washing it (without the filter) at 90°C - 194° F. If you don't intend to use it immediately, store it so it stays sterile.





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#couturesolidaire #sewing4life

makefacemasks.com





FACEMASK PATTERN

This pattern and the method were recommended by the Belgian Federal Public Service for Public Health. Please bear in mind that any other patterns that are currently being shared have not been tested and are possibly less safe or not safe at all.

When making this face mask, please follow the instructions carefully, including the instructions about basic hygiene.

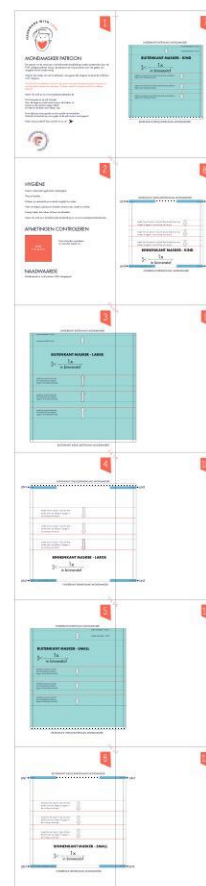
Don't use this face mask to go near or care for people who are infectious. Try to avoid contaminating others.

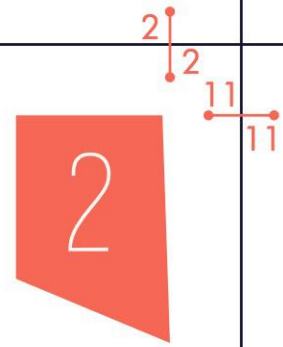
You can find more information at makefacemasks.com

Print the pattern on A4 paper. For the large and small version, cut out the pieces, match the numbers and tape or paste together with glue.

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Are you done cutting and pasting the pattern? Then it should look like this!





HYGIENE

Take adequate hygiene precautions.

Wash your hands.

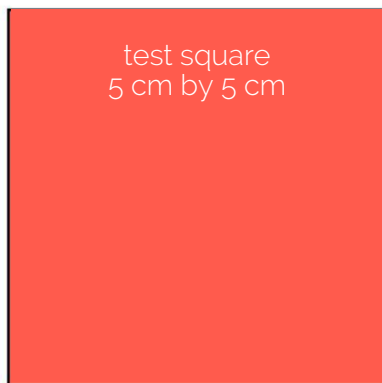
Make sure that your sewing machine is as sterile as possible.

Wash your hands before continuing.

Wear a face mask while sewing.

More information can be found in this manual and online at

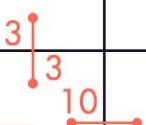
CHECKING THE MEASUREMENTS

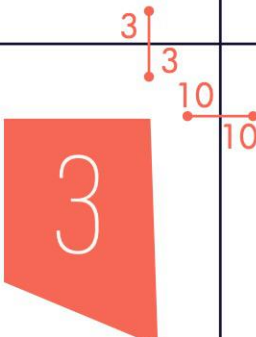


Print at actual size, without scaling down and compare the print with the test square.

