

# How To Make Protective Face Masks

WASHABLE COTTON VERSION (WITH POCKET)

WATCH THE FULL VIDEO TUTORIAL AT:

[www.youtube.com/nicoleherrick](http://www.youtube.com/nicoleherrick)

## SUPPLIES NEEDED

- For outer layer - Tightly woven fabric eg cotton
- For inner layer - 100% cotton or bamboo fabric
- Thin elastic Eg: 3mm (1/4in) wide.  
Length: Child Small 65cm 25.6in, Child Large 70cm 27.5in,  
Adult Small 75cm 29.5in, Adult Medium 80cm 31.5in, Adult Large 85cm 33.5in
- Thin ribbon Eg 10mm (3/8in) wide, approx 8cm 3in long
- Wire twist ties eg plant ties, trash bag ties approx 7cm (2.5in)
- Scissors
- Needle and thread or sewing machine

## STEP 1

Fold the fabric over, right sides facing each other, to be able to cut 2 of the pattern piece in each fabric. Align the straight arrow on the pattern with the straight edge of your fabric. Place a pin, clip or chalk mark so you know where the nose is.

## STEP 2

Join the two halves of each layer by sewing along the curved edge.  
Trim 1cm (1/2in) off the straight ends of the inner layer,

## STEP 3

Flatten out the outer layer with the seam facing up, Fold the straight edges over 5mm (1/4in) and sew a small hem

## STEP 3

Flatten out the inner layer with the wrong side facing towards you. Fold the straight edges inwards and add 5mm (1/4in) hem.

Cut a piece of ribbon 1cm (1/2in) longer than your twist tie. Twist ties can vary in size and can be folded if needed. Aim for approx 7cm (2.5in). Fold the ribbon in half to find the mid point. Place the mid point on the centre seam, 1cm (1/2in) from the top nose point. Make sure the mask seam is pressed to the right hand side before pinning your ribbon in place. Sew the top, right and bottom edge of the ribbon to create a channel, leaving the left hand side open to slide in the nose wire. Once the nose wire has been placed inside the ribbon, sew up the final side to enclose.

## STEP 4

Place the outer layer out flat, seam facing down, then on top place the inner layer, seam facing up. Sew along the top edge, then the bottom edge. Turn the mask right side out.

## STEP 5

Cut your elastic to the right length for you pattern. Tie the elastic in a loop. Place the loop on top of the inner side of the mask with one side of the loop on each side of the mask. Fold the edges of the mask inwards over the elastic, pin and sew the edges, making sure not to overlap your pocket edges. Your elastic should still move freely. You can adjust the knot to fit each person.

## STEP 6

Top stitch all the way around the mask being carefully not to stitch through the elastic. Top stitch along the centre seam.

**WASHING INSTRUCTIONS:** Cold hand wash only. Do not iron or place in dryer. Masks are to be changed as soon as they become damp. Wash each mask before wearing again.



