

## FABRIC MASK (non medical)

Here's some ideas and instructions to make your own fabric masks in adult and child sizes.

They are fun to sew - get the kids to come up with some designs too.



Fabric masks are best made with cotton or fabrics with a high thread count. Quilting Fat Quarters, cotton pillow cases and bedding (do check they are not in use ! ) can all be used. The fabric should be non-woven for it to act as any kind of barrier. If you can see light through the fabric, then it is probably woven.

It's a good idea to line the mask with interfacing (non-woven again). You can also check your fabric stash to see if you have any are water resistant, as these can be used in between your outer layers for extra protection. Sprinkle some water on the fabric and see how quickly it is absorbed. If it sits on the surface for a short time, then that will offer an amount of protection. \*

Hope you have fun making your own masks. There is a drive to get people using their own handmade masks and hopefully this will help keep stocks for those on the front line. These masks are for your own personal use but there is a lot of information online if you want to donate your masks (you will need to check what regulations your local hospital or care home needs first).

**Important :** If you choose to wear your mask, do remember that you must still keep to social distancing rules and wash the mask after use (taking it off by the straps each time). *Washing at 60 degrees is recommended*

### BASIC MASK :

This is the mask that I liked best, though there are other designs you can try online. This mask has long ties but do try out the different methods of attaching them as some seem to suit different people (at least in my house ! )

This "tied" mask gives the best fit for most people : )

#### You will need:

Two pieces of outer fabrics (see size on the right)  
One piece of interfacing or other fabric as above \*  
Two strips of fabric 30" x 1.5" (75cm x 3cm)  
Paper clip or 2 - 3 bag ties (used for sandwich bags - small wires covered with paper outer, you'll know what I mean : )



#### Fabric sizes needed:

Adult: 9" x 7" 23cm x 18cm)  
Child: 7" x 5" (18cm x 13cm)

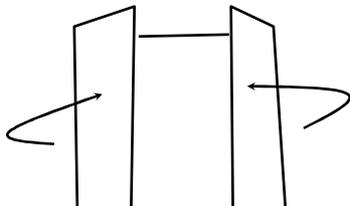
*TIP: It is a good idea to use contrasting colours for the outers - that way you'll know which side you are using at any time.*

## MAKING THE BASIC MASK :

- 1 Place your two fabric outers (right sides together)
- 2 Put the inner fabric (if using) on top of both.
- 3 Sew through all layers along one of the longer edges (6mm seam) This will be the top of the mask - just in case you are using a pattern with direction :))
- 4 Open the fabric so that you are looking at the raw seam.
- 5 Place the wire(s) against the center of the seam and tuck them underneath (see right) *If using a paper clip, you will obviously need to straighten this out - and trim!*
- 6 Fold the fabric back so that you are working on the right side and pin around the wire to hold it in place. Sew from the top edge and around the wire, getting as close as you can but don't hit the wire or you'll break/bend your needle!
- 7 Turn the mask through to the wrong side. Line up the bottom edges and pin.
- 8 Sew along the lower edge this time



- 9 Turn the whole mask through to the right side and press
- 10 Next we need to fold the mask like a concertina. Starting from the bottom works best for me. Make three pleats working all layers as one - pleats facing in downward direction. *A child's mask may only be able to get two pleats, depending upon the thickness of fabrics.*



- 11 Pin each one either side and press.
- 12 Tack down each side to hold the pleats in place.
- 13 Fold the long edges of each long strip against the wrong side of the fabric by 5mm (approx 1/4") and press. These will form our ties.
- 14 Fold the ties in half lengthways and press again
- 15 Place the center of the tie to against the side of the mask and wrap it over the raw edges at the side. Pin in place.
- 16 Start at one end of the tie and pin stitch down the open sides. And over the pleated edges. This can get a little bulky so machine with a longer than normal stitch. Try something like 4 or even 5 in length.
- 17 Continue along the tie to the other end.
- 18 Repeat on the other side of the mask.



And that's it. You now have a mask ready. Tie the lower straps around the back of your neck, and the upper straps around the crown of your head. Pinch the wires to fit the mask neatly over your nose .... and breathe !



