



Mask Sewing Instructions

How to make a mask

*This is not a medical product. It does not filter viruses from the air you breath. It does offer some protection for others if you have a virus and don't know it. You need to continue with regular hand washing

and social distancing even when wearing a reusable mask

Wash your mask at least at 60°C / 140°F after each use.

Never touch or put on a mask with uncertain hygienic status.



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Bundschuh, Paar, Schöpfel, Blair)
Use it for free, but show the source

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Fabric

Fabric for your face mask should be

- Washable at high temperatures
- Comfortable around mouth and nose
- Not very flexible

Good: Good: 100% cotton, soft denim, anything densely woven

Not good: Jersey, muslim, any kind of synthetic fabric such as polyester or acrylic, any fabric with elastic in it

Straps

- Cotton tape or cotton bias binding
- Shoelaces
- The same fabric as the masks (requires more time to make)
- You can use elastic straps, they are more comfortable and easy to use but they are not washable at high temperatures and therefore less safe.

Upcycling

Wouldn't it be great to upcycle used fabrics? You can use cotton sheets, cotton table cloths, napkins or curtains, chinos or very soft jeans . You can use elastics from your joggers or swimwear.

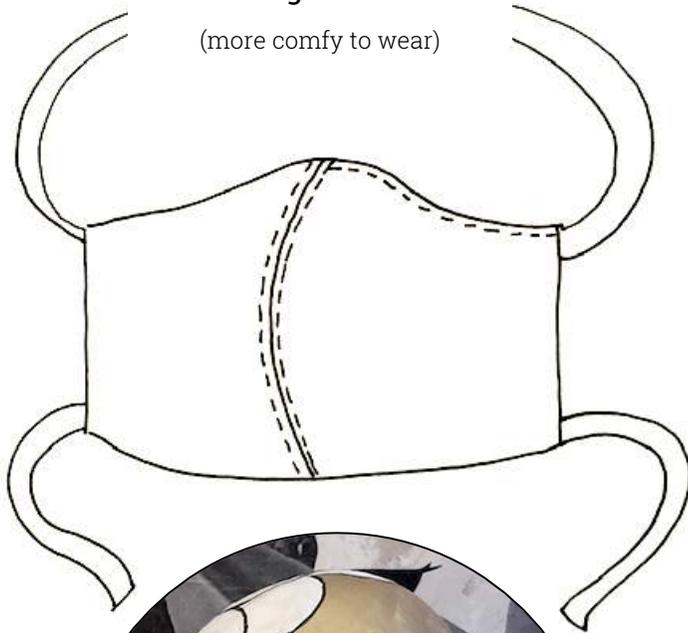
Don't buy, reuse!



How to boil masks with elastic straps

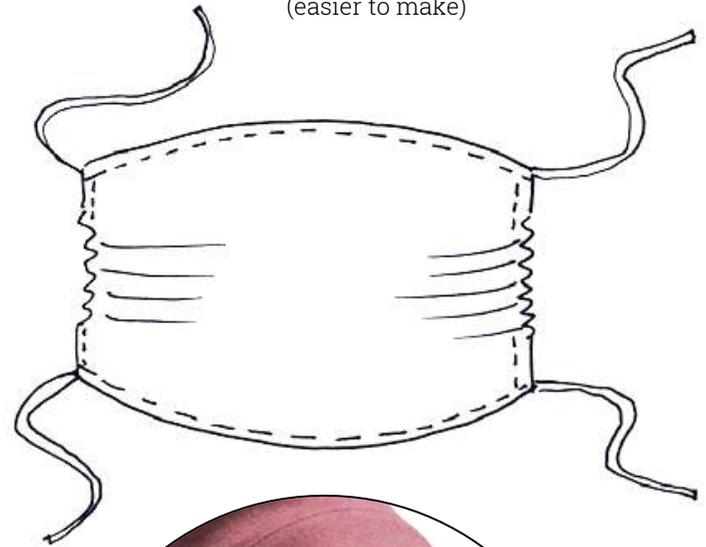
Design
"Big Nose"

