

Make a protective mask

Suggested by the Grenoble hospital. Guide by Joy Sims / Jean & Christine Picq.

Information

This mask can protect you from people with the Covid-19 virus or protect others if you are infected (**in the absence of regulatory masks; this mask does not provide complete viral protection**). It should be washed regularly (once or twice a day) in hot water with a conventional detergent. Its protection is limited.

Instructions for making the protective mask

Materials required :

- Fabric for the outside of the mask
- Fabric for the lining
- Batting, terry cloth or lightweight fleece for the interior of the mask.
- Elastic or ribbon to place around the ears - 2 lengths depending on the size of the mask ... about 30 cm [12 inches] for a man and 25 cm [11 inches] for a woman, etc.

See the proposed pattern at the end of the document.

Preparation of the pattern (one cardboard pattern per size) :

1. Cut the pattern to the desired size (man, woman, etc.). Glue it on cardboard.
2. With a pencil, draw the outline of the pattern 1 cm [1/2 inch] larger than the desired size and then cut the cardboard to this new size. This gives you the cutting pattern.

Sewing the mask

1. Cutting the outer fabric :
 - a. Fold the fabric in half, wrong sides together. Place the pattern on the fabric and trace around it – add 2.5 cm [1 inch] to the right side of the pattern which is marked with an arrow.
 - b. Cut - (you are cutting both halves of the mask at once).
2. Cut the batting/terry cloth/lightweight fleece in the same way except do not add the 2,5 cm (1 inch) to these pieces. Again, you are cutting both halves at the same time.
3. You now have: 2 pieces for the outside of the mask, 2 pieces for the lining and 2 pieces for the inside.
4. Sew curve A with a 1 cm seam allowance (1/2 inch). Trim the seam allowance in half in order to reduce the bulk.



5. Do the same for the batting/terry cloth/lightweight fleece.



6. Pin the outside and lining, right sides together, aligning the center seams. (It is normal for the outside to extend beyond the lining).



7. Pin the batting/terry cloth/lightweight fleece to the lining last (when you turn it inside out, the batting will be in the interior of the mask).



8. Sew curve B and the bottom but leave the sides open



9. Turn inside out and press.

10. Topstitch the top and the bottom, stitching a few millimeters (1/8 inch) from the edge.



11. Make a casing on the sides of the outside of the mask: turn under the extension on the exterior of the mask - first just a couple of millimeters (1/8 inch) and then again making it large enough for the elastic or ribbon to slide through easily. Press.

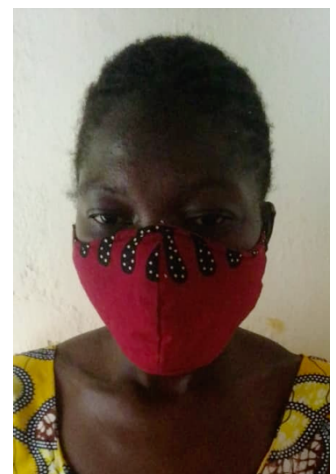
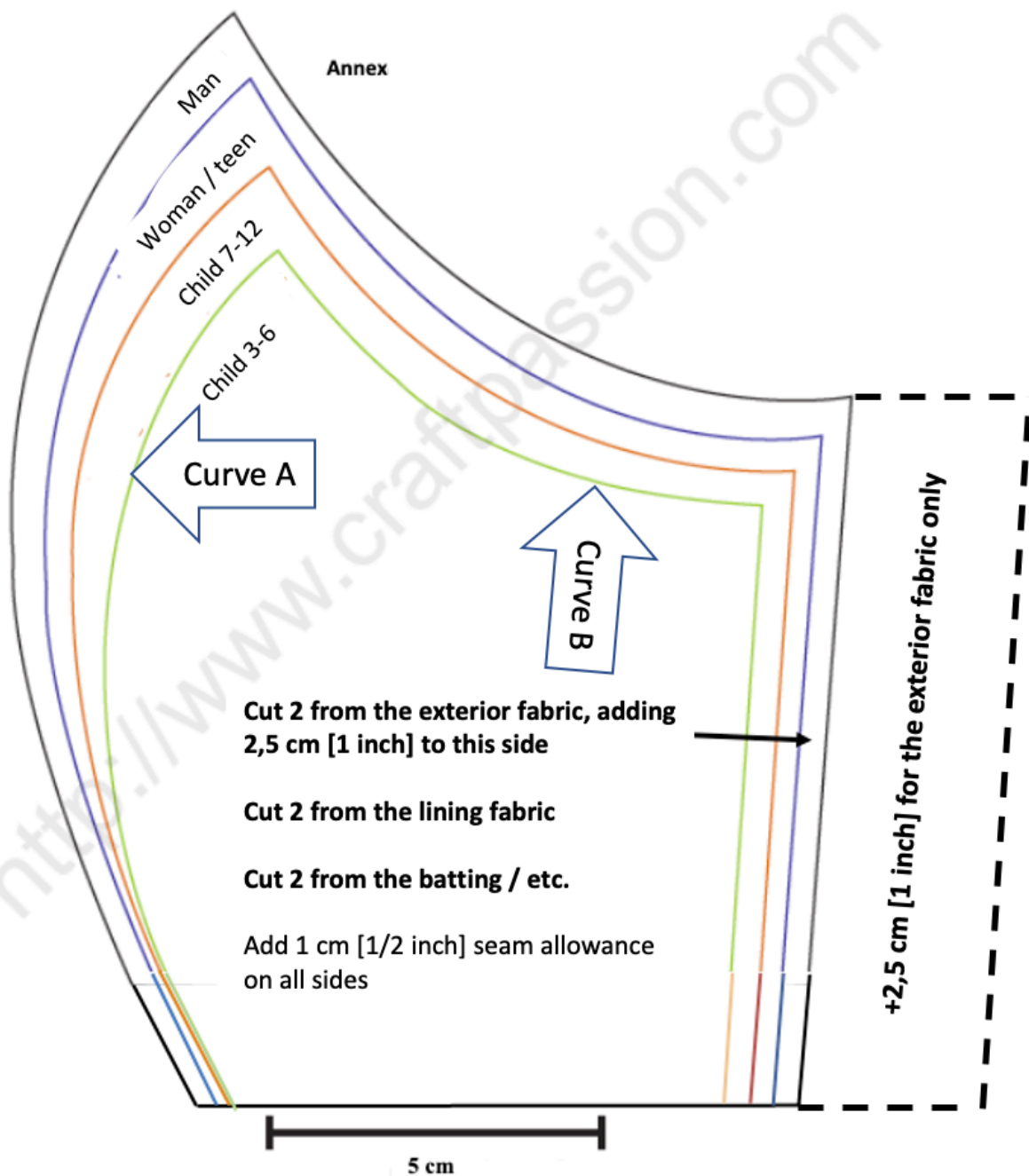


12. Place the elastic or ribbon in the casing.

13. Topstitch close to the inside fold being careful not to catch the elastic or ribbon in the stitching.



Pattern



Thank you for choosing our mask!
Protect yourself and others!

This mask is not intended for caregivers but to protect you as you go about your day. It will only be effective if it is used correctly in addition to the necessary hygiene measures: wash your hands frequently, stay away from social gathering, stay 6ft away from people... It is an additional means of protection but not a guarantee of non-contamination.

This mask can become a vector of contamination if it is not used correctly: **wash twice a day in case of intensive use** (2 masks recommended for a rotation), **at least once a day. Wash your hands as soon as you take off the mask.**

After purchase, put on the mask, adjust the elastics and tie. Hide the knot in a side slide.

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