

#Co-MASK

Co-create DIY fabric masks to preserve our humanity through hope, humor, and hygiene!

For info and participation, please visit:

<https://co-mask.github.io/>

Contact via Facebook at [fb.me/co.mask.community](https://www.facebook.com/co.mask.community)



We invite you to join a global project to create fabric masks that **promote hope, humanity, and hygiene practices in time of crisis**. Collaborating across borders, we want to raise awareness about the risks of COVID-19 infection and the need for physical distancing, advocating solidarity.

Kiss and smile at a safe distance!

The project offers instructions in many languages how to make masks in individual sizes. All you need are materials you will likely find at home: a cotton T-shirt, a kitchen cloth, and non-woven fabric. You do not need a sewing machine; scissors, thread, and needle will be enough. The masks are washable, have a nose clip, and allow for inserting a replaceable filter, such as a surgical mask. **While the Co-MASK cannot prevent an infection with the Coronavirus, it offers some protection from larger droplets and prevents you from touching your face.** We are currently translating the mask instructions into many languages—you are welcome to help. We hope to inspire you to create these masks for your family, friends, and your community. Please wash the masks before disseminating and be careful to distribute them without direct physical contact.

Create your own mask with kiss and smile, post on social media with hashtag **#Co-MASK**

#Co-MASK



#Co-MASK

Hope

To hope is to envision a better future. To hope is to shape the future. To hope is to be human. The goal of #Co-MASK is to inspire hope in a hard time and to unite us all through empathy, caring, sharing, and solidarity. These masks are a symbol of hope.

Hygiene

Tending to hygiene is an act of love, love for self and love for others. To protect self and shield others: keep physical distance; disinfect your doorknobs, mail, food; make and gift masks. Wear your #Co-MASK proudly.

Humanity

Catastrophe is a time of opportunity to reach out in the spirit of humanity, to embrace all of humanity. Kindness, generosity, mercy, and empathy are measures of our humanity. #Co-MASK aspires to unite humanity across the world, to build a global community, now and forever.



#Co-MASK *BASIC*

Hand-sewing, minimal tools & materials

Materials

OUTSIDE LAYER



cotton pillowcase
or cotton kitchen towel

INSIDE LAYER



old cotton T-Shirt
or cotton-blend pijama

FILTER



Non-woven fabric, such as
cleansing wipes (wash+dry), fliese, or interfacing
(the filling form the collar)

NOSE CLIP



Use food clips, for example, from coffee
bags or cereal → cut long clips in $\frac{1}{2}$ for 2
masks



Before you start: Wash and dry all fabrics as hot as possible for designfection!



BEST MATERIALS - WEB SOURCES:

For recommendation, which fabrics are best to use for the face mask, see these links:

<https://smartairfilters.com/en/blog/best-materials-make-diy-face-mask-virus/?fbclid=IwAR1Fu-J144v3S-BSfnzmSrMAYapOqWV5HnHlkoIHw1Nk6sFs-piwix1y-eQ>

<https://www.wazoodle.com/blog/face-mask-fabrics/>

Please send us other links, if you find alternatives. And **check the sources** for reliability and facts!

Tools

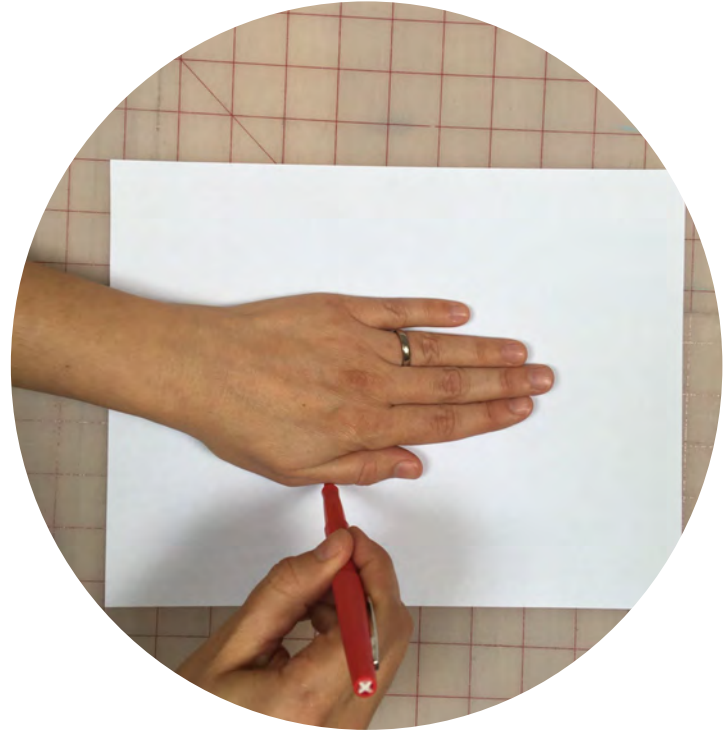
1. Scissors
2. Thread
3. Needle
4. Pen / pencil
5. Pins (optional)
6. Ribbons can be made from:
 - a. Elastic rubber strips for undergarment
 - b. Elastic cord
 - c. Decorative ribbon (presents)
 - d. Cut ribbons from pillowcase