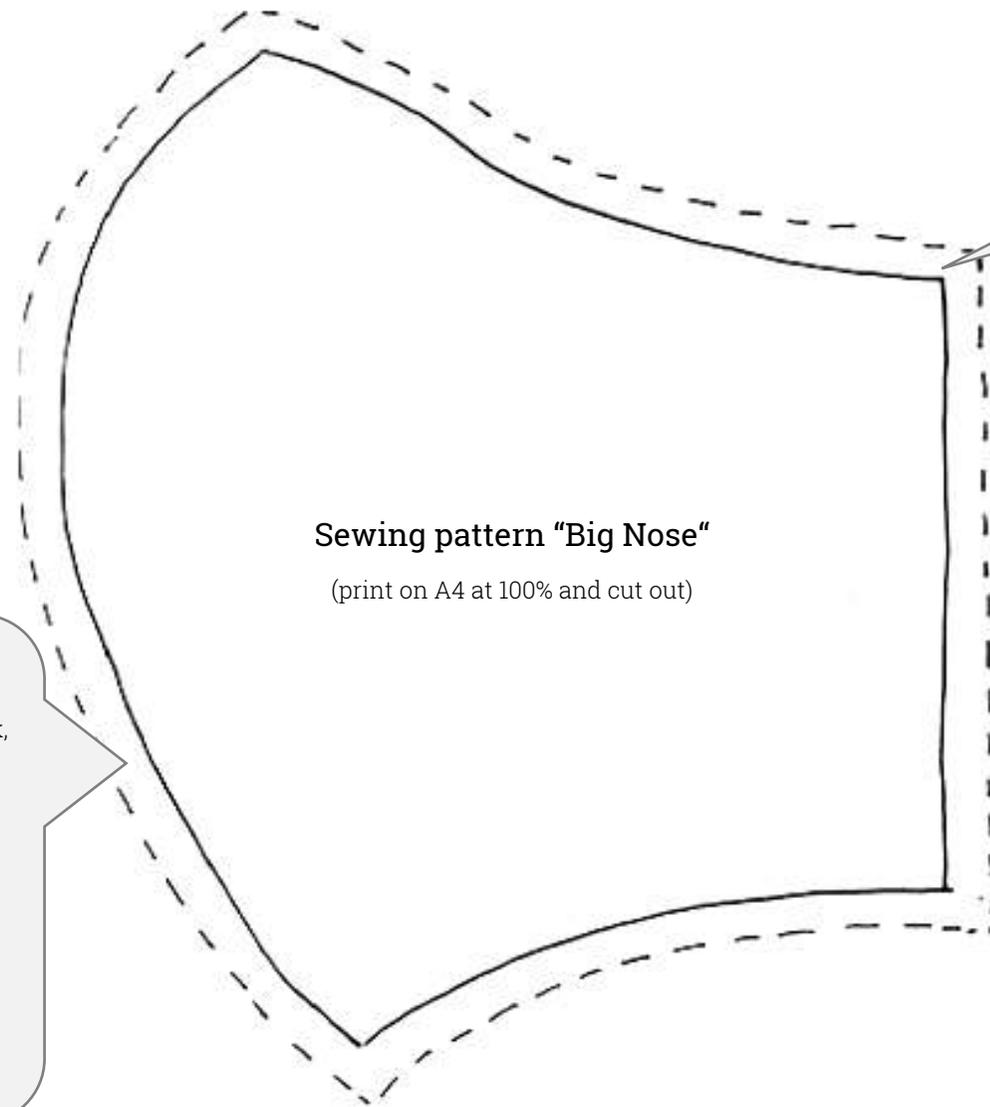
(more comfy to wear)



Design
"Mundschuh"

(easier to make)





7mm seam allowance

You need:

