

How To Make Protective Face Masks



WATCH THE FULL VIDEO TUTORIAL AT:
www.youtube.com/nicoleherrick

SUPPLIES NEEDED

- For outer layer - Weather Resistant (outdoor upholstery) fabric
- For inner layer 100% cotton or bamboo fabric
- Thin elastic
- Thin ribbon
- Plastic coated wire twist ties eg plant ties, packaging ties
- Scissors
- Needle and thread or sewing machine

STEP 1

Cut out the desired size of face mask pattern.

STEP 2

Fold the fabric over, right sides facing each other, to be able to cut 2 of each pattern piece for the inner and outer layer. Align the straight arrow on the pattern with the straight edge of your fabric.

STEP 3

Join the two halves of the inner layer by sewing along the curved edge opposite the straight edge. Do the same for the outer layer. Cut small slits into the curved edges making sure not to cut the stitch line. Overlock (serge) or zigzag stitch the outer layer seam only.

STEP 4

Flatten out the inner layer with the wrong side facing towards you. Cut a piece of ribbon 1cm longer than your twist tie and pin it along the nose area 1.5cm down from the edge by sewing the top, 1 side and bottom edge of the ribbon. Leave one end open. Slide the twist tie in and sew up the last edge.

STEP 5

Place the inner and outer layers of fabric together, right sides facing each other. Sew along the top edge, 1 side edge, then the bottom edge (leave 1 side open). Cut small slits into the curved edges making sure not to cut the stitch line. Turn the mask right side out. Fold in the remaining side on itself, pin and sew shut.

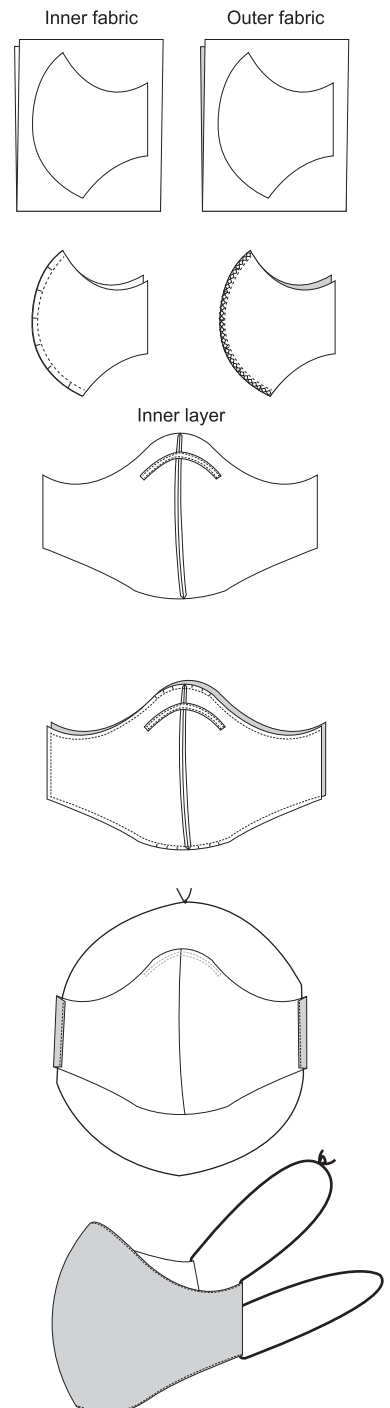
STEP 6

Cut your elastic or thin ribbon to the right length for you pattern 80cm Men, 75cm Women / Teen. Tie the ribbon or 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 your elastic or ribbon still moves freely.

STEP 7

(Optional) Top stitch all the way around the mask.

WASHABLE Must be washed after each use and not worn for extended periods of time. Warm hand wash with soap only. Do not iron or place in dryer as protective layer could be compromised.





Womens width 12.2cm

Nose

**WOMEN'S / TEENS SIZE
PROTECTIVE FACE MASK PATTERN**

CUT 2 OUTER LAYERS WATER RESISTANT FABRIC
& 2 LAYERS INNER COTTON FABRIC
+75cm of elastic
+ 8cm approx ribbon

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ALIGN WITH STRAIGHT EDGE OF FABRIC

7.7cm

womens height 15.5cm

Nose

Chin

**MEN'S SIZE
PROTECTIVE FACE MASK PATTERN**

CUT 2 OUTER LAYERS WATER RESISTANT FABRIC
& 2 LAYERS INNER COTTON FABRIC
+80cm of elastic
+ 8cm approx ribbon

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ALIGN WITH STRAIGHT EDGE OF FABRIC

8.5cm

Mens height 17cm

Chin

Mens width 13.5cm

CUT LINE ———
SEW LINE
(5mm seam allowance)

SCALE 5CM

