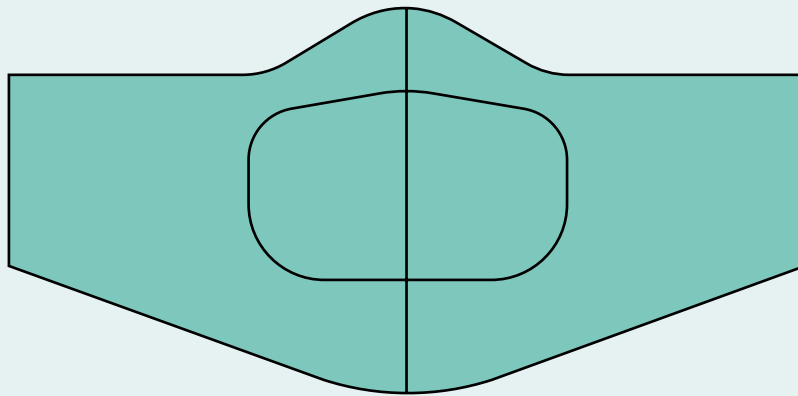


User's manual - pattern for a reusable face mask with clear window

For people who rely on visual
communication



More information at

www.makefacemasks.com
facebook.com/maakjemondmasker.be

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Contents

About this pattern for a reusable face mask with clear window	3
How to wear it and instructions	4
When?	
Cleaning and storing your face mask?	
Putting on your face mask	
Taking off your face mask	
Materials and sewing equipment	6
Preparation	7
Sewing pattern print version	8
Assembly	10
Frequently asked questions	16
About makefacemasks.com	17



**I protect you,
you protect me.**



Maintain 1.5 m distance, don't touch your face and wash your hands with soap and water.

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about this pattern for a face mask with clear window

For people who rely on visual communication

Do you rely on lipreading? Do you need to see people's mouth, or the mimicry? Do you need to be able to read emotions from faces? Then this pattern for a face mask with a clear window is exactly what you were looking for.

It was developed with the deaf, the hearing impaired, some people with autism spectrum disorders, etc. in mind. But this mask is equally useful in other situations, where visual support is required when communicating.

Approved

This pattern and the instructions for assembly in the user guide were checked with the Belgian Federal Public Service for Public Health. They were approved by Belgian virologist Marc Van Ranst and were developed with the support of Doof Vlaanderen (the Flemish Deaf Association). Other patterns that are being shared online have not been tested and might therefore be less safe or not safe at all.

- When making this face mask, please follow all the instructions carefully, including the instructions about **basic hygiene**.
- When wearing it, please take the following measures: **keep 1.5 m distance and wash your hands with soap and water**.

Two sizes

The pattern has a seam allowance of one centimetre. It comes in two sizes: small and large.

We are creating a tutorial with a sign language interpreter, that will soon be published to the website.

The pattern is based on Maison Zizou's YouTube tutorial and was reworked by KI Woluwe (Belgium).

Reusable

This mask fits snugly and has a washable fabric outer layer so that it can be reused. The plastic can also be washed at 60°C. It is worth testing beforehand, however, how the basic material reacts to hot temperatures.

Also for beginners

Beginners can also make it thanks to the instructions for assembly and the tutorial.

How to wear it & instructions

When?

Wear a face mask to trap droplets and protect others. Objects around you will also be less likely to be infected. When to wear it:



when in **close contact** with others



on **public transport**, in stations, on train, tram and bus platforms



in **supermarkets**



when **visiting vulnerable individuals** or if **you are a high-risk patient** (65+, in case of diabetes, cardiovascular and lung disease, autoimmune disease, cancer, rheumatism...).

Cleaning and storing your face mask?

Sterilise your face mask daily and/or after 4 hours of intensive use (e.g., if you have to talk a lot).



Wash it for **30 minutes at 60° C**.



Store the **clean and dry** face mask in a resealable (**Ziploc**) bag.

Tips

- How to stop the window from fogging up? Apply a few drops of dish washing detergent to a clean cloth. Rub it on the inside of the window and let it dry. You can also spray it with a safe anti-fog spray for swimming goggles.
- Avoid putting on/taking off your face mask continuously. Preferably put it on as you leave the house and take it off when you get home.
- If you must take off your face mask for a short time (e.g., to drink), then put it down in a clean place that you can easily clean afterwards or store it in a breathable bag or paper envelope.
- People who cannot wear a face mask correctly should not wear one:
 - children under 12;
 - people with a disability or chronic condition.
- Do not store your face mask in your refrigerator or freezer. The cold does not kill the virus. The virus can survive on the food in your refrigerator or freezer and still spread as ^{a result}.