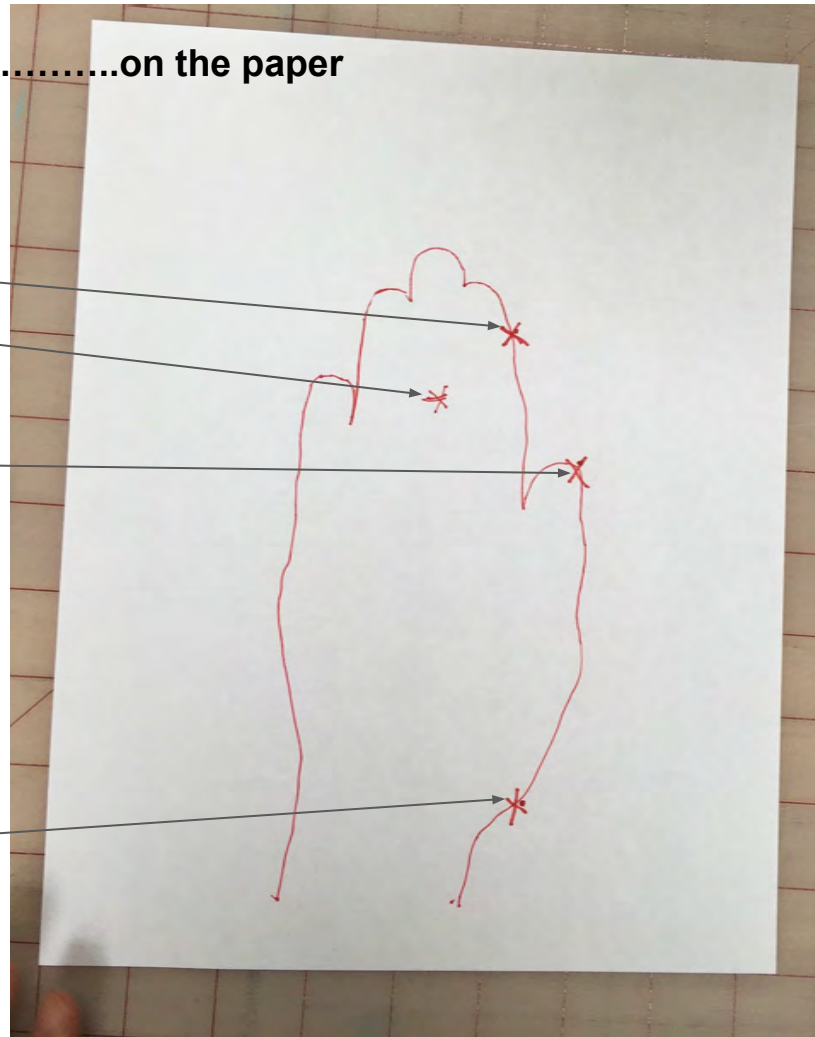
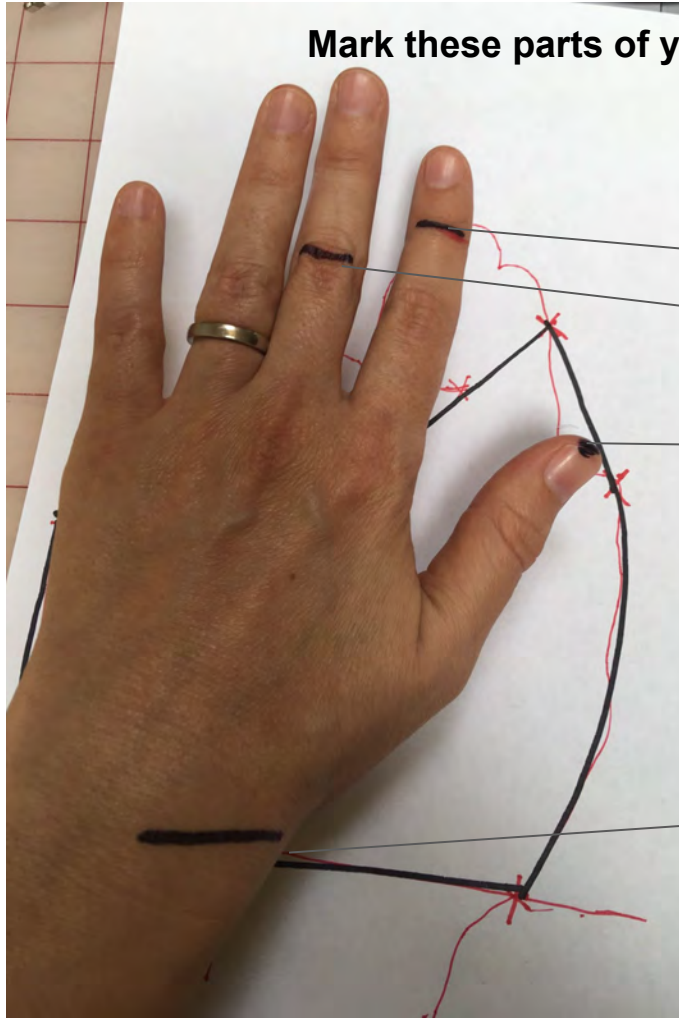
Sewing Pattern

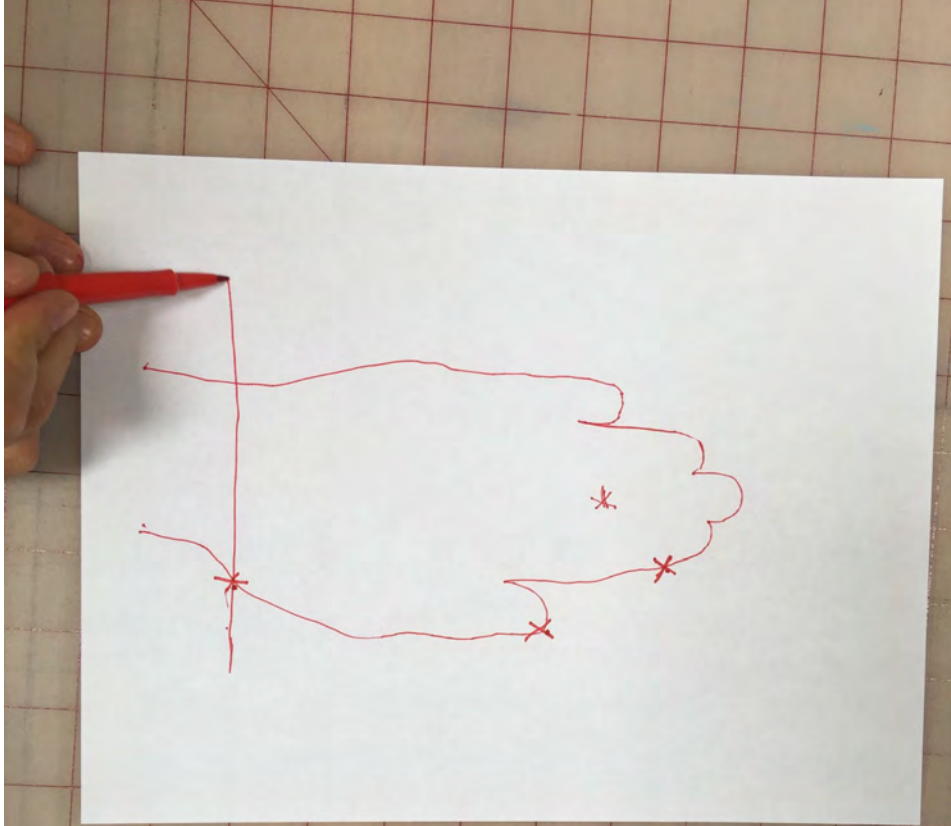
How to make the sewing pattern without a printer and measuring tape

Trace your hand or the hand of the person who will be wearing the mask on the paper. Small hands will measure for small masks and big hands for big masks!