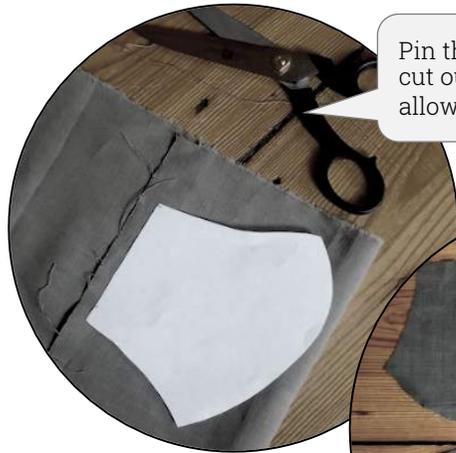
- Fabric for front and back,
- 4 pieces of fabric 15x17cm
- Cotton tape or bias binding, elastic or shoelaces. Maximum 180x1cm (cut in half)
- Cotton thread, General hand sewing needle or sewing machine, Sharp sissors, Ruler, Pins

Sewing pattern "Big Nose"

(print on A4 at 100% and cut out)

Sewing instructions „Big Nose“

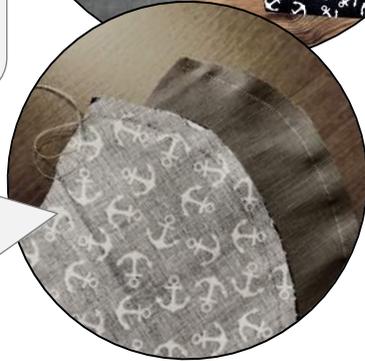
Step by Step



Pin the pattern on the fabric and cut out with 7mm seam allowance.



You will end up with 4 pieces of cut out fabric. You can fold the fabric and cut out more than one piece at once.



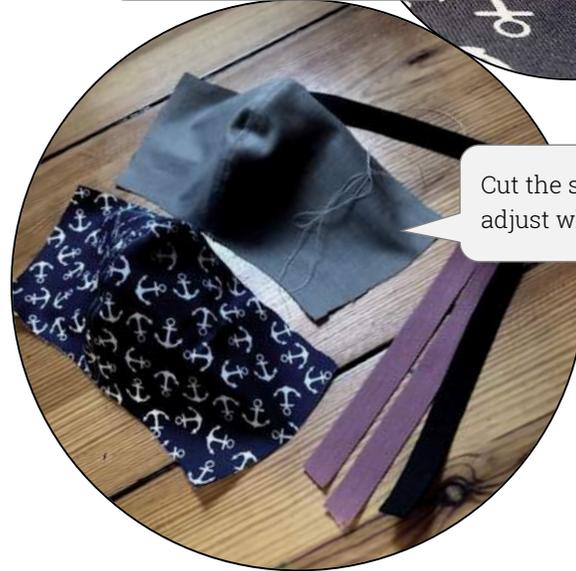
Put the right sides of the front together. Sew 7mm from the edge which covers the nose. Repeat with the right sides together of the back.



Iron the seam allowance down on the wrong side of the fabric.



Secure the seam allowance in the round part with tiny stitches on either side of the center seam along the nose.



Cut the straps ready to adjust when you try it on.

Sewing instructions „Big Nose“

Step by Step

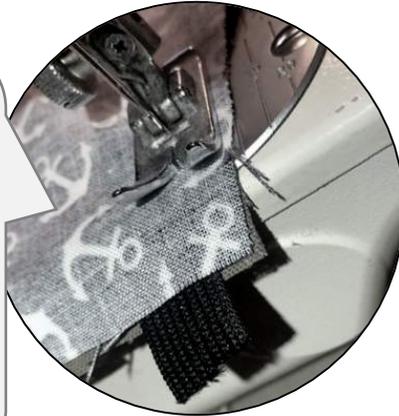
Put the right sides of the front and back of the mask together.

Sew 7mm all the way around the edge of the mask leaving an opening of 4cm.

Sew in the straps as you are sewing around your mask.

Leaving the long part of the straps inside the mask!

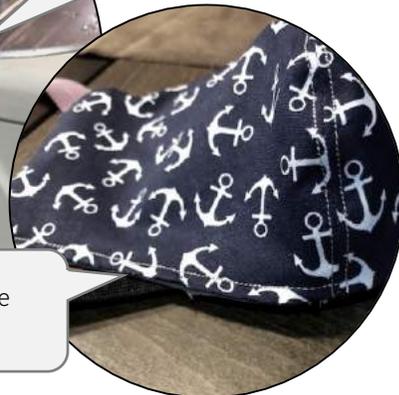
Stitch back and forth to fix the straps in well.