## DIFFERENT METHODS TO FIT :

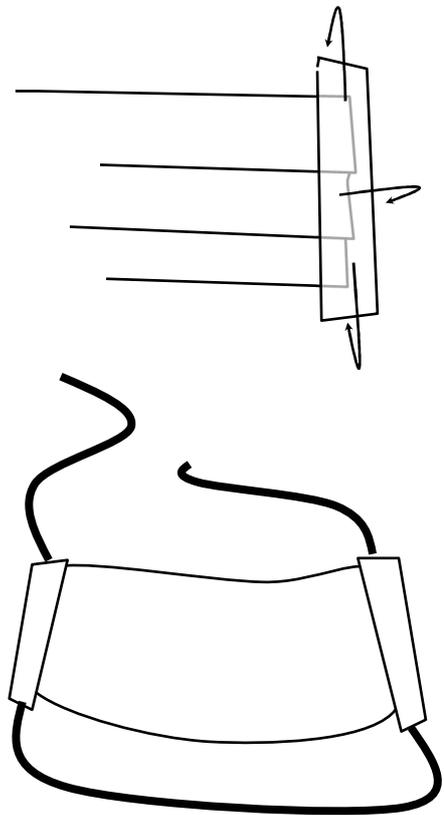
I prefer the double tie method, but there are other ways to fit the mask and I know members of my own family all have their own preference.

### Alternate two-tie method :

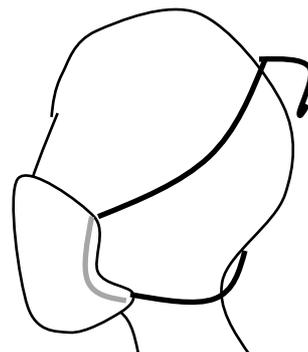
This patchwork mask has one long cord to tie, but fits around the back of the neck, and crown in the same way as the two-tie one earlier.



- 1 Make up the mask using the same method.
- 2 Pin the pleats and tack to hold down each side. (note the one pictured has two pleats as it is a child-size).
- 3 This time, cut two pieces of fabric 3cm wide (approx 1 1/4") and long enough to fit the side of your pleated mask + another 4cm (approx 2") to this length.
- 4 These two pieces of fabric will form a frame for the sides of the mask and a casing for the cord or ribbon tie.
- 5 Fold and press each one as before (see instructions 13 and 14 on the previous page) to form two small straps (or frames : )
- 6 Wrap a frame around one side of the mask to cover the raw pleated edges.
- 7 Tuck both ends of the frame inside to neaten
- 8 Sew through all layers to hold in place (you can oversew by hand front and back of the frame if you find this easier )
- 9 Repeat on the other side of the mask.
- 10 Cut a long cord or narrow ribbon (you will initially need at least 20" or 75cm )
- 11 Thread the cord down all the way through one side of the casing.
- 12 Take the cord up through the other side of the casing
- 13 Don't pull the cord, leave all loose (I would tie a knot or bead on each end to stop it unravelling : )
- 14 Put the mask on with the looped cord around the back of your neck. Then tie the loose ends around the back of the crown of your head. This will tighten the cord and should give a comfortable fit.



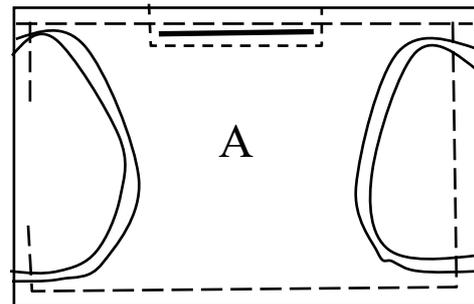
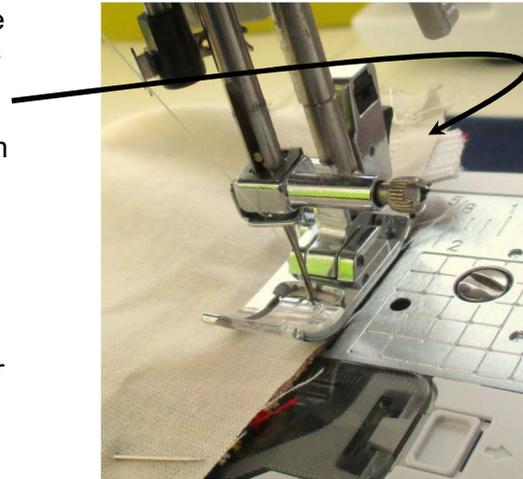
See diagram which might make more sense !



### Elastic method :

To fit a mask using elastic, you will need two pieces approximately 7" long (18cm) A 1/4" wide elastic works best.

