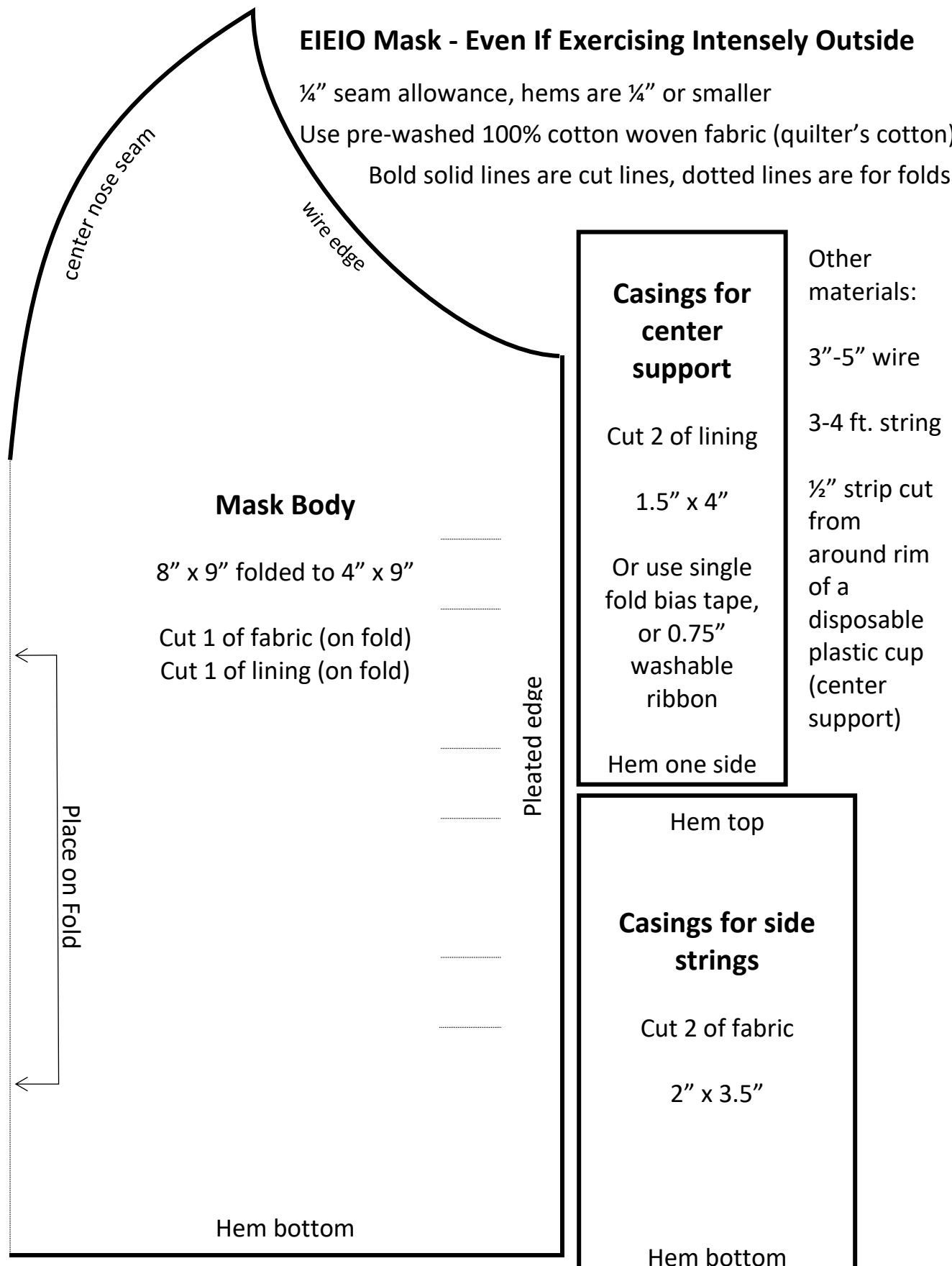


## EIEIO Mask - Even If Exercising Intensely Outside

$\frac{1}{4}$ " seam allowance, hems are  $\frac{1}{4}$ " or smaller

Use pre-washed 100% cotton woven fabric (quilter's cotton)

Bold solid lines are cut lines, dotted lines are for folds



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## Assembly Instructions for EIEIO Mask

All seam allowances are  $\frac{1}{4}$ ".

1. Cut out all pieces according to pattern on other page. When cutting the mask body pieces, fold the material right sides together and place the pattern on the fold.
2. Keeping the mask body pieces folded, right sides together, sew the center nose seam for the mask body fabric. Unfold the mask body and finger press the seam to one side. Repeat for the lining.
3. Sew hems  $\frac{1}{4}$ " or narrower on all pieces as marked on pattern, except for the hem on the bottom of the mask body lining. The bottom hem on the mask body lining will be sewn later. Note that the casings for center support are hemmed on only one side.
4. If using lining material for the casings for center support, fold in long edges  $\frac{1}{4}$ " on both sides and crease or iron. If using bias tape, the tape is already folded. If using ribbon, no folding is necessary.
5. Pin the casings for center support in a vertical line along the center of the unfolded mask body lining. The top casing should have the raw edge even with top of the center nose seam. The bottom casing should have the raw edge  $\frac{1}{2}$ " above the raw edge of the lining. The hemmed edges should be in the middle of the mask body lining with a gap of about  $1\frac{1}{2}$ " between them.
6. Sew down both sides of both center support casings, leaving an opening at the hemmed edges to insert the center support.

7. Pin the mask body lining and fabric together, along the wire edge, right sides together. The center support casings in the lining should be on the inside. Sew along the wire edge.
8. Fold the casings for side strings in half, hot-dog style, wrong sides together.
9. Place one side string casing in between the mask body fabric and lining along the pleated edges, all raw edges even. Fold and pin pleats in mask body fabric and lining, but keep casings unpleated. Repeat for other side.
10. Sew side seams along pleated edges, through all layers. Reinforce by sewing seam twice.
11. Switch from a  $\frac{1}{4}$ " foot to an open-toe foot. Sew wire along wire edge in the seam allowance using a ziz-zag stitch. Bend edges of the wire to hold wire in place.
12. Turn mask right side out.
13. Insert center support (  $\frac{1}{2}$ " strip cut from around rim of a disposable plastic cup) into both casings. Trim any excess plastic to make the support fit.
14. Insert string through down one side casing and up the other, leaving a loop for the head below the mask, and leaving top ends free.

## **Wearing the EIEIO Mask**

1. Insert the head through the loop of string at the bottom of the mask so the string is behind the neck, below the ears.
2. Adjust the mask along the string so that it covers the nose and mouth.
3. Pull the string tight and tie behind the back of the head, above the ears.

### **Tips:**

- Use a toggle lock instead of tying the strings.
- Use a bobby pin or hair barrette to clip the top string in place so it does not slide down the head.
- If riding a bicycle, rethread the string with the loop at the top of the mask and loose ends to tie at the bottom behind the neck. This will make it easier to wear the mask with a bike helmet.

## **Washing the EIEIO Mask**

1. Remove the plastic center support. The plastic is not designed to withstand the agitation and high temperature of the washer and dryer. To sanitize the plastic center support, wash it with soap and water.
2. Remove the strings and place inside the mask to avoid tangling. Use safety pins to keep the pocket of the mask closed so the strings don't fall out when laundering.
3. Wash and dry normally.
4. Replace the plastic center support and strings.