Guide to Mask Making

According to current guidance from the CDC, mask-wearing remains one of the simplest and most effective ways to prevent the spread of the coronavirus. While the mask shortages of the early days of the pandemic are long behind us, there is still a need for masks in disadvantaged communities across the country. We have found two patterns for simple, hand-sewn masks, but feel free to seek out your own pattern, and to use a sewing machine if you have one!

Choosing Fabric:

- Cottons, cotton blends, and linen are all good choices for breathable and effective masks.
- Look for a tightly woven fabric-- you shouldn’t see any space between stitches when you stretch it.
- Use at least two layers of fabric in your mask.
- If you want to buy new fabric, crafting stores and the crafting section of big stores like Target or Walmart will often have fabric on sale for cheap.
- You can also recycle materials! Use old t-shirts or sheets from your own house, or visit your local thrift store to find something ‘new’.

Other Materials:

- Our selected patterns are designed to be hand-sewn. If you do not have sewing materials already, most stores have small sewing kits that are the perfect size for this project. They often contain needles, pins, a measuring tape, scissors, and several colors of thread. Find one at your favorite pharmacy, dollar store, or online marketplace.

Where to Donate Masks:

- Check local Facebook groups or search online for local organizations accepting masks.
- Some possible places to donate are:
  - Homeless or Domestic Violence Shelters
  - Community Organizations like Food Banks
  - Schools or Daycares
  - Doctor’s Offices, Hospitals, or Assisted Living Facilities
  - Essential Businesses (such as grocery stores)
HOW TO Hand-Sew Face Mask in 15 Minutes!!

This simple tutorial will teach you how to hand sew a facemask in just 10 to 15 minutes. All you have to do is to join two rectangular pieces by hand. You can use elastic or if your supply of elastic is exhausted, you can use ties.

Here I have used satin ribbon, you can use strips cut from your old t-shirt for the ties. You don’t have to finish the edges. As I mentioned in my no-sew mask, these knit strips roll up by itself and can be tied securely.
How to Hand Sew a Mask in 15 Minutes

Materials Required:

- Pieces of tightly woven cotton fabric for the mask outer and lining
  - Measurements specified in the table below.
- 3/8- inch elastic, ribbons, or fabric strips cut from an old t-shirt for ties
  - Requirement specified in the table below.
- Needles, thread, and pins.
- Ruler or measuring tape.
- Scissors.
- Iron.

In the table below, ‘W’ stands for the width and ‘L’ stands for the length of the fabric piece to be cut.

<table>
<thead>
<tr>
<th>Size</th>
<th>Mask Outer (inches)</th>
<th>Mask Lining (inches)</th>
<th>3/8-inch Elastic (cut 2) (inches)</th>
<th>Ties Behind the Ear (cut 2) (inches)</th>
<th>Ties Behind the Head (cut 2) (inches)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult</td>
<td>7.5W x 10L</td>
<td>7.5W x 8L</td>
<td>12</td>
<td>1.5W x 17L</td>
<td>1.5W x 33L</td>
</tr>
<tr>
<td>Child</td>
<td>6W x 9L</td>
<td>6W x 7L</td>
<td>11</td>
<td>1.5W x 16L</td>
<td>1.5W x 32L</td>
</tr>
</tbody>
</table>

1. Cut the mask outer and lining pieces, referring to the table above. Here the mask outer is the floral fabric and the lining is the polka dot fabric.

2. Fold the mask outer in half widthwise, aligning the edges and mark the center of the upper and lower edges. Repeat with the mask lining.

3. Open the two pieces and keep them layered, with the right sides together and the center marks aligning. Pin the two pieces together along the aligned edges.

4. Open the two pieces and keep them layered, with the right sides together and the center marks aligning. Pin the two pieces together along the aligned edges.

5. Thread your needle and hand sew the two pieces together by a running stitch, along the two pinned edges. Take care to keep the stitches small and uniform and also to secure the stitches by a few knots at the start and finish.

6. Bring the right side out and press to make it neat and the edges taut.
7. Fold the four corners of the mask outer towards the wrong side and press.