Pull the mask through the opening.



Pull into shape, iron and stitch the opening closed.



Ready to wear!



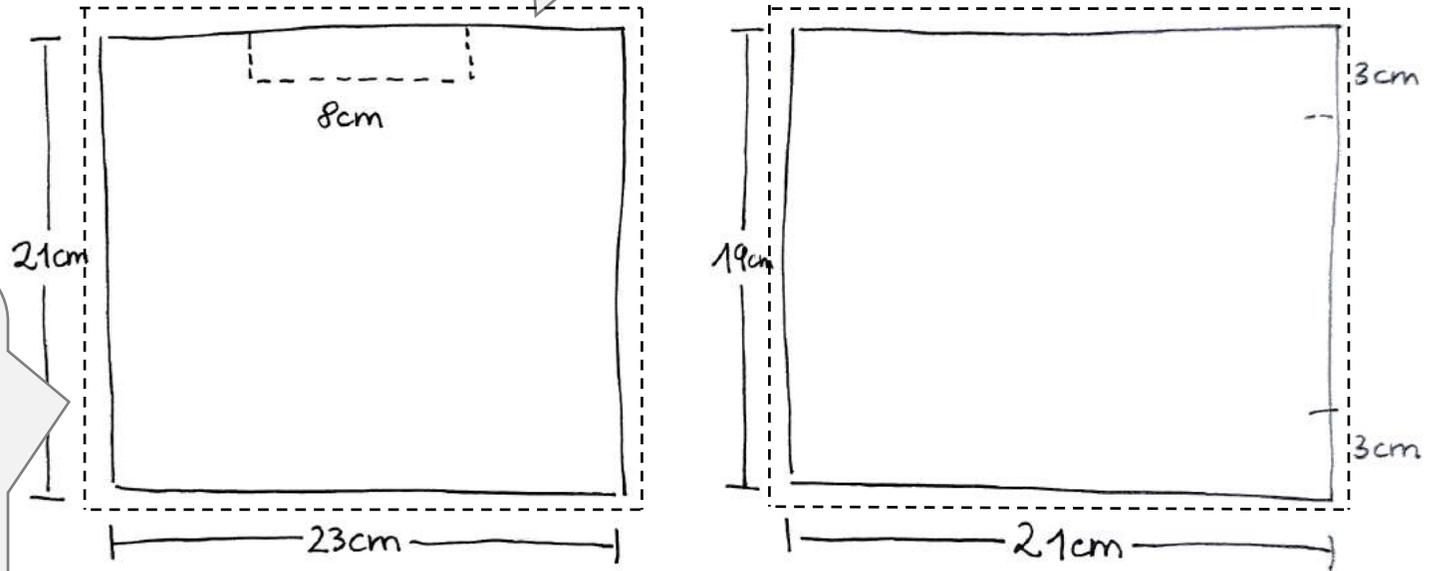
Sewing pattern "Mundschuh"

(not to scale)

(OUTSIDE)

Add 1cm
extra allowance at
seams

(INSIDE)



You need:

- 2 Fabric squares
25 by 23cm (front) and
23 by 21cm (back)
(1 cm seam allowance
included)
- Some covered garden
wire 10cm (optional)
- 180cm by 1cm wide cotton
tape/ bias or shoelaces
(cut in half)
- Cotton thread, general
hand sewing needle or
sewingmachine, sharp
sissors, ruler, pins

Sewing instructions „Mundschuh“

Step by Step



Sewing instructions „Mundschuh“

Step by Step

After the seam push together the fabric along the strap to create a gather.

Fix the strap again with a small seam.

Same on the other side of the mask.



Fold over the ends of the garden wire and insert it into the turnover at the top of the mask.

Sew top and bottom fold.



If you wish: Attach cord stoppers.



Ready to wear!