Putting on your face mask



Wash your hands thoroughly with soap and water before touching the face mask.



Hold the mask by the ties to put it on.



Do not touch the inside of the mask.



Make sure that the mask fits snugly. Cover your nose and mouth.

Taking off your face mask



Wash your hands thoroughly with soap and water before taking off the face mask.



Hold the mask by the ties to take it off.



Do not touch your face or the inside of the face mask.



Toss your face mask in the laundry as soon as you get home.

Maintain 1.5 m distance, don't touch your face and wash your hands with soap and water.

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Materials

Fabrics



For the outer layer (size L): a piece of fabric, measuring at least 32 by 17 cm. You need a light, breathable fabric that does not absorb any moisture. Preferably use cotton.



For the inner layer (size L): a piece of fabric, measuring at least 32 by 17 cm. You need a light, breathable fabric that does not absorb any moisture. Preferably use cotton.

Avoid stretch fabrics as the face mask may change shape. Sewing stretchy fabrics with a sewing machine can be quite a challenge.

If you are using a fabric with bright colours, we recommend soaking it in water mixed with some vinegar first. It ensures the colours are completely set.

Pre-wash the fabric so that the face mask doesn't shrink too much after the first (heat) sterilisation.

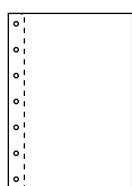
Ties



4 ties that are 40 to 50 cm long: the ties must be long enough so that you can easily tie and untie the mask. This ensures that you can take off the face mask while maintaining a safe distance between your hands and your head/face.

Sturdy plastic

You can use a sturdy, transparent laminating pouch or punched pocket for your clear 'window'. Test the heat-resistance of the plastic first. You should wash your laminating pouch before using it, so that it heats up and sticks together.



Resealable plastic bag

Got your face masks? Time to disinfect them!

Wash your face mask/fabrics at 60°C. Wash your hands and store the face masks in sealable packaging (resealable plastic bag or a paper envelope). Always make sure that they are completely dry and clean to prevent mildew from forming.

Preparation

Print the pattern on A4 paper

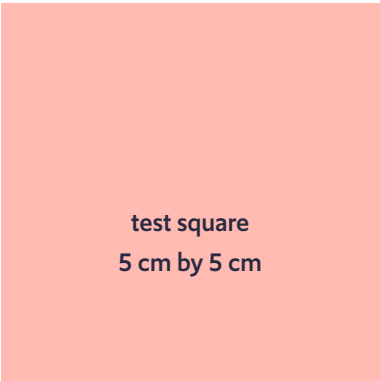
This pattern features 2 sizes:

- Size L: adults
- Size S: for teenagers or adults with a smaller face

Cut the pattern to size, without changing the scale.

Check the dimensions

Use the test square to check if the pdf is printing at the actual size.



test square
5 cm by 5 cm

Seam allowance

This pattern does NOT include a seam allowance.
This means you need to leave a 1 cm seam allowance
around the pattern to sew the seams.