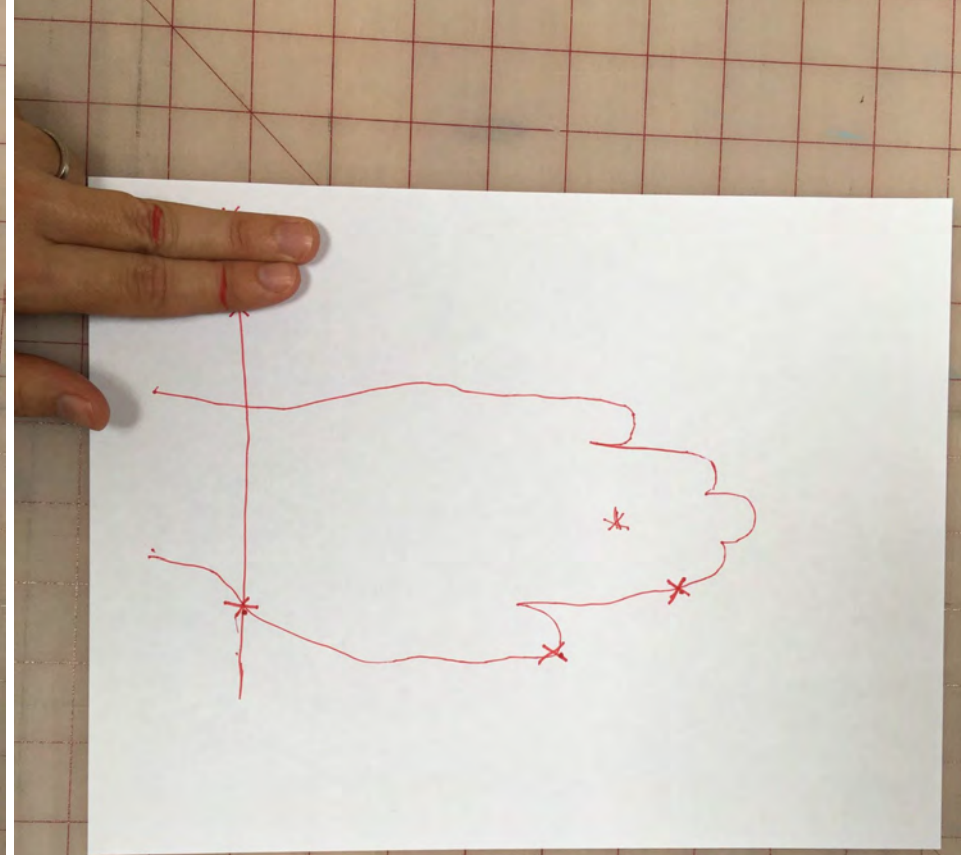


Mark these parts of your hand.....on the paper

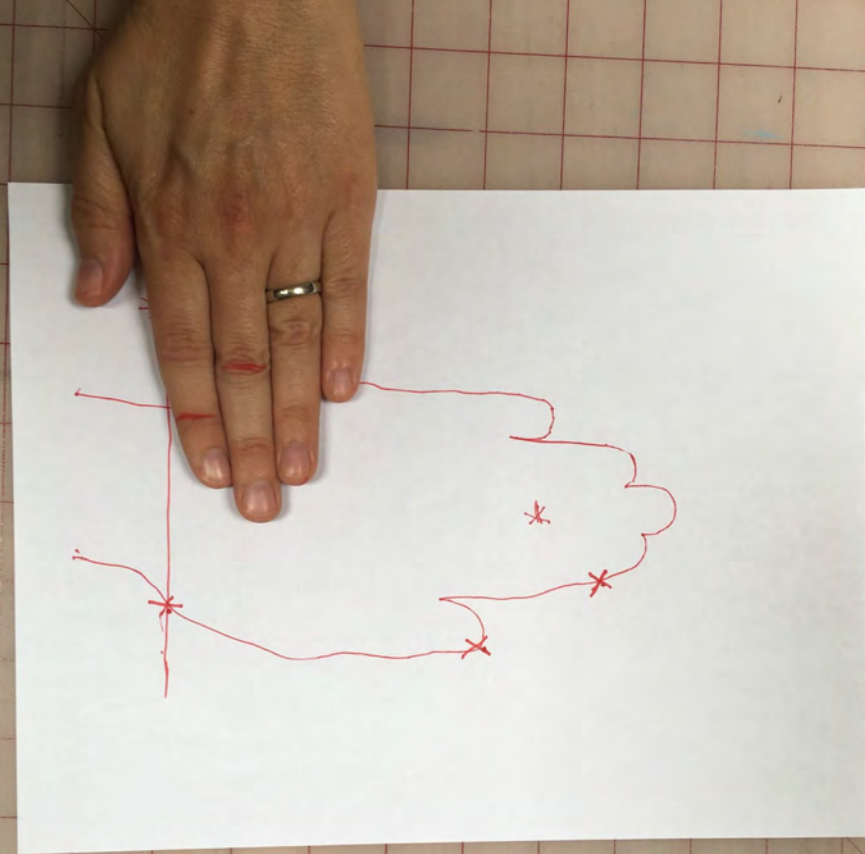




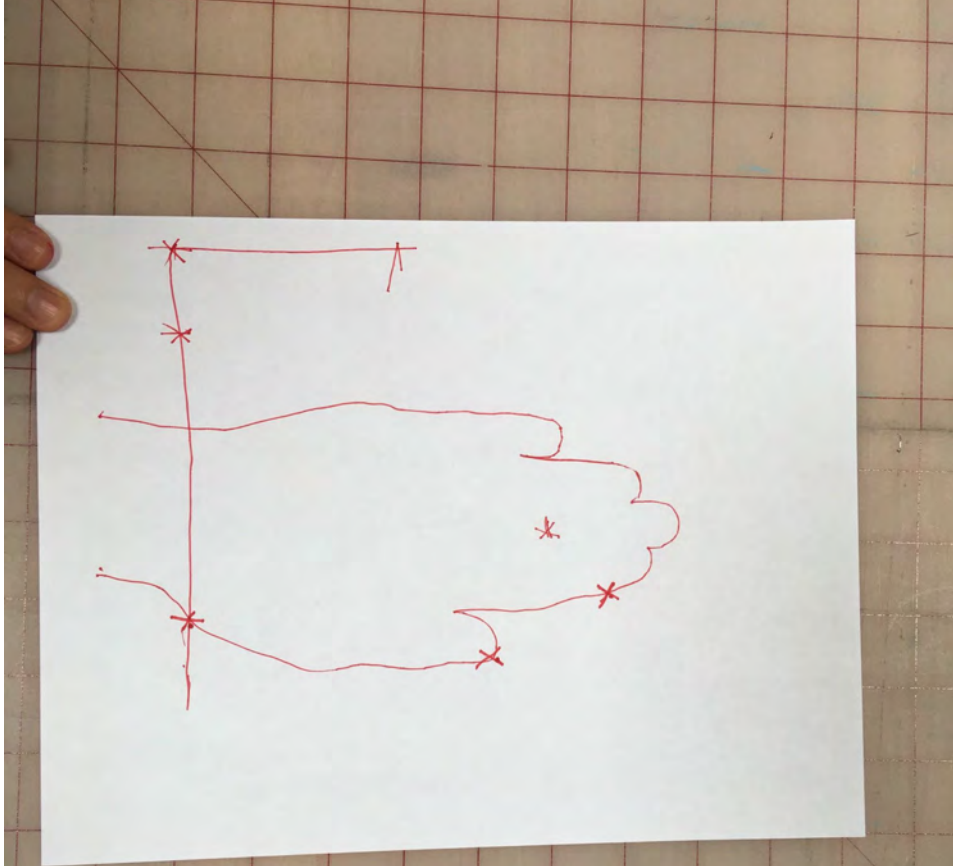
**Draw a straight line on
the bottom of your hand**