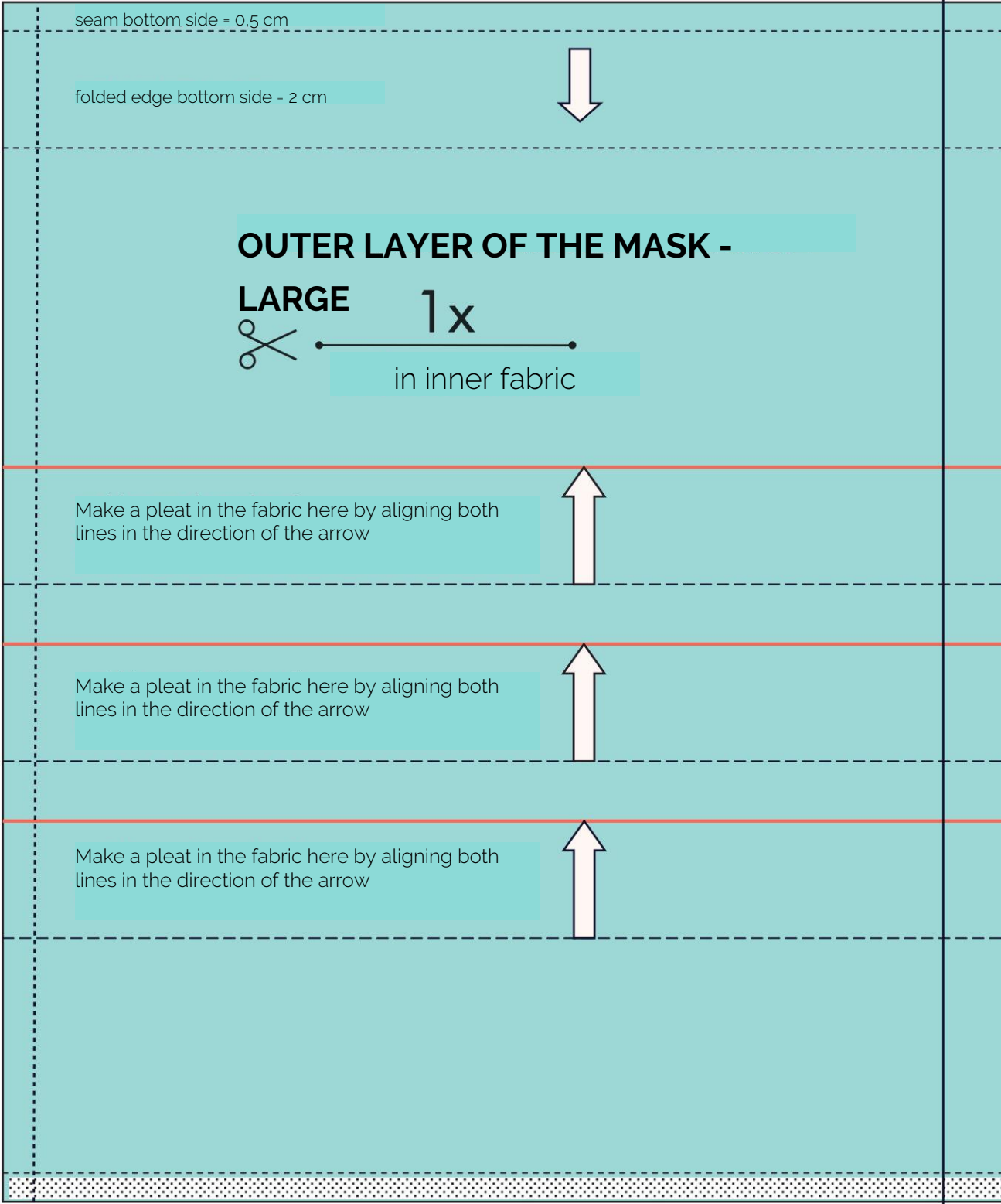
SEAM ALLOWANCE

This pattern includes a seam allowance!



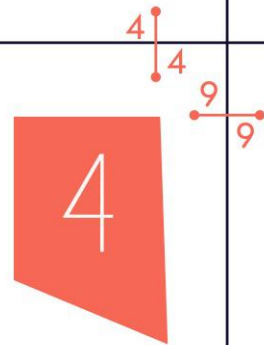


BOTTOM SIDE OUTER LAYER OF FACE MASK



TOP SIDE (NOSE) OUTER LAYER





TOP SIDE (NOSE) INNER LAYER

TIE ●

Make a pleat in the fabric here by aligning both lines in the direction of the arrow



Make a pleat in the fabric here by aligning both lines in the direction of the arrow



Make a pleat in the fabric here by aligning both lines in the direction of the arrow