Basic hygiene



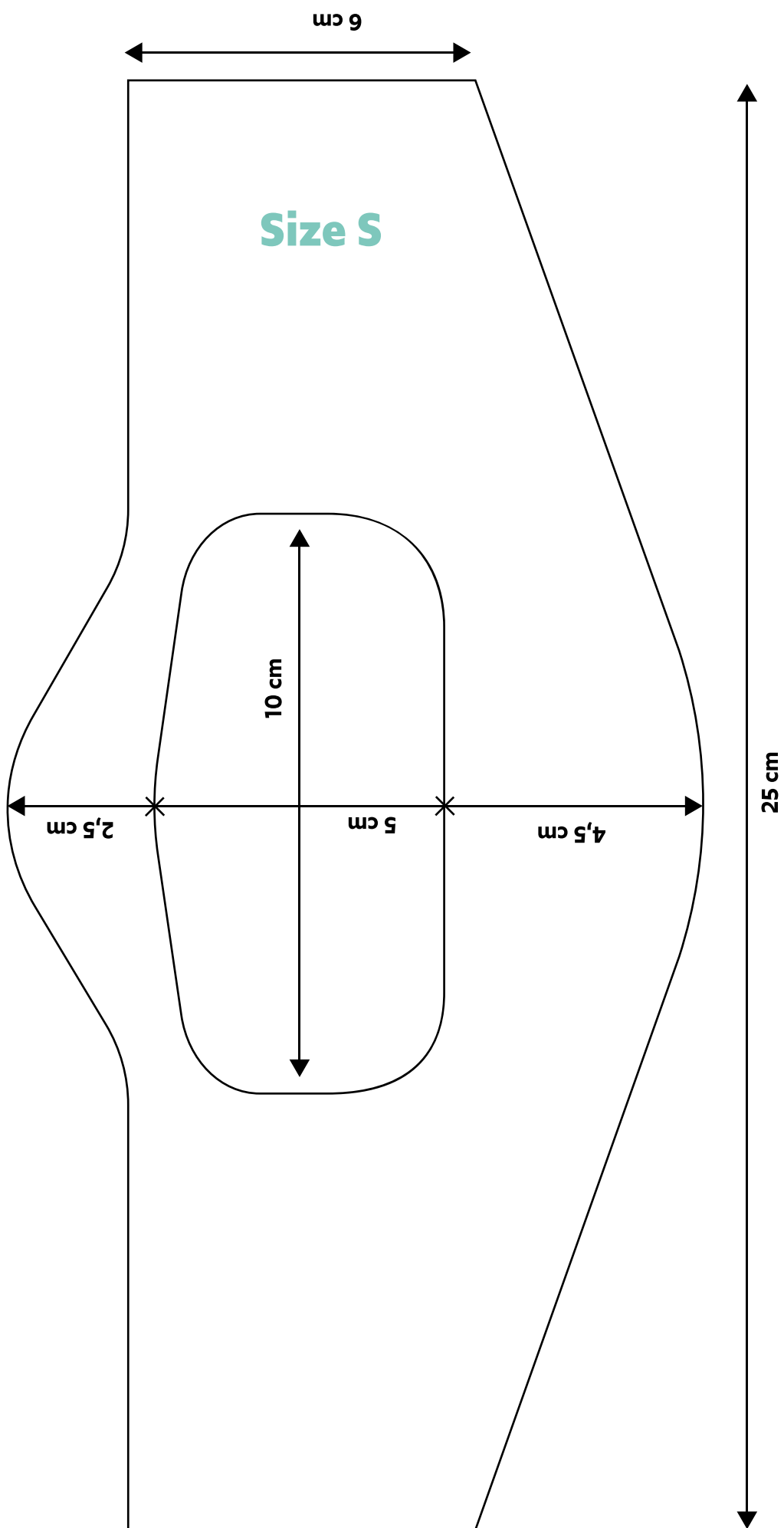
Wash your hands with soap and water.