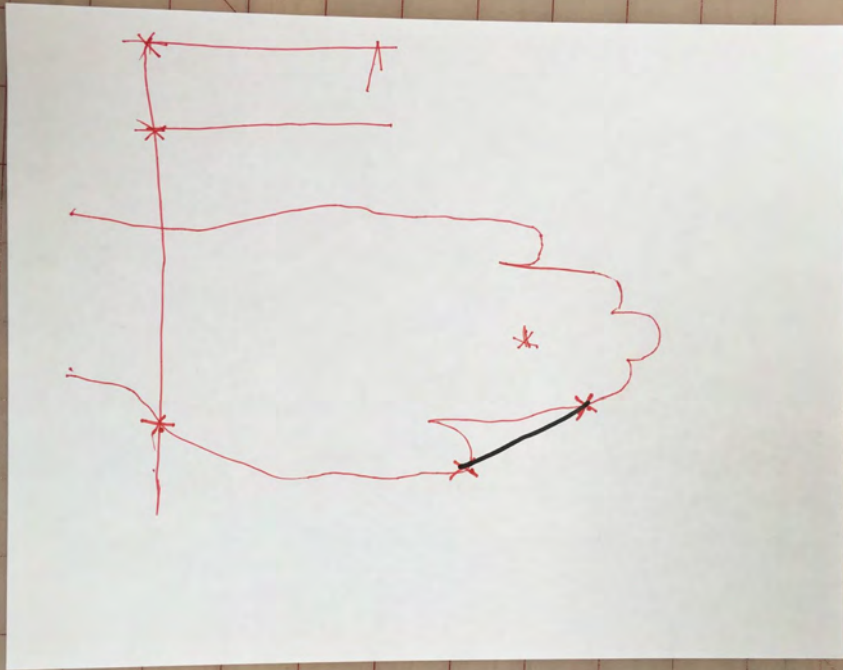
**Mark a distance of 2x2 fingers
away from your hand**



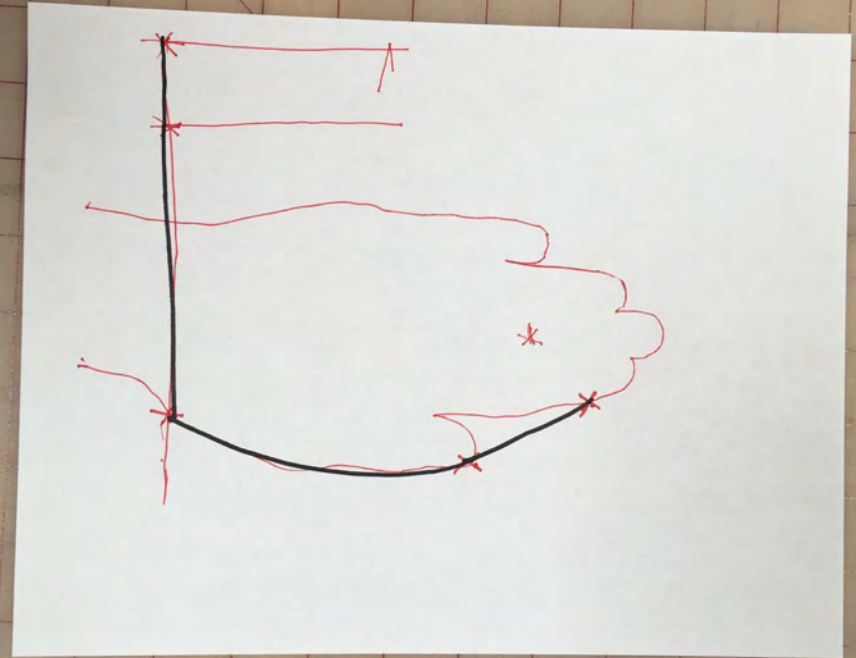
**Measure a distance away
from the line 4 fingers wide**