- 1 Start by making up the mask as usual, fitting the wire into place at the top. Follow instructions 1—7 of the basic mask.
- 2 With the mask turned inside out. Place one piece of your elastic between the two outers (if using three pieces, make sure this is between the outer fabrics) Place the elastic up against the top edge seam and sew 6mm seam (1/4") over the elastic and down the side. Stop half way down.
- 3 Find the other end of the elastic and pin this at the bottom of the mask (keep 7 or 8mm away from the bottom edge to allow for our seam)
- 4 Continue your seam down the side and over the other end of elastic.
- 5 Turn and sew all the way along the bottom edge
- 6 Place the other piece of elastic between the outers on the other side (top and bottom) and continue to sew over the bottom end. Sew 1/3rd way up the seam and stop.
- 7 Continue the seam along the upper 1/3rd of the mask and over the other end of the elastic. This leaves a small opening in the side for turning (I hope : ) See A
- 8 Turn the mask through the opening
- 9 Turn the raw edges of the opening to the inside and sew over by hand or machine.
- 10 Now form the two or three pleats down the mask and sew over these to hold in place . I recommend taking a wider seam as you sew down (even 1cm) to avoid the bulk of turned seam inside.
- 11 Try the mask on for a fit, elastic over the ears.



If you don't like the look of the elastic ( or find it uncomfortable), try covering the elastic with a tube. Make a narrow tube longer than your piece of elastic, at least 10" (25cm) to allow the elastic room to stretch.

Thread the elastic through, and continue as above : )



## FUN FOR THE KIDS :

Wearing a mask can be fun for some, but a little daunting for others. I think a little happy decoration can be in order : )

Shapes for decorating these children's masks can be found on the pattern sheet.

Sew the decoration to the front outer before making up the mask. The ears are added once the mask has been completed.—just sew along the top edge so they flap free.

Try a piggy mask by sewing a 2" circle onto the front piece of fabric. Sew two ovals on top to form the nostrils.

A couple of piggy ears along the top edge make a fun piglet mask.

As an alternative try a puppy mask. Just with ears and an oval nose



Here's a kitten version complete with embroidered whiskers.

You could also embroider mouths on the mask - you'll need to open up the pleats to do this.

The Toothy mask is made a little differently as it needs a covering over the "teeth".

- Pin the "teeth" to the front outer, then cut out the upper shape from the pattern sheet and position this over the top.
- Working on the front side, sew each side of the upper to the front, then follow the curved edge along the bottom.
- Continue making the mask as usual by sew all layers together along the top edge and add the nose wire .



Hope you have fun making your own masks and do remember to continue to follow health guidelines.

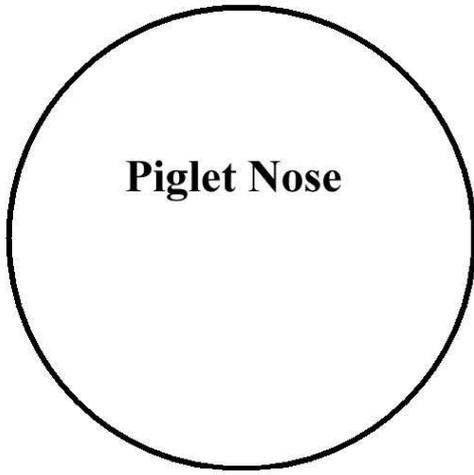
Keep safe xx

*Angela*

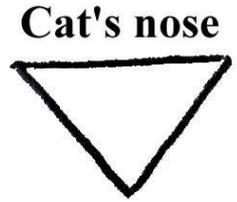
<https://www.pcbangles.uk>  
email: [angela@pcbangles.co.uk](mailto:angela@pcbangles.co.uk)



**Piglet Nostril**



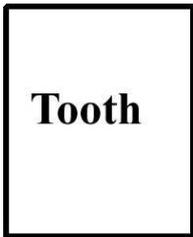
**Piglet Nose**



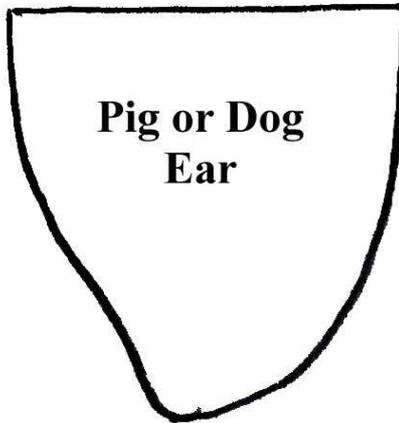
**Cat's nose**



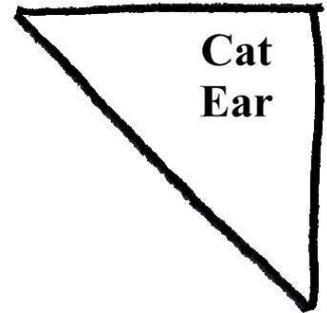
**Dog's  
nose**



**Tooth**



**Pig or Dog  
Ear**



**Cat  
Ear**



**Upper mouth part  
for "toothy" mask**

