

PPE Mask Step-by-Step Instructions



Overview

This PPE mask is constructed with 3 pleats and 2 layers of fabric. There is a top opening and elastic loops for the ears. The top outer layer has embedded twist ties to shape over the nose. Being open on the top allows for additional filtration materials to be inserted by the wearer. It is recommended that the inner layer (liner) be of a cotton/poly blend knit for better efficacy and the outer layer, a woven cotton. The difference in fabrics, aids the wearer in identifying which layer should be worn next to the face.

Materials

100% Cotton Woven fabric for Outer Layer

Cotton/Polyester Blend Knit for Liner

2- 1/4" Wide Elastic cut to 6 1/2" Long

2- Twist ties

Thread



Sewing Instructions

1 - Cutting Out

Use the pattern provided and cut out:

- 1- Piece 100% woven cotton for outer layer
- 1- Piece cotton/polyester blend (t-shirt knit) for liner.
Make sure you place the pattern as directed for the stretchiest grain!
- 2- Pieces 1/4" Elastic
*Note- Some kits provided may have the pieces already precut (Lucky you!)



2 - Notches

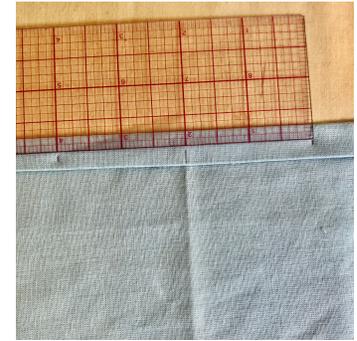
Place one layer of fabric on top of the other and match up the edges. Using the pattern provided, make a small 1/8" clip at all of the notches noted on the pattern or draw lines like in the video. These notches indicate where you will be folding the fabric to make the pleats during construction. *Make sure that the stretchiest grain of the knit liner layer matches the directional arrows on the pattern piece before clipping the notches.



3 - Marking

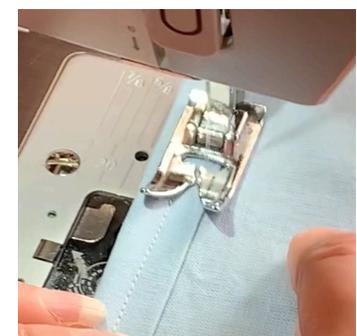
Mark where the twist ties will go on the cotton outer layer. This can be done with wax chalk, Chaco marker, Frixion disappearing pen or pencil dots.

*Note: Many twist ties vary in length. It is helpful to find the center front of the fabric piece and measure out in both directions to accommodate the length of your twist tie if it is more than what is indicated on the pattern.



4 - Finishing the Top Edge of the Outer Layer

Fold and press the top on the first fold line and then fold and press again on the second line. Unroll the hem you pressed and place 2 twist ties stacked on top of each other inside the hem centering the twist ties on the center front mark. Roll the hem back up, arranging the twist ties at the top edge. Stitch a box around the ties through all layers to secure them in place. Then stitch along the entire bottom edge of the hem.



5- Finishing the Top Edge of the Liner

Fold and press the top on the first fold line and then fold and press again on the second line. Stitch along the entire bottom edge of the hem.

Note: No twist ties in this layer.



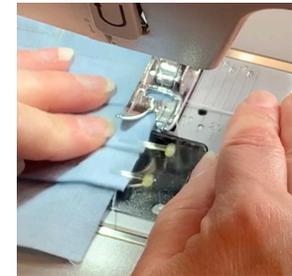
6 - Pleating

DO THIS FOR BOTH LAYERS SEPARATELY

Using your clipped notches as a guide, fold on the notch lines and pin the pleats in place on both edges. Stay stitch (which is basically just a line of stitching)

1/4" away from the edges to secure the pleats.

Press the pleats flat.



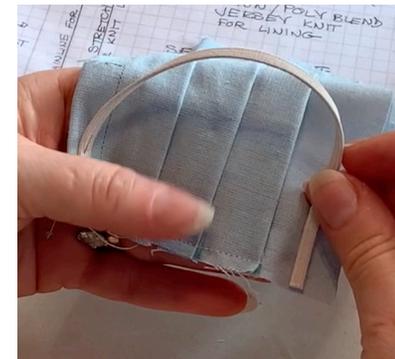
7 - Stitching Outer Layer to Liner

Stack outer layer on top of liner layer with right sides facing each other. Pin as needed along the bottom edge. Stitch the bottom seam $\frac{1}{4}$ " from the edge. Press the bottom seam open to give a sharper edge with turning right side out.



8 - Elastic and Side Seams

Insert and pin $\frac{1}{4}$ " elastic pieces between the outer layer and the liner where noted on the pattern. Be careful not to twist the elastics. Stitch the edges through all thicknesses $\frac{1}{4}$ " away from the edge. Be sure to back stitch over the elastics to give additional strength. Keeping the liner layer on the bottom when stitching this step is helpful.



9 - Turn Mask Right Side Out

Turn the mask right side out and press edges avoiding the elastic.



10 - Topstitch

Sewing ¼" away from the edge, topstitch down one side of the mask, across the bottom edge and up the other side. Cut off any loose threads and Congratulations, you did it!