8. Next, fold the two raw edges towards the wrong side by 3/8-inch and press.

9. Fold again by 5/8-inch and press to form a casing for the elastic or ties.

10. Pin along the edge of the folds.

11. Hand sew the two casings shut, using a running stitch.

12. Take the required length of the elastic, referring to the table above and insert it through the two casings, using a safety pin.

13. Ties the ends of the elastic in a knot.

14. Our mask is done!

For hundreds of free patterns and DIYs, visit allfreesewing.com
Simple 10-Minute Masks

Pattern Adapted from Crazy Little Projects (https://crazylittleprojects.com/simple-face-mask-pattern/)
What’s the Project? If you’re looking for a comfortable face mask pattern that’s easy to sew and customizable to all of the different members of your family, you’re going to love this one. Make it in under 20 minutes. It’s breathable, well-fitted, and easy to make.

This is a super easy face mask pattern. Each time I sit down to sew one it only takes about 10 minutes. Even if you’re a beginner it shouldn’t take too long at all.

Simple & Comfortable Face Mask Pattern

Supplies Needed:

- Pieces of 2 tightly woven fabrics
  - See back of document for size templates
- Elastic, ribbons, or fabric strips cut from an old t-shirt for ties
- Needle, thread, and pins
- Scissors
- Pipe cleaner (if you want wire in the nose)

Pattern Instructions:

There are several different sizes of patterns for you to print and use. Every face varies, so they may not be perfect, but I’ve tried these various sizes out on all of the members of our family and they’ve worked well and I’ve spent quite a bit of time tweaking to get them right. I’ve named them by who they fit in our household, so it should be fairly accurate for you too.

Use the templates in the last pages of this document to trace the pattern onto your fabric.

With your fabric folded, cut 2 pieces from each of your fabrics, for a total of 4 pieces. Each fabric should have 2 pieces that are a mirror image.
1. Place the fabrics right sides together of each of the matching fabrics and sew down the rounded middle part (this is the nose section) of both from top to bottom, knotting when you start and finish.

2. To make your elastic if you are using knit fabric, cut a strip that is about 1 to 1.5 inches tall and as long as the width of your fabric with the stretchiest direction going the width of the fabric (so it’s stretchy along the really long side and less stretchy on the short, 1-inch side). Once it’s cut, pull the fabric and it will fold in on itself.

3. Cut 2 strips of your knit elastic. The length will vary by size:
   - Cut 4.5 inches for size 1
   - Cut 5.5 inches for size 2
   - Cut 6 inches for sizes 3-5

Pattern Adapted from Crazy Little Projects (https://crazylittleprojects.com/simple-face-mask-pattern/)
4. Now, place your front of the mask and your back of the mask together with right sides facing in. Pin the top of the nose in place. Place your elastic on either side with the ends meeting with the edge of the mask and the rest forming a half-circle. Make sure it’s not twisted. Pin this in place on both sides of the mask.

5. Starting at the bottom of the mask, sew all the way around the mask leaving a 1-2 inch opening at the end so that you can turn it.
6. Turn it right side out and push all of the corners out. If you want to try it on and make sure it fits well, now is the time. If needed you can always tweak a bit before you sew it shut.

7. Optional Wire Nose: Lay a pipe cleaner along the top edge of your mask and match it to the size from side to side and cut it just the right length. Before you sew your mask shut, insert it and pin it in place along the top edge. Fold the fabric of the opening in on itself and sew the opening closed. Press the mask nice and flat and you’re all set!
Face Mask Pattern Size 1: Toddler/Preschooler

Fold fabric and cut two mirror image pieces from each of 2 fabrics for a total of 4 pieces.
Face Mask Pattern Size 2:
Children

Fold fabric and cut two mirror image pieces from each of 2 fabrics for a total of 4 pieces.
Face Mask Pattern Size 3: Adult Small

Fold fabric and cut two mirror image pieces from each of 2 fabrics for a total of 4 pieces.
Face Mask Pattern Size 4: Adult

Fold fabric and cut two mirror image pieces from each of 2 fabrics for a total of 4 pieces.
Face Mask Pattern Size 5:
Adult Large

Fold fabric and cut two mirror image pieces from each of 2 fabrics for a total of 4 pieces.