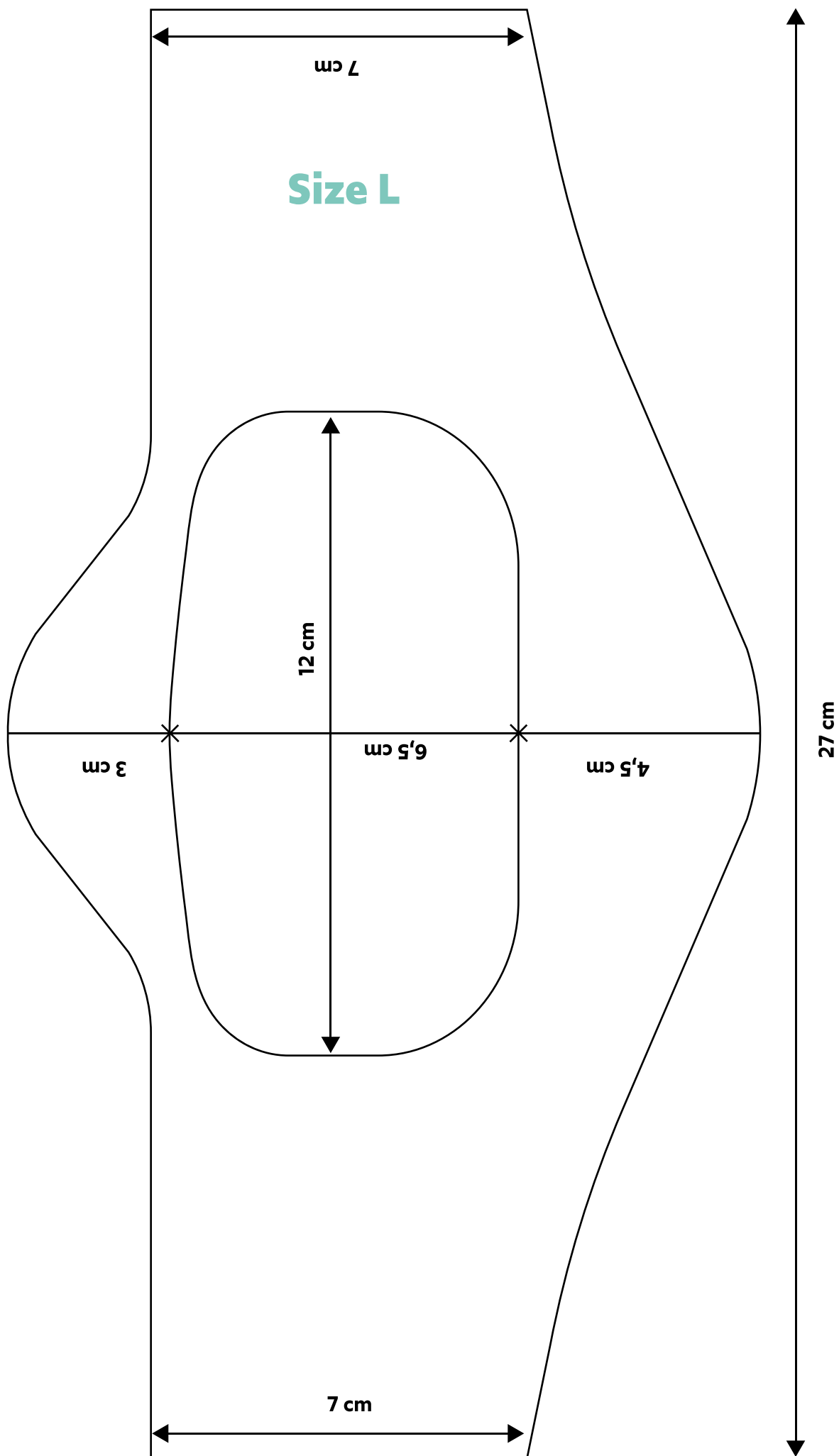


Wear a face mask while sewing.



Wash your face masks before using them.





How to proceed

1. Cut the fabric

Cut:



four ties of 50 cm



the fabric for the inner layer



the fabric for the outer layer

Lay the fabric pieces on top of each other, with the right (patterned) sides facing out.



2. Cut the pattern

- Pin the pattern to the fabric.
- Leave a 1 cm seam allowance at the edges.
- Cut out the mask, leaving 1 cm from the edge of the pattern.
- Remember to also leave a seam allowance of 1 cm when cutting out the opening for the window.



3. Make four cuts

Make a small cut with your scissors in every corner of the window.

Cut right up to the pattern.

These cuts are important when making the opening for the window.

This prevents the fabric from pulling or bunching and ensures you can neatly finish the edges.



4. Pin the layers together

Turn the fabric over and place the right (patterned) sides on top of each other.

Pin the two layers of fabric together at 1 cm from the edge of the fabric.

Do this at the top and bottom of the face mask.



5. Insert the ties

Insert each tie into the window opening on the inside of the face mask.

Pin the ties in place near the edge of the fabric.

Do this for all four ties.

Tip: Don't insert the ties too close to the stitching line or they will be sewn in incorrectly.



6. Stitch around the circumference

Stitch all the way around the circumference of the mask in one go.



7. Sew the hems

Take a needle and some coloured thread.
Fold over the 1 cm fabric allowance around the window and sew along the edge using basting stitches.
Do this on both sides of the face mask.
Make sure that the hems are more or less the same on both sides.
This will look neater when you sew the window into place.



8. Shape the mask

Turn the face mask inside-out by pulling the ties.

Tip: Make sure that all the corners and sides are straightened out. The curved edges must also be properly straightened out for you to continue.



9. Cut out the plastic window

Cut out a rectangle measuring 8.5 by 17 cm out of the plastic (Size L), measuring 7 cm by 14 cm (Size S).

You can use any of the following for this:

- A plastic punched pocket (office supplies).
- Laminating film: a plastic pouch used to protect documents against moisture, wear and grime. Put it through a laminator first so that it is fully transparent.



Tip: Whatever you decide to use, test whether it is heat-resistant first. You must be able to wash the face mask at 60°C. Briefly lay a piece of the plastic in boiling water and immerse it. Check whether the plastic deteriorates or changes shape.

10. Insert the window

Insert the window into the opening of the face mask and pin it to the fabric.

Tip: Make sure that the plastic at the bottom and top of the window has enough of an allowance. This allows you to pin the window into place when you're stitching it.



11. Stitch the window

Use your sewing machine to stitch all the way around the window.

Tip: Check that the two layers of fabric are neatly aligned when sewing the window.

12. Remove the basting stitches

Remove the basting stitches on either side of the window.



13. Sew the folds

Take a needle and thread in the same colour as your stitching thread. Double thread your needle.