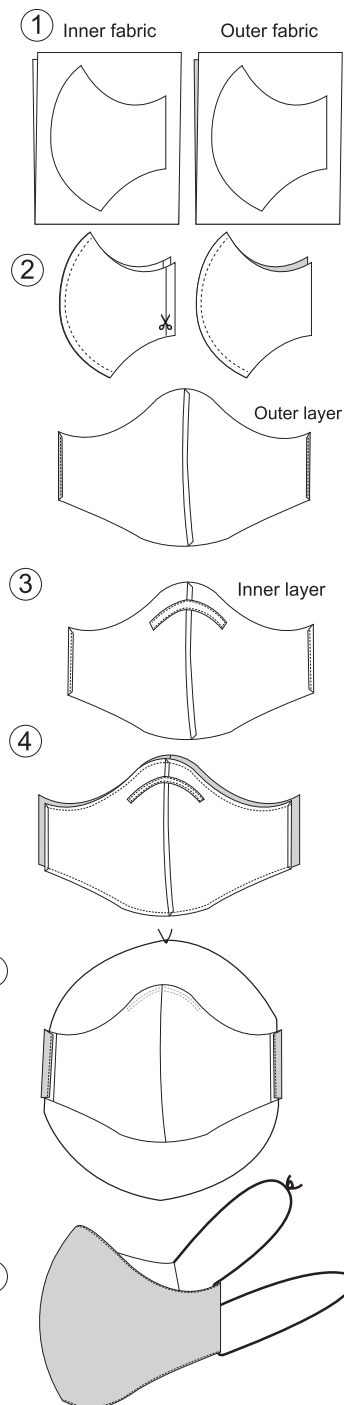
## SIZING

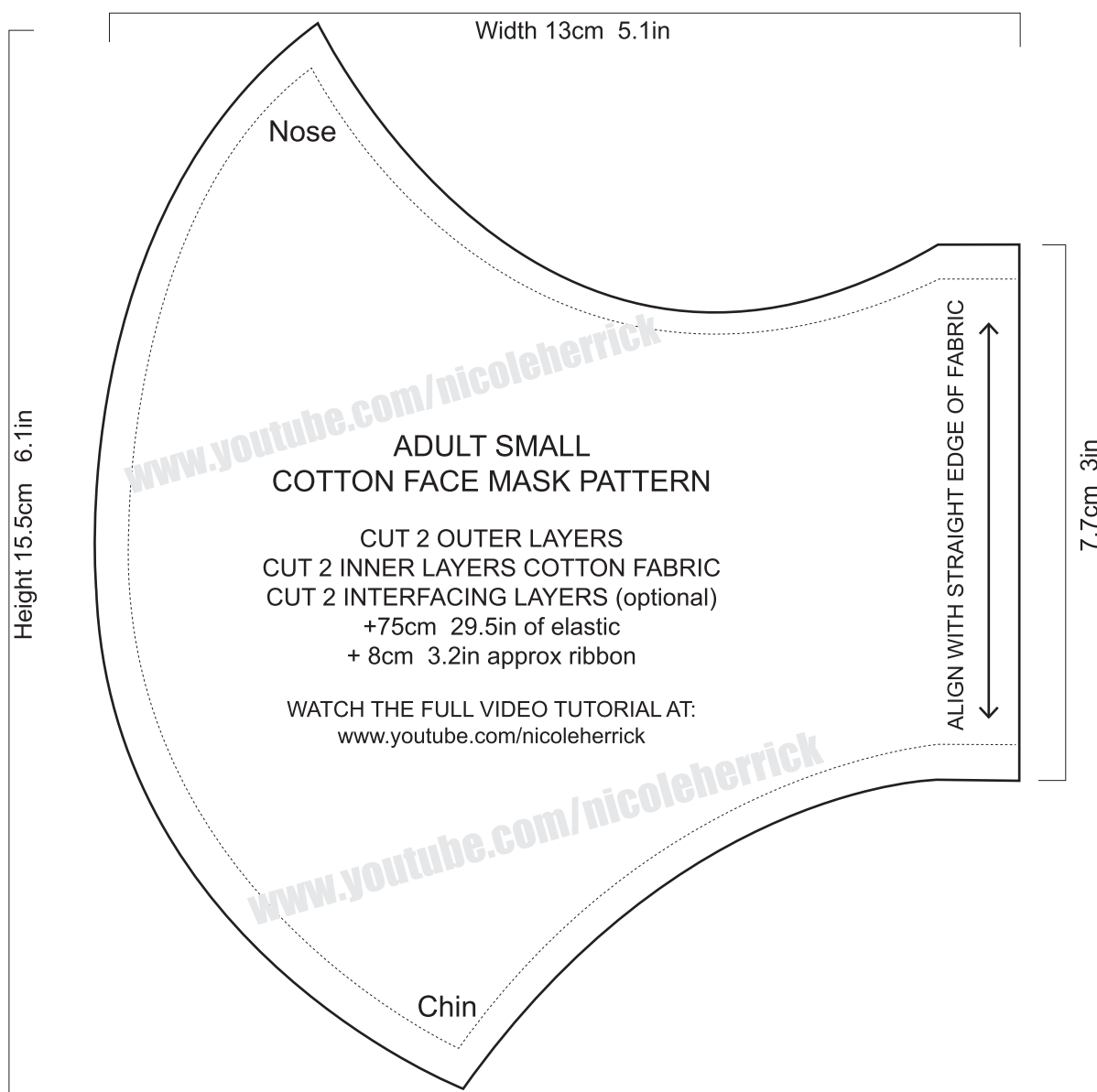
Adult: Small Medium & Large

Child: Small & Large

### Please note:

All masks are to be made and worn at your own risk. Fabrics vary. Please check the breath-ability of fabrics, especially for children. Monitor children to check if they are able to breathe safely. These masks are effective at slowing droplet spread however they are not a guaranteed defence against viruses.





