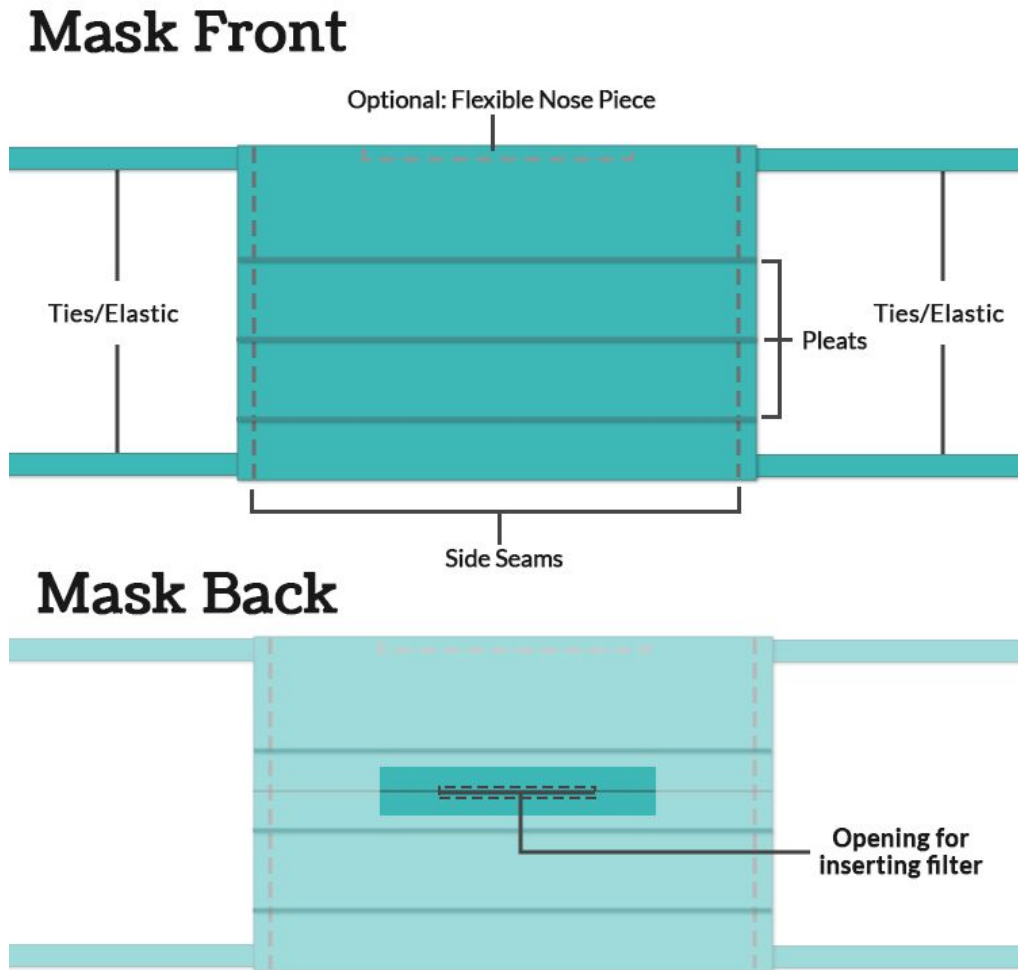




Happy Scrappy Mask Project

Finished Mask



Hidden in the pleats on the back of the mask is an opening for inserting a filter.

Materials & Tools

- 16.5" x 8.5" cotton fabric
- (4) 18" ties -OR- (2) 7" pieces of $\frac{1}{8}$ " elastic
- 5" piece of pipe cleaner or other flexible wire, optional
- Sewing machine or needle and thread
- Pins
- Iron
- Rotary cutter & cutting mat, if cutting your own fabric