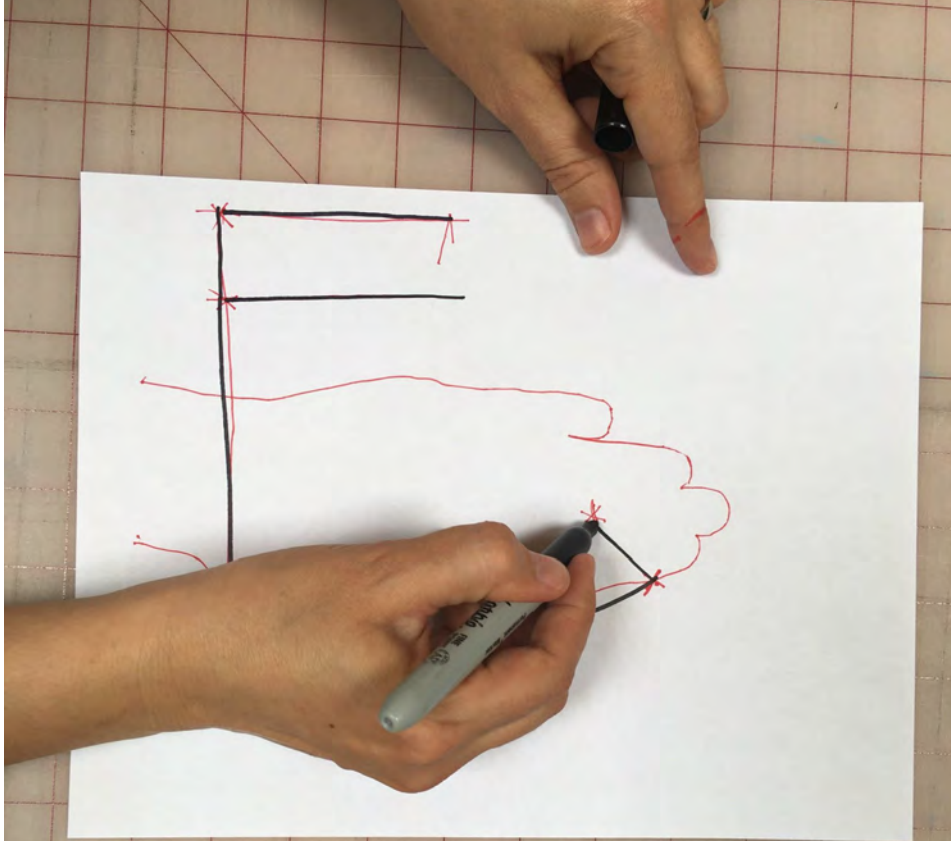
Mark that distance with a line



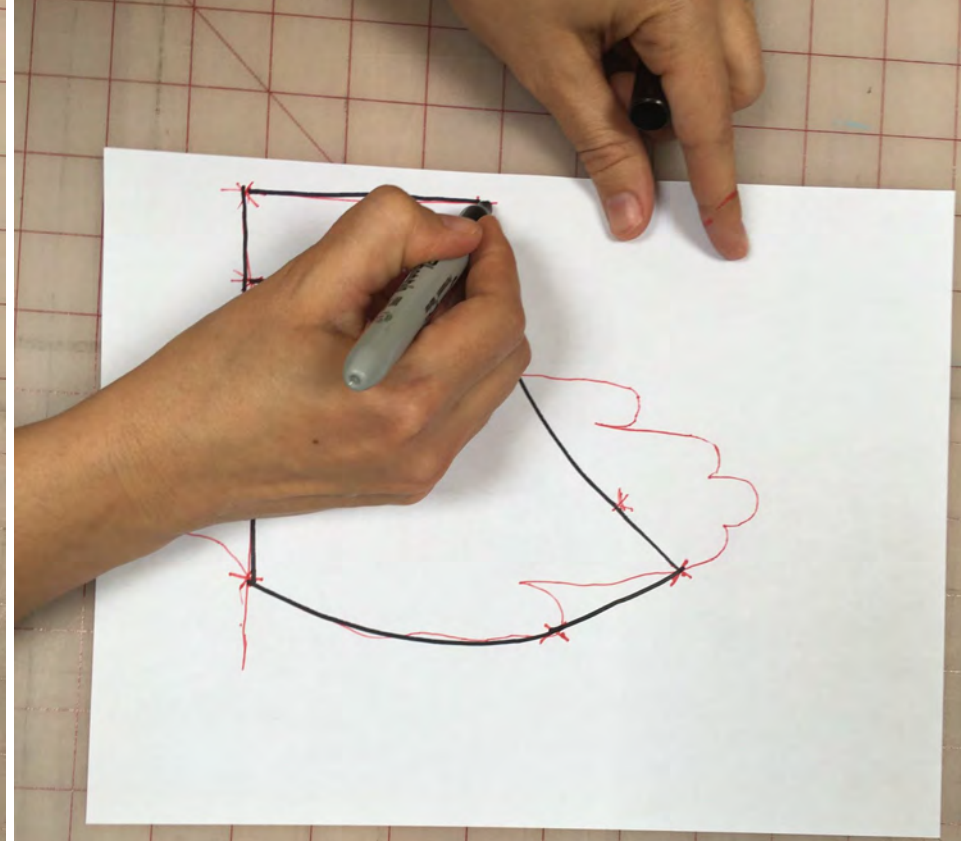
Start connecting the marked points



**Continue creating the curve
following your hand shape**



**Continue connecting the marked points on
your index finger and middle finger**

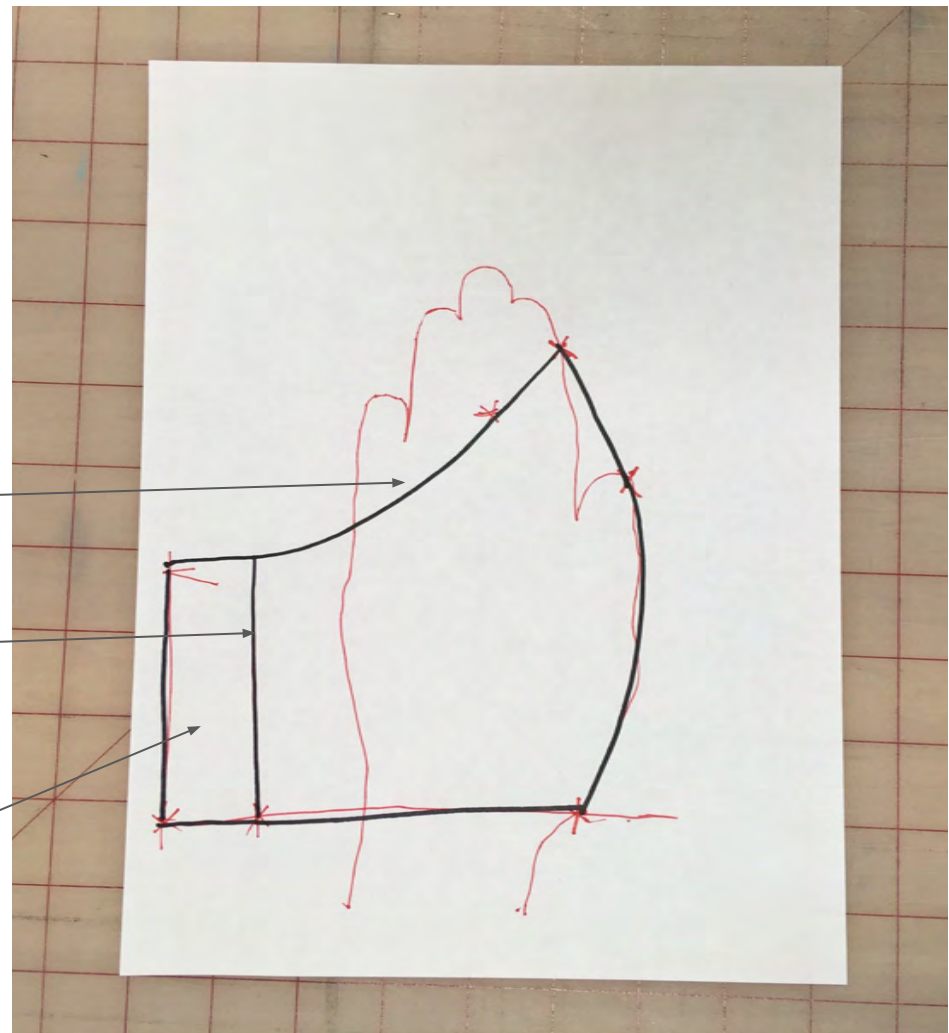