INNER LAYER OF THE MASK - LARGE

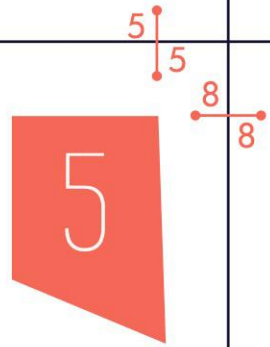
✂ ——— 1x ———
in inner fabric

TIE ●

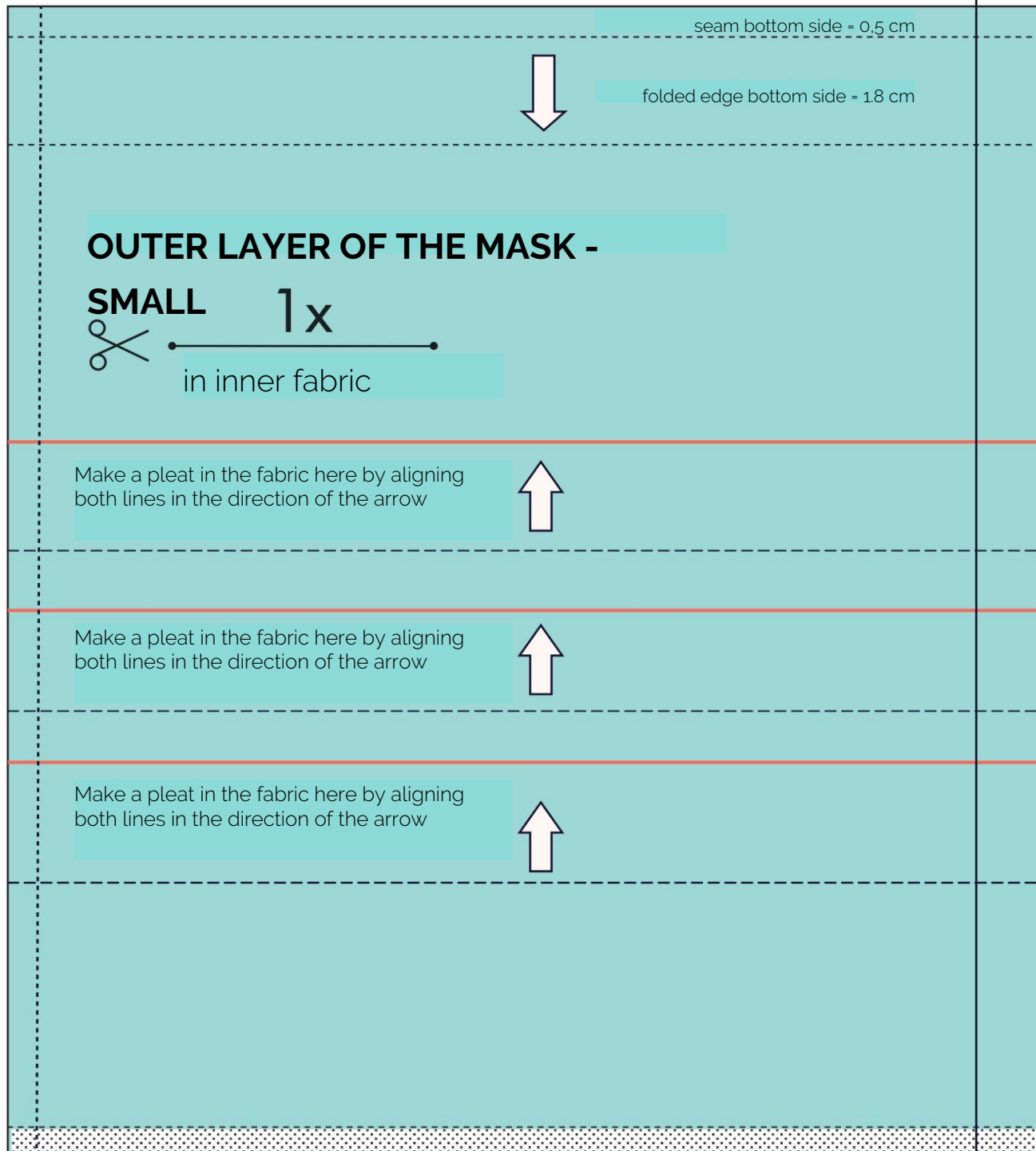
seam bottom side = 0.5 cm

BOTTOM SIDE INNER LAYER FACE MASK



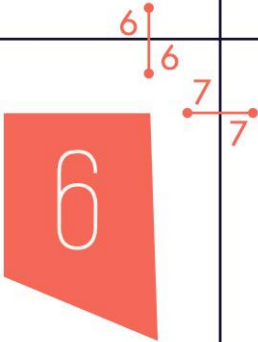


BOTTOM SIDE OUTER LAYER OF FACE MASK



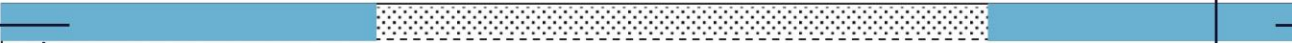
TOP SIDE (NOSE) OUTER LAYER





TOP SIDE (NOSE) INNER LAYER

TIE



Make a pleat in the fabric here by aligning both lines in the direction of the arrow