Fabric Key

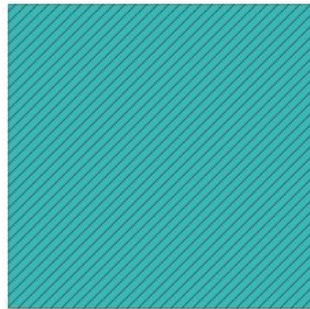


Right Side

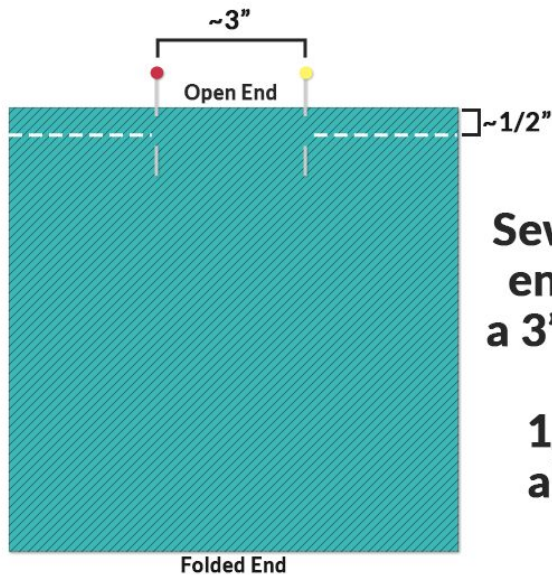


Wrong Side

Instructions



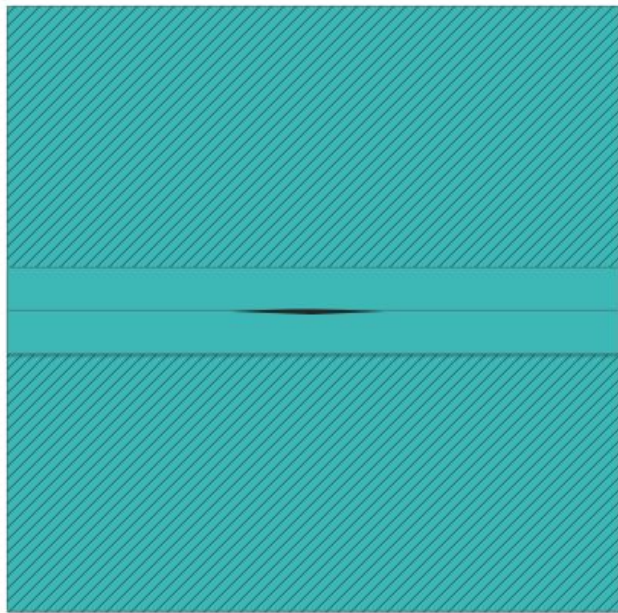
**- 1 -
Fold in half,
right sides
facing**



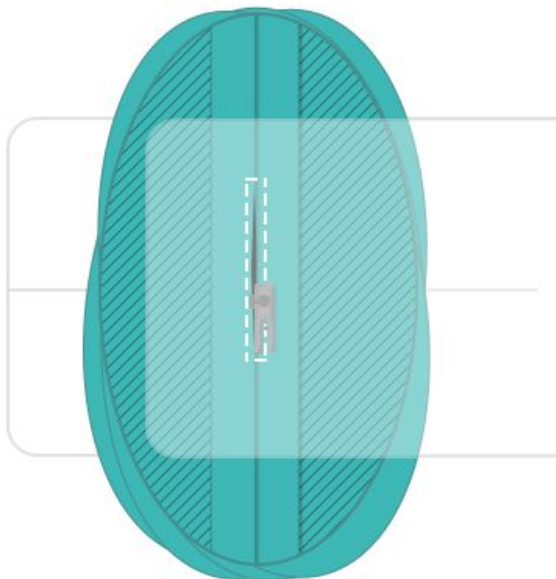
**-2-
Sew the open
end, leaving
a 3\" gap in the
middle.
1/2\" Seam
allowance**

You can use pins to mark the gap opening.

**This opening will be used to turn the mask
right side out and as the opening for
inserting the filter**



**- 3 -
Iron the
seam open**



Overhead view of the mask on your sewing machine for this step

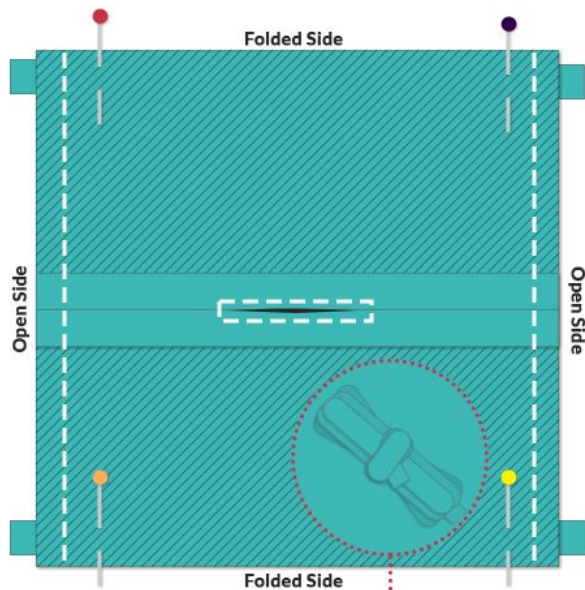
**-3 (Optional)-
Sew down
the flaps of
the filter
opening**

T-shirt material doesn't ravel, so this step isn't crucial, but makes things neater

It helps to turn the mask right side out. Then it's easy to lay the seam face up on your sewing machine.