Close the curve

Cut paper along the black line

This line is the mask edge

This area is surplus in fabric to be added, it will be folded inwards later



Sewing Process

How to make the Co-MASK Basic

EXTERNAL LAYER

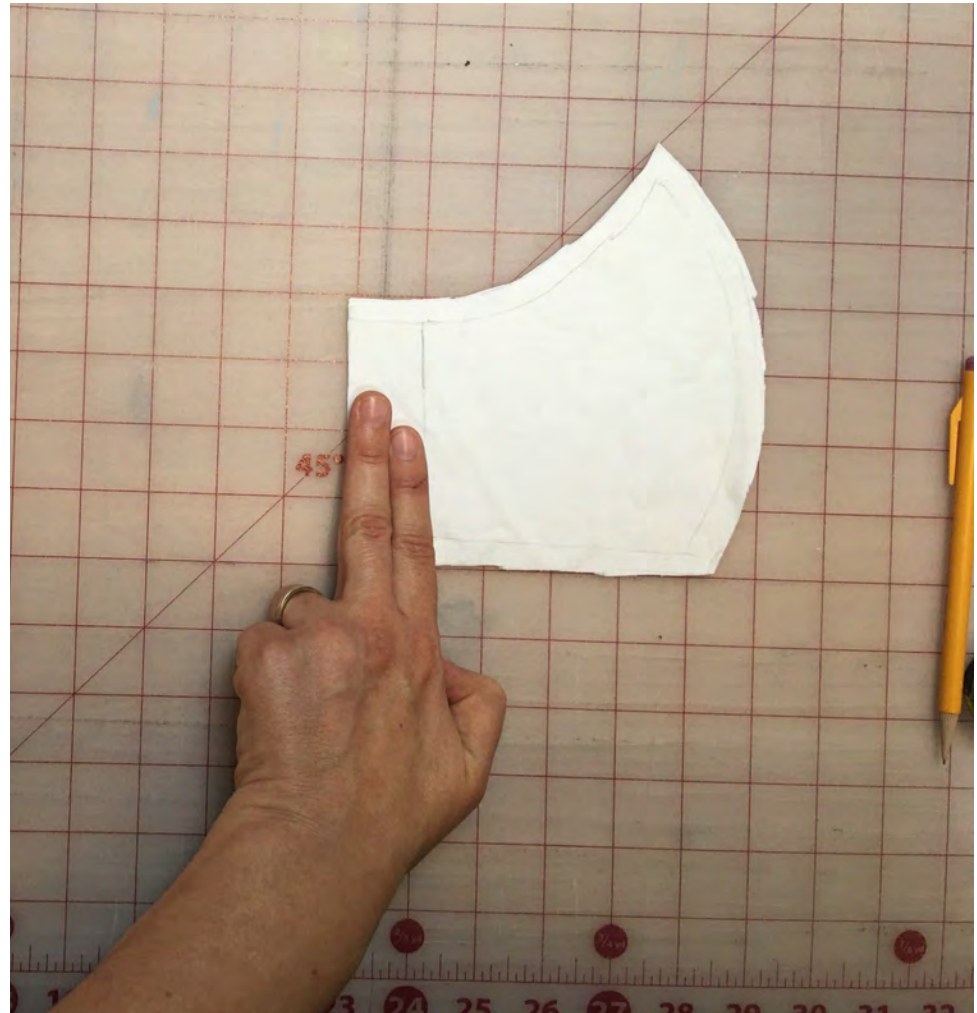
1. Place the sewing pattern onto 2 layers of the cotton fabric (pillowcase or kitchen cloth)