Make a pleat in the fabric here by aligning both lines in the direction of the arrow



Make a pleat in the fabric here by aligning both lines in the direction of the arrow



INNER LAYER OF THE MASK - SMALL

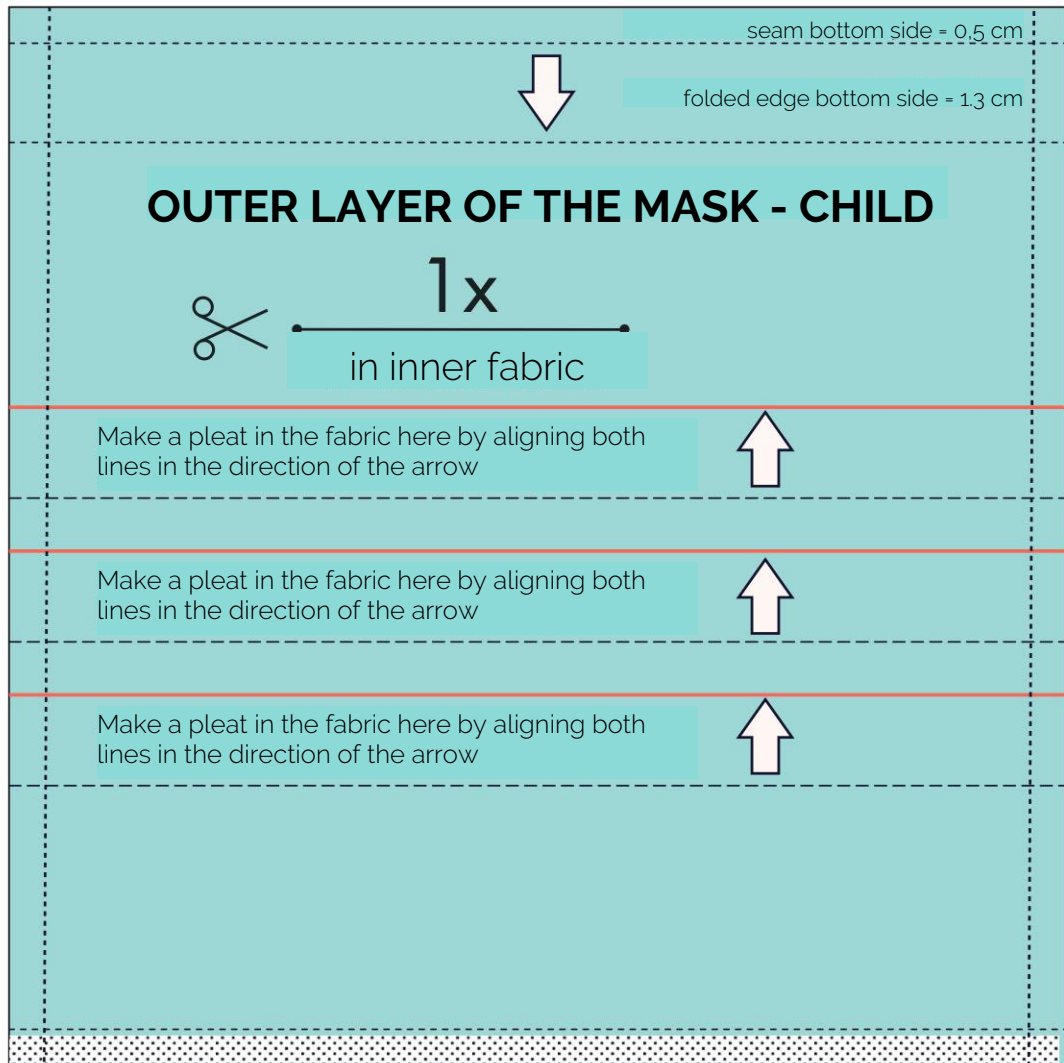


TIE



BOTTOM SIDE INNER LAYER FACE MASK

BOTTOM SIDE OUTER LAYER OF FACE MASK



TOP SIDE (NOSE) OUTER LAYER