Sew as close to the edge of the opening as is easy for you.

Turn the mask wrong side out again



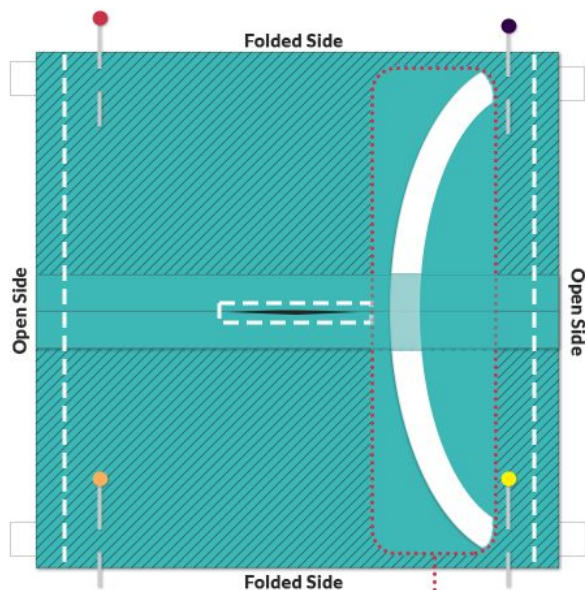
X-Ray View:
Keep ties wrapped
up inside of mask
so they don't get
caught in your seams

**- 4 -
Attach ties
while
stitching
open sides
closed**

Tuck your wrapped up ties inside your mask, leaving one end poking out at each corner. Pin in place.

Sew each open side.
Seam allowance can be anywhere between 1/4" - 1/2"

- OR -

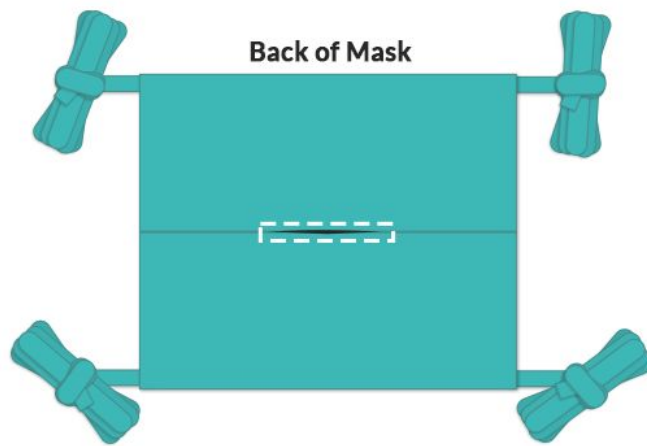


X-Ray View:
You only need
2 pieces of elastic,
whereas you need
4 ties

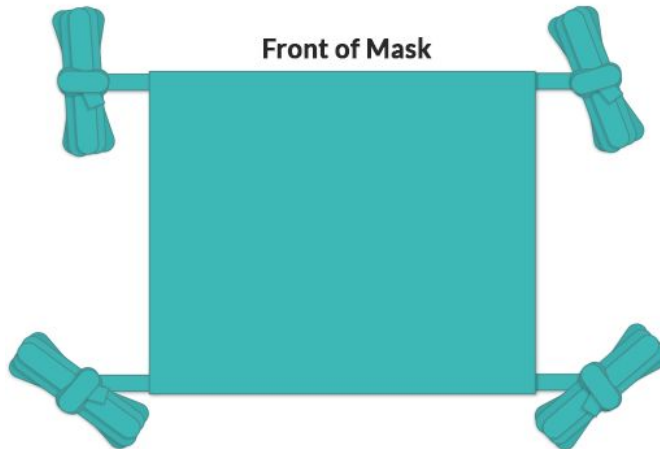
**- 4 (Alternate) -
Attach
elastic while
stitching
open sides
closed**

Tuck your elastic pieces inside your mask, leaving one end poking out at each corner. Pin in place.