2. Trace the sewing pattern with a pencil



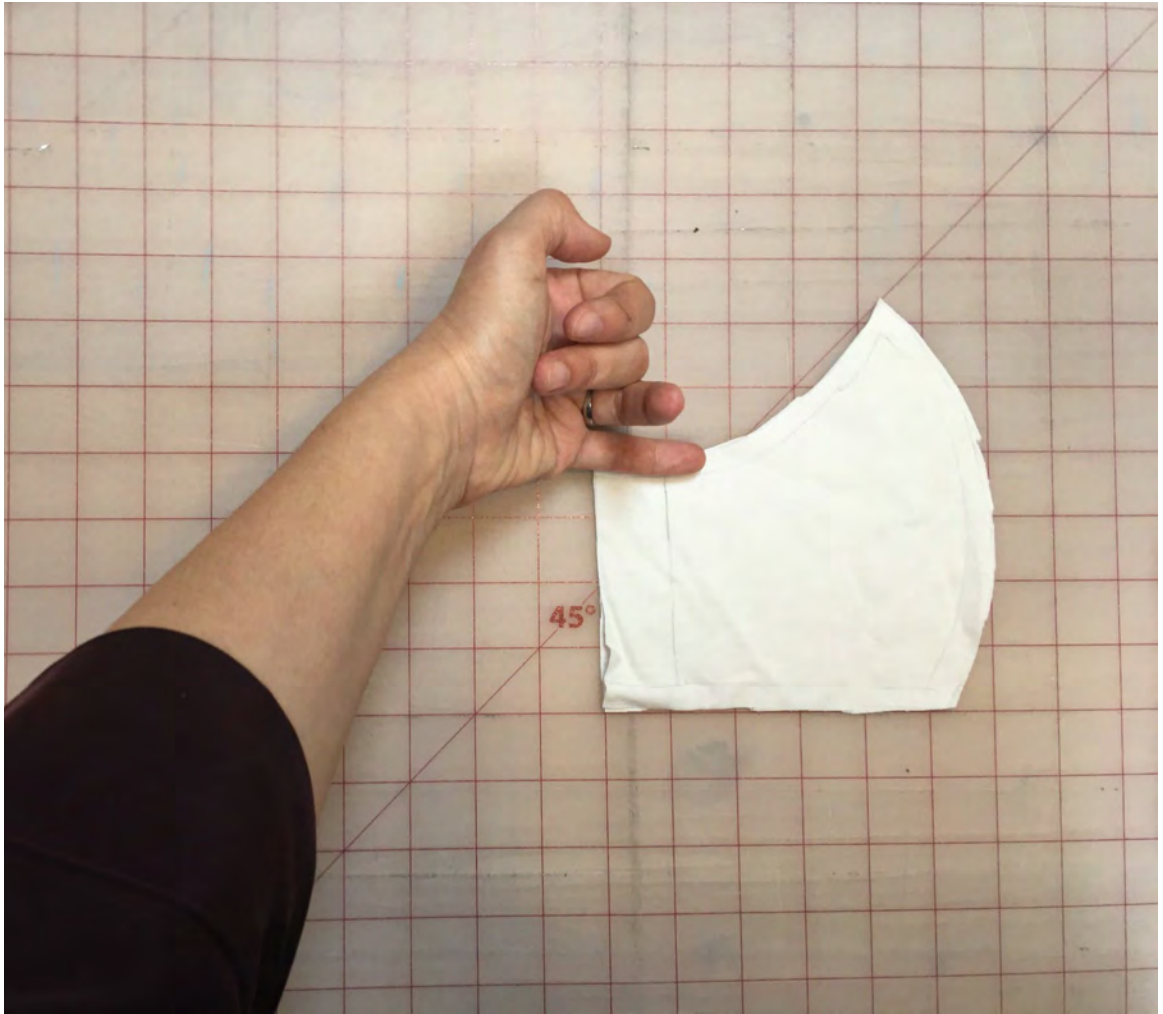
EXTERNAL LAYER

3. Draw the surplus area (for folding over) → measure 2 fingers wide away from the mask edge



EXTERNAL LAYER

4. Draw the surplus area (for folding over) → measure 1 pinky finger wide seam allowance all around



EXTERNAL LAYER

5. Cut 2 layers fabric along the seam allowance line



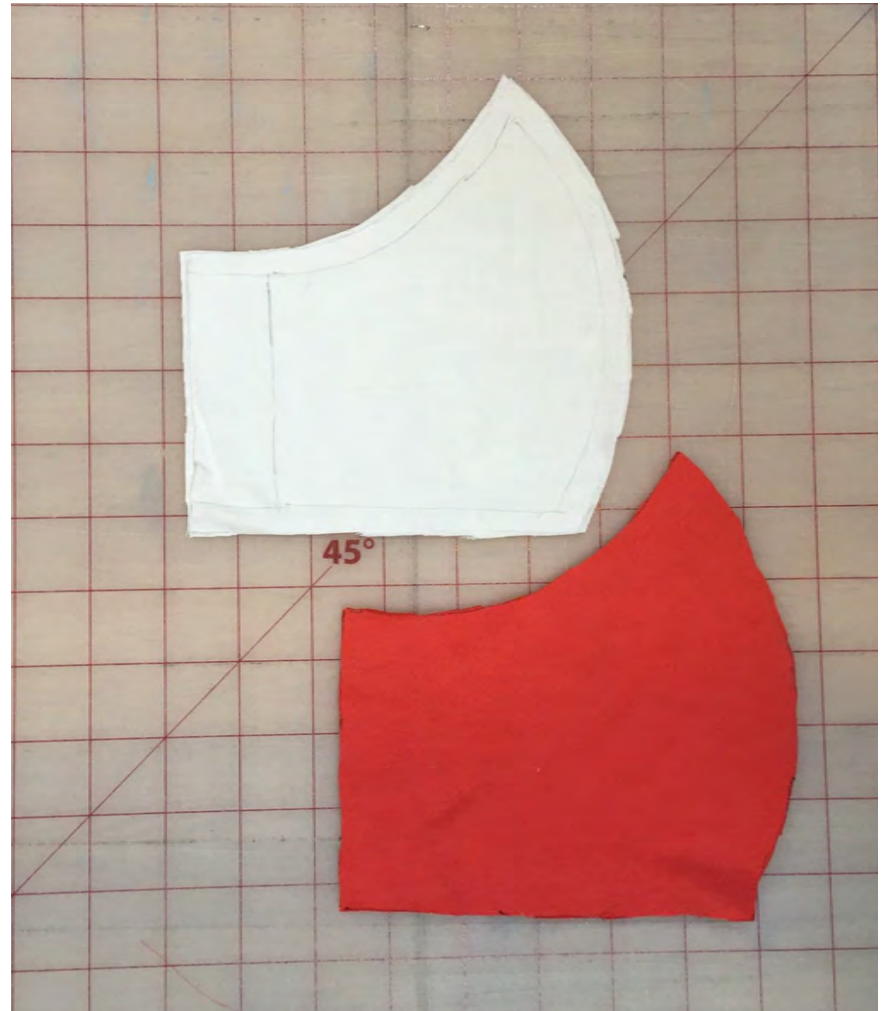
INTERNAL LAYER

6. Repeat steps 1-5, but using 2 layers of old T-Shirt (cotton or cotton blend fabric)



2 LAYERS

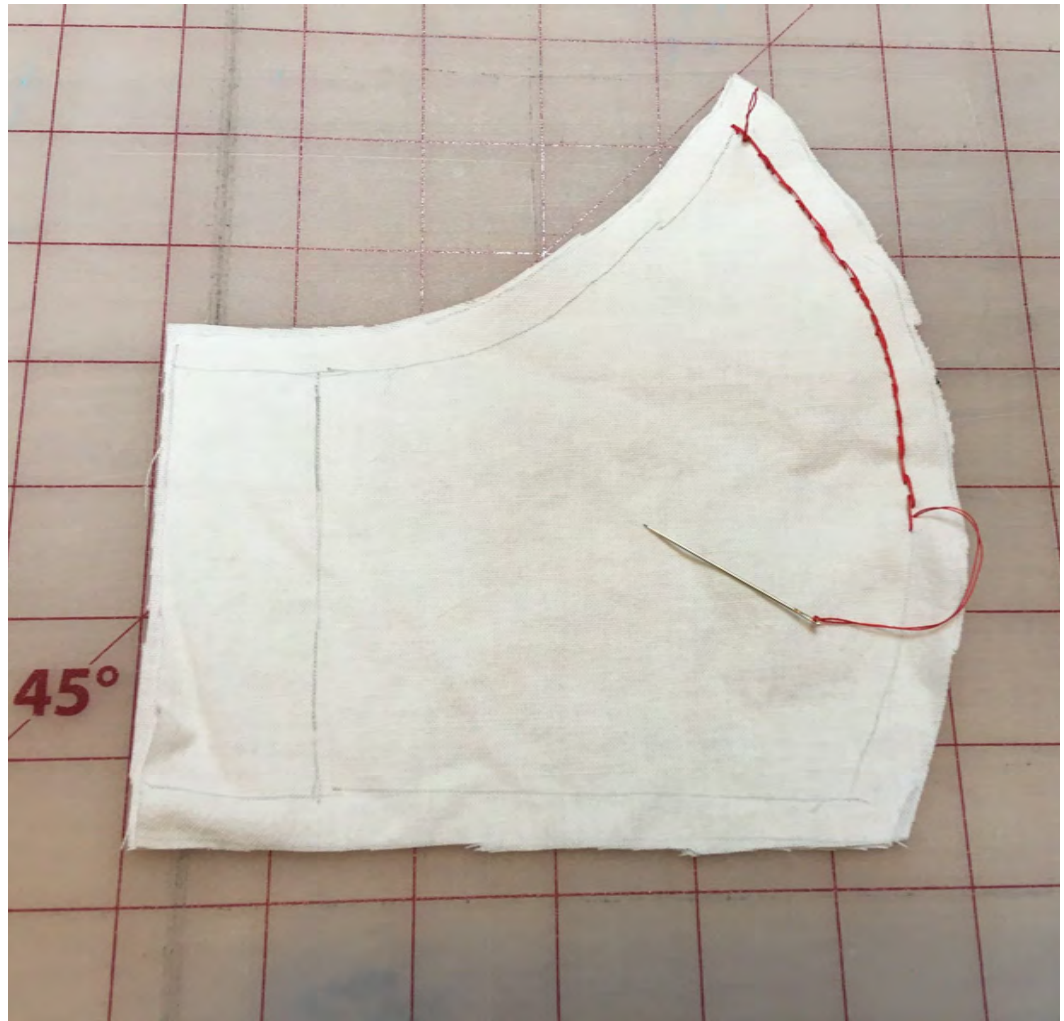
If all went well, you should have 2 identical shapes of each fabric (so 4 pieces in total)



FRONT SEAM

7. Sew the front seam using “[back stitch](#)” method

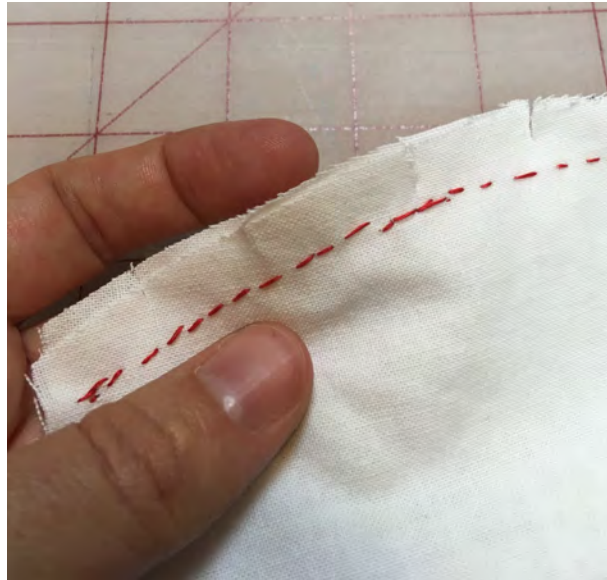
8. Repeat the same step for the interior fabric



FRONT SEAM

9. Cut into the seam allowance (equal parts, 1,5 finger-wide) to prevent the fabric from pulling the seam, when you invert the fabric. Make sure you do not cut through the stitch!

10. Repeat set 9 for the interior layer



FRONT SEAM

11. Unfold the front layer, push the seam allowance to one side and sew over the seam (from the front, top seam) using simple [“running stitch.”](#) Ideally, use a thread of the same color like the fabric (I used red to make it more visible for instruction).

12. Repeat the step 11 for the interior layer



LIPS → KISS

13. Draw and cut a kiss or smile shape in paper

14. Trace the kiss on a colorful fabric



LIPS → KISS

15. Exterior layer. The lower lip should be ca. 2 fingers away from the bottom edge of the mask. Make sure the placement of the lips does not cover the nose area (would disturb inhalation).

16. Sew the lips on top of the exterior layer using “back stitch.”



LAYERING

17. Place the exterior and interior layer into each other, placing the seams to the outside (inside-out)

18. Pin the fabrics together along the seam line



SEWING THE LAYERS

19. Sew the exterior and interior layer together along the seam line.

Don't forget to fold the surplus area inwards!

