

Fitted Face Mask

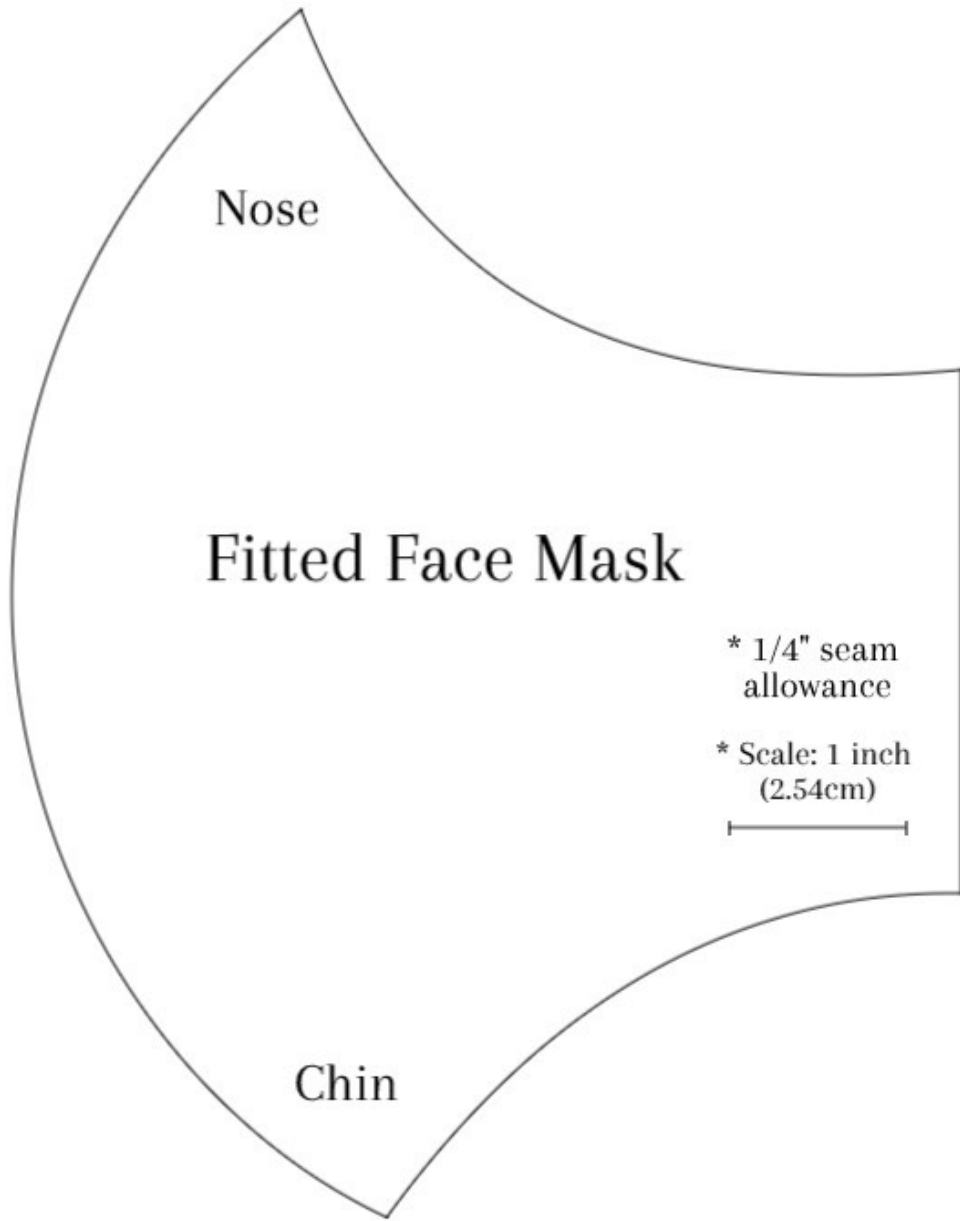
A Two Green Birds Pattern



Please get your facts and advice about the novel coronavirus pandemic from the World Health Organization. Fabric masks are not as effective as surgical masks, but are becoming an important option as we use up existing supplies. They are best used for non-medical personnel to reduce spread of the virus, so that we can leave the surgical masks for those who most need them. Wear this mask when you go out in public to protect others. If you are sick but not experiencing symptoms, you could be shedding virions (virus particles) without realizing it. Fabric masks may also be helpful in protecting you, because they are a reminder to not touch your face and for others to maintain proper physical distance.

Materials

- Two different colors or patterns of 100% cotton fabric for inner and outer layer. Wash and dry before cutting. You can use small pieces for this; a fat quarter of each would be more than enough. Using different colors/patterns allows you to easily tell the inside from the outside. If you are sensitive to dyes or if you are making this for someone else, use white for the inner layer.
- 4" length of 3/8" wide ribbon or strip of knit fabric.
- 45 inches of 1/4" elastic OR stretchy knit fabric, cut into 1" strip, for the straps.
- Printed pattern shape. If you want to make a large size, just add an additional 1/4" all the way around.
- Pencil or other marking tool for fabric.
- Self-healing cutting mat and rotary cutter, if you have them. If not, a sharp pair of scissors will work fine.
- Pins or fabric clips.
- 3" of thin flexible wire for the nose contour piece. Any thin gauge wire will work, like florist wire or a twist tie.
- Iron, if your fabric is wrinkled and to make your seams neater.



How to Make

1. Cut 2 pattern pieces each from your outer and inner layer fabrics. Place each piece separately if you're wanting a specific part of your fabric print, ensuring you cut a right and a left side. If not, you can fold the fabric and cut 2 at once.



2. Place the two pieces from your outer layer fabric right sides together. Pin along the longest curved edge (the middle of the mask). Sew with a 1/4" seam allowance. Clip the curved edge so it lies smoothly when you turn it, being careful not to clip through your stitches. Iron seam allowance to one side.

3. Repeat step 2 with your inner layer fabric.



4. Pin 4” piece of ribbon or knit fabric to the **RIGHT** side of your inner layer. Center 5/8” from the top (nose) edge. This will be the casing for the nose contour wire. Use a zig-zag stitch to sew along the top, one side, and the bottom edge of the casing. Leave one side open so you can remove the wire when laundering, or replace when the wire loses its shape.
5. Pin outer and inner layers, right sides together. Sew along the top, one side, and the bottom edge with a 1/4” seam allowance. Leave one side open to turn. Iron or finger press the seam allowance on the open side down. Clip the two sewn

corners and curves to remove bulk, again being careful not to clip through your stitches.

6. Turn right side out. Use a chopstick or similar item to fully turn corners and upper nose edge. Iron and stitch the open side closed.
7. Fold each side in 1/2", iron and pin. Top stitch around entire mask, catching the side folds in your stitching. The side fold is the channel for your straps, so try to sew closely to the inside edge to make it as wide as possible.



8. Thread your 1/4" elastic or strip of stretch knit through the channels you just sewed. You'll want a closed loop at the bottom of your mask, so thread each end UP each side of the mask. You can use a safety pin, crochet hook, or chopstick to get the elastic through the channels.
9. Insert the nose contour wire and try it on! The closed loop will go around the back of your head below your ears, and you will tie the two ends above your ears.