Sew each open side.
Seam allowance can be anywhere between 1/4" - 1/2"



Back of Mask



Front of Mask

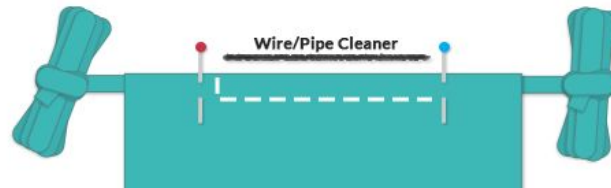
- 5 - Flip mask right side out

To get the
right side out,
push everything
through the filter
opening

From now on,
the side with the
seam and filter
opening is the back
and the blank side
is the front

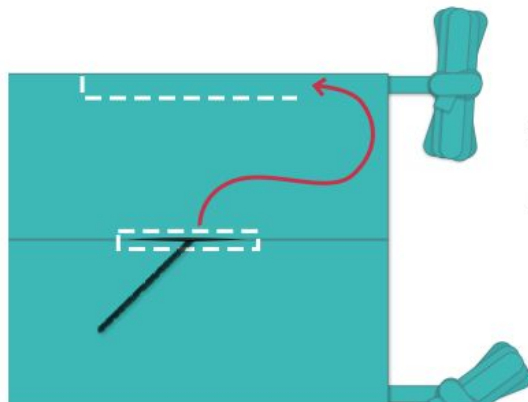
- 6 -

Insert & secure flexible nose piece



Decide which side will be the top of your mask. Lay your pipe cleaner (or other flexible piece of metal) lengthways in the middle and mark the ends with pins

Sew a sideways "L". This will be where you'll insert the wire



Make sure the ends of your wire are tucked so they don't poke into your face in the finished mask

Insert your wire through the filter opening and work it up into the channel you just sewed

Close the channel with a couple stitches at the open end



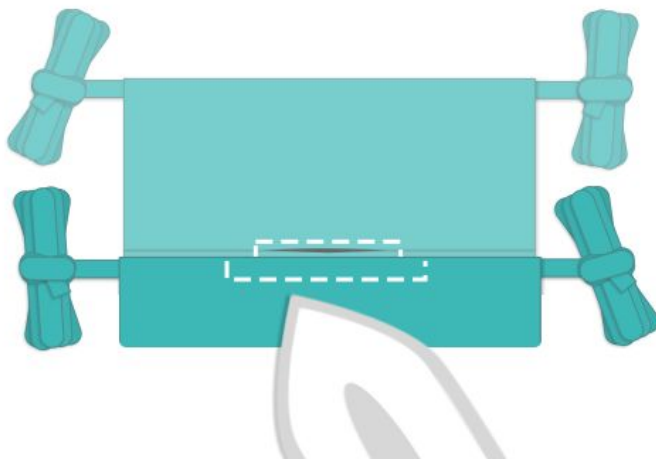
- 7 -

Prepare to make your pleats



Fold your mask in half lengthwise, with the front facing out

Iron the fold on your iron's cotton steam setting



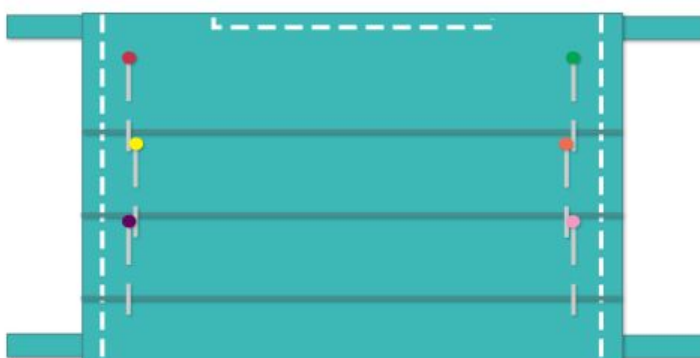
Fold the top of your mask to the middle seam, with the front facing out