This area remains open, so you can insert changeable filters.

The exterior layer should protrude a bit more over the interior layer, to make the interior invisible once you invert the fabrics.



TOP STITCH LAYERS

20. Invert the layers inside out.

21. Insert the nose clip all the way to the top front layer and sew around it to hold it in place.

22. Sew along the top and bottom seam, to hold the fabrics in place and create a nicer seam.



ALMOST THERE!

If all went well, you should have a mask that looks like this.



ELASTIC HEAD ATTACHMENT

23.a) If you have a rubber strip, use it to create the fixture around your head. Place the mask on your head and measure how much rubber strip you need to keep it attached on your head, with slightly stretched rubber strip.

24.a) Create 2 rubber strip attachments, for the top and bottom of the mask.



FABRIC HEAD ATTACHMENT

23.b) If you don't have a rubber strip, use your exterior layer (non-elastic) to create the 4 ribbons for tying the mask around your head.

24.b) Cut 4 fabric strip attachments, and sew them on the 4 corners of the mask.



INSERT FILTER

25. Use a layer of non-woven fabric, such as:

- dry cleaning wipes
- fabric interfacing
- Flies
- 1 layer of cotton/cotton blend T-Shirt fabric



Disseminate

How to disseminate your Co-MASKs in your community

Wash

To disinfect your mask, wash with hot water when completed. Then let dry. Wash the mask after every use.

Use

Put your mask on in case you get sick, to protect others from getting infected. If you are healthy, use the mask when you go outside.

Gift

Gift your mask to those in need. Before you give someone a mask, make sure you are not infected with the virus. Print the Co-MASK wrapping paper to protect the mask and share the sewing pattern and instructions.

Share / Care

Take a picture of yourself wearing the mask and post it on social media using **#Co-Mask**. Add positive and hopeful messages to inspire your community! If you don't know what to write, copy+paste our message of "Hope + Hygiene + Humanity" and invite others to co-create!