Sew folds on the top and bottom of your face mask, along the curved edges. The length of the fabric between the pins is 5.5 cm at the top and 9 cm at the bottom (see photo, between the pins).

First make a row of stitches in the mask. Then pull the thread until the fabric starts to gather and sew it in place.



Tip: Secure your first and last stitch. The thread tension is quite high.



14. Sterilise & store

Sterilise the mask by washing it at 60°C. As long as the water temperature is 60°C or above, the face masks are sufficiently disinfected. Heating up your face mask in a pot of water, with detergent (soap or washing detergent), is a good solution. Do not boil the water as this may damage the window.

You can also wash your face mask in your washing machine. Use a mesh laundry bag to prevent the ties from tangling.

Dry the face masks on a disinfected drying rack. Wash your hands with soap and water. When your face masks with a clear window have dried and cooled off, you can safely store them in a paper envelope or a resealable plastic bag.



FAQ

Does a face mask protect me against coronavirus?

The face masks do not protect you. They protect the people around you (if you are infected with coronavirus but are not aware of this). Wearing a face mask is simply an addition to the existing measures, which you should always strictly apply.

Which fabrics may I use?

Cotton is a perfect fabric for these face masks. Make sure that the fabrics are not too thick and that you can easily breathe through them. Your face mask will be more comfortable to wear. Do not use stiff or irritating fabrics.

Where can I find fabric?

You can use cotton T-shirts, kitchen towels or bed linens to make face masks. If you need more or other fabric, check with people around you. Cotton is the best material.

How do I prevent the clear window from fogging up?

Rub some dish washing detergent on it and let it dry. You can also spray it with a safe anti-fog spray for swimming goggles.

Is plastic safe to use?

Wash and disinfect the face mask with a clear window for 30 minutes at 60°C, as indicated in the storage tips. Disinfect the plastic window with soap and water in case of doubt.

Must I use a filter?

This type of face mask does not include a folded edge for a filter because the window must be clear. Even without a filter, this face mask offers sufficient protection for most people.

Can I use elastics instead of ribbons?

Ties ensure that you always maintain a safe distance between your hands and your face and make the face mask more comfortable to wear. Elastics may start to hurt after a while. Elastics may not be 100% virus-free after washing.

You can also make ties yourself from cotton tricot (old T-shirts, stretch bed linens) using your machine's tape guide. Or you can fold and sew your own ties.

After how many washes should I dispose of my face mask?

Face masks are made from cotton. This is a durable fabric that can be washed many times. If you feel that the fabric is worn or becoming thinner, you should probably replace your face mask with a new one.

Don't boil your face mask with a window, or you may damage the plastic window. You must replace the window if it cracks or has holes.

I want to donate face masks. How do I get them to you?

You can find a collection point near you at www.makeyourfacemasks.com/donate. If you know people who need a mask near you, then you can bring your DIY face masks to them yourself. Make sure to follow all the safety precautions if you do this: wash your hands and maintain a distance of 1.5 m.

Can children also wear this face mask?

Face masks are not recommended for children under 12 years of age. They are incapable of wearing the mask properly and correctly following all the preventative measures.

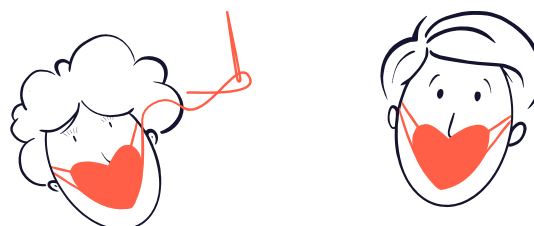
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About makefacemasks.com

Makefacemasks.com is a citizens' initiative.

The website **www.makefacemasks.com**, the patterns, the manuals, the tutorials, any derived materials and the Handmade with Love campaign were developed and coordinated by the citizens' movements Corona Denktank and Communicatiepro's tegen #COVID19BE. The pattern and instructions were checked with the Belgian Federal Public Service for Public Health, without financial or any other structural government support.

'We' are citizens: marketers, makers, officials and civil servants, engineers, designers, translators, first responders and carers, self-employed, employees, teachers, spokespeople, developers, entrepreneurs, communication experts, creative minds, copywriters, artist, illustrators, emergency doctors, crisis communication experts, advertising professionals, ... who work for companies, civil society organisations, SMEs, art centres, non-profit associations, themselves, private individuals, the government... and who are selflessly working for the common good.



**Together against
corona**

This pattern is a redesign, based on the DIY reusable 'face mask with clear window' video of Maison Zizou.
(https://www.youtube.com/watch?v=w2_fzoolKNU)