Bassett Healthcare Network

Fabric Protective Masks Pattern and Instructions 2-PLY

The best protection for these masks is to have a double layer of tightly woven cotton fabric. The following are instructions for assembling this mask.

Materials list:
- Plain White Preshrunk 100% cotton of a tight weave **preferred** but colors and patterns acceptable
  - Please avoid RED based material, as color may run when laundered
  - 1 yard creates approximately 5 masks
- Elastic cord or 1/8" elastic ribbon
 - 1 yard creates approximately 2 masks
- Thread

<u>Written Instructions for assembly instructions are included below.</u>

Preparation Instructions (for one mask):
1. Cut TWO blocks of fabric 9 inches by 10 inches (9"x10") for the body of the mask.
2. Cut TWO pieces of elastic, each 9" long.
3. Use standard 1/4'" seam allowance, unless noted.
4. Finished size will be roughly 7 ½ inches by 4 ½ inches.

Assembly Instructions (for one mask):

1. Set both layers of fabric, right sides together, to make one-double layer of fabric 9"x10". Sew across the top and bottom (the 9" sides) using a ¼" steam. Turn to show the right sides and press.


Stitch

Stitch
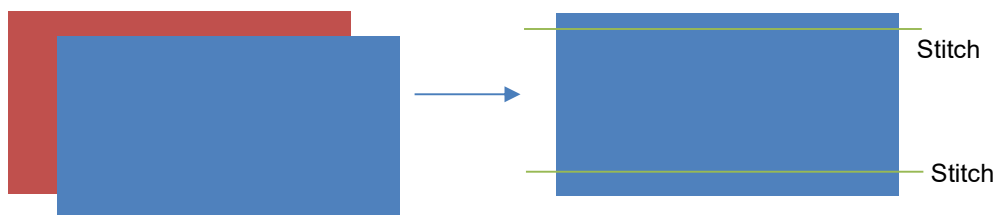
2. Create three pleats in the front of the mask. Each pleat should be about ¾" wide after being folded into final form. Press and pin. The last pleat should be approximately 1 ¾" from the bottom of the mask. TIP: One time saving alteration could be to create two slightly larger pleats – one on the top and one on the bottom. Both should be folded in towards the center (ie. the top pleat down, the bottom pleat up.)

Pinch 1 ¼"

Mask Front
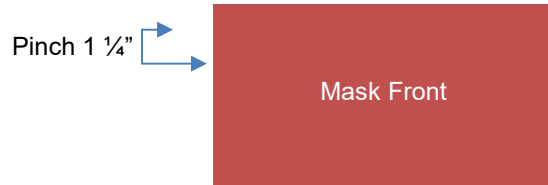
3. Stitch down the side seams on each side.

Stitch   Stitch

4. Fold each side seams over by ¼". Press. Fold again by an additional 1/2" and press. This will create you side channel for the elastic bands. Sew on the inner most edge. TIP: For speedier and easier feeding of the elastic, consider placing it inside the channel prior to stitching.

Fold

Fold Over Again

Stitch
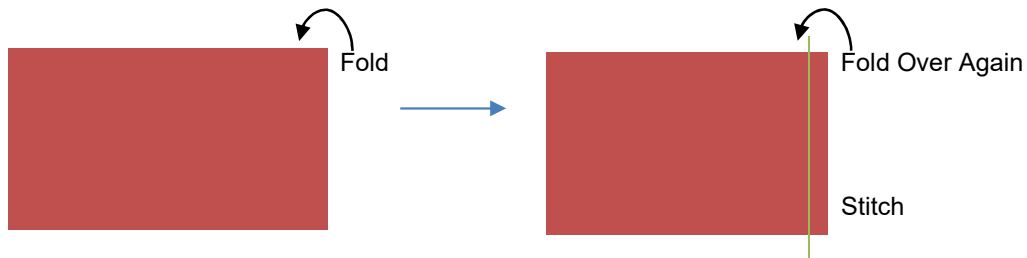
5. Congratulations! You just helped reduce the spread of illness and kept our healthcare workers and community members safer! THANK YOU!