Iron the fold on your iron's cotton steam setting

Repeat with the bottom half of your mask

- 8 -

Make your pleats



Using your ironed creases as guides, fold your pleats and pin them in place



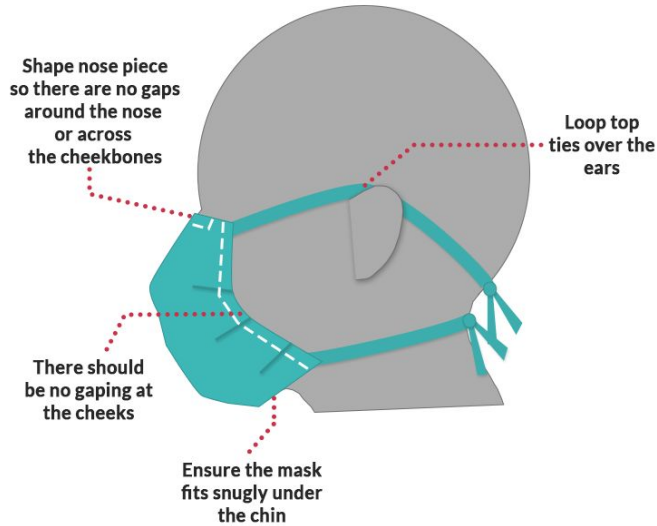
Side view of pleats

Sew the pleats down, using a 1/4" to 1/2" seam allowance.
Remove the pins

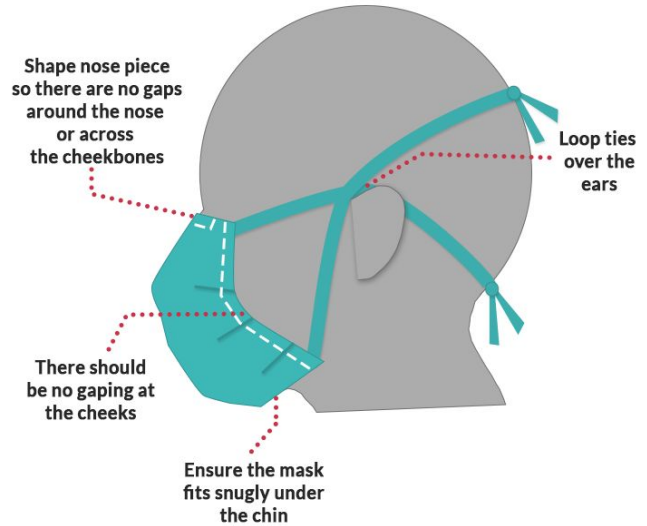
★ **Finished!** ★



How to Wear Your Mask



Alternate Way to Wear Your Mask



Filter Info

If you choose to use a filter in your mask, buy furnace filters that have a MERV 13 rating. These can filter out viruses while still being breathable.

Though expensive, one furnace filter can make many, many mask filters. Flatten the filter accordion and cut into rectangles that can fit in your mask.

Mask filters should only be used once!

Wear & Care

AVOID TOUCHING YOUR FACE with or without the mask. If you do, immediately and thoroughly wash your hands.

When you first get home, wash your hands, then remove your mask. If you're not going to wash it right away, keep it in a bag that can be washed or is disposable, separate from other items. It's good practice to do this with your clothes as well.

Wash your mask in warm or hot water (above 80°F) with soap and dry completely in the dryer. This ensures the virus is killed on the mask.



Staying Home & Washing Hands are still our #1 lines of defense!



Resources

- **How to Protect Yourself & Prep for the Coronavirus:**
<https://www.nytimes.com/article/prepare-for-coronavirus.html#link-31e767cc>
- **April 3, 2020: CDC Recommends Everyone Wear Cloth Masks in Public:**
https://www.businessinsider.com/cdc-recommending-cloth-masks-face-coverings-in-public-spaces-2020-4?fbclid=IwAR1PsJ0dtlHwDI7K4qGSpQKWYo3EX0sKsHfBFdeAm3UGSTaH_M0E6r8TGnA
- **Pattern Inspiration:**
<https://sarahmaker.com/how-to-sew-a-surgical-face-mask-for-hospitals-free-pattern/>
- **Alternate Pattern (with lots of other info about masks in general!):**
<https://www.instructables.com/id/DIY-Cloth-Face-Mask/>
- **Best Material to Use in a Homemade Mask:**
<https://smartairfilters.com/en/blog/best-materials-make-diy-face-mask-virus/>
- **How to Wash Clothes During a Pandemic:**
https://www.huffpost.com/entry/how-long-coronavirus-live-clothing-washing_l_5e724927c5b6eab779409e74?guccounter=1&guce_referrer=aHR0cHM6Ly93d3cuZ29vZ2xlLmNvbS8&guce_referrer_sig=AQAAADxnTVPRmu8_GUGsQcgCqjtWSivW6cCrVWWPQT43WmFNHGhVsYAHbFyzMD5QTJ5fmqs-WIofJWdHrGFmnUIOSZWvcM73B1iuwy8Glp37jNiUadc_lwi8GOqphwvk2Yr83s_s4QDWY1889kzDTPvSb2Xjl7Ejvsbdbbe4kx8WSQ3P
- **American Chemistry Council's List of Products that Kill COVID-19:**
<https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>
- **Tying a Mask to Prevent Glasses Fogging:**
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4474252/>
- **How to Make Yarn Out of T-Shirt Material:**
<https://www.instructables.com/id/t-shirt-yarn/>