CUT LINE —————  
SEW LINE .....  
(5mm 14/in seam allowance)

SCALE 5cm



SCALE 2in





Width 14.5cm 5.7in

Height 17cm 6.7in

Nose

ADULT MEDIUM  
COTTON FACE MASK PATTERN

CUT 2 OUTER LAYERS  
CUT 2 INNER LAYERS COTTON FABRIC  
CUT 2 INTERFACING LAYERS (optional)  
+80cm 31.5in of elastic  
+ 8cm 3.2in approx ribbon

WATCH THE FULL VIDEO TUTORIAL AT:  
[www.youtube.com/nicoleherrick](http://www.youtube.com/nicoleherrick)

ALIGN WITH STRAIGHT EDGE OF FABRIC

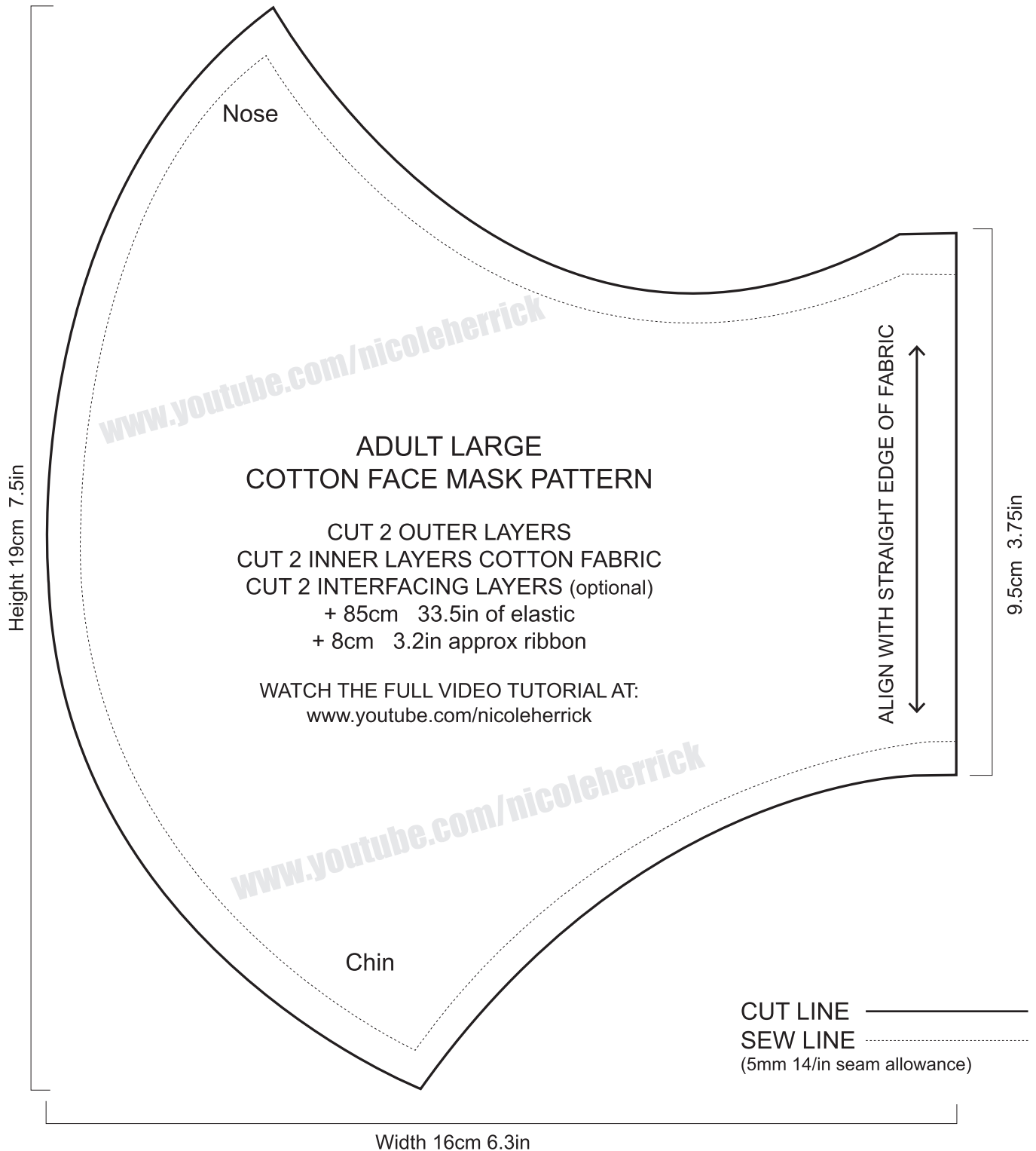
8.5cm 3.4 in

Chin

CUT LINE —————  
SEW LINE .....  
(5mm 14/in seam allowance)

SCALE 5cm

SCALE 2in



CUT LINE —————  
SEW LINE - - - - -  
(5mm 1/4in seam allowance)

