

UNISEX
MULTIPLE SIZES

FITTED FABRIC MASK

LAST RESORT PROTECTION MASK BY DIBY.CLUB



1/5 DIFFICULTY

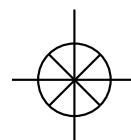


#OS-89279

FREE
PATTERN



LAYERS FEATURE



NO TRIM



PDF PATTERN

GETTING SET UP

See what you need to make a comfortable and effective fabric face mask

THE USE OF FACE MASKS

Fabric face masks are a great way to keep dirt and dust out of your airway when working/driving in dirty environments. Additionally, the Center for Disease Control recommends** wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain during times of widespread contagion. Please remember that cloth face masks do not replace the need for proper hygiene and social distancing.

YOU NEED THIS KIND OF FABRIC

This pattern uses two layers of fabric. With effectiveness and breathability considered, **we recommend using 2 layers of 100% woven cotton** which can help filter out up to 71% of virus-sized particles*, and is equally breathable as a surgical mask. Terry cloth can filter out up to 83% of virus-sized particles, but should only be used in a single layer because it is significantly less breathable if used in two layers. Knit fabrics are not recommended.

GET THIS MUCH OF IT

For a single adult mask, you will need 3/8 yards (0.35 meters) of 42" (106 cm) wide fabric. Alternatively, if you have 1 yard (or 1 meter) of fabric available, you can make 3 adult masks from it.

YOU'LL ALSO WANT THESE SUPPLIES

If you would like to add a metal nose bridge (for added fitting), you will need a 4" piece of smooth, pliable metal. A folded over crafting pipe cleaner works well and is easily available. You can also use jewelry wire, bread ties, or metal envelope clasps. Just make sure that the ends are not sharp so they don't pierce your fabric.

PROPER FIT

In order to get the benefit from wearing a cloth mask it needs to fit correctly. It should fit snugly against the sides of your face and bridge of the nose (a metal nose bridge helps the most to achieve this). You should be able to breathe without restriction when wearing the mask. You should not fidget with the mask after you have put it on.

CARING FOR YOUR FINISHED MASK

Wash your hands immediately after removing your mask. Wash your mask after use by either boiling it or machine washing with bleach to kill any captured bacteria/viruses.

* <https://smartairfilters.com/en/blog/diy-homemade-mask-protect-virus-coronavirus/>

** <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

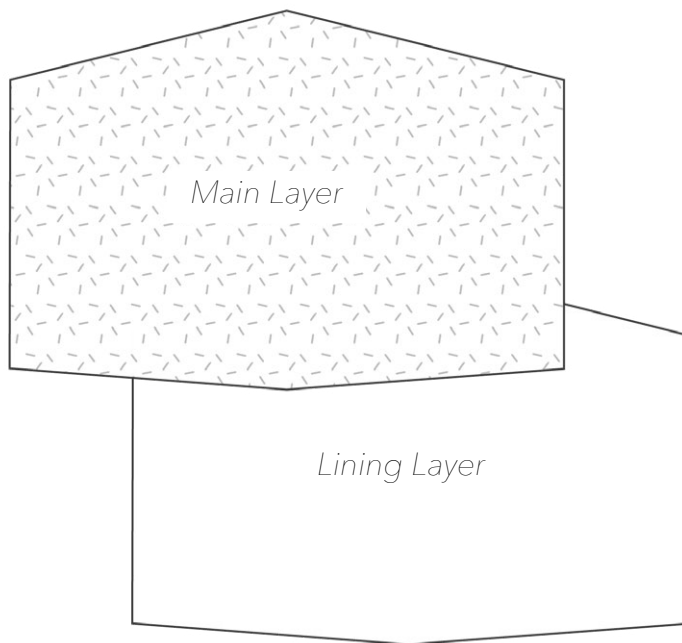
LET'S START SEWING!

Let's sew this together! You'll never get lost. We've got all the tutorials and videos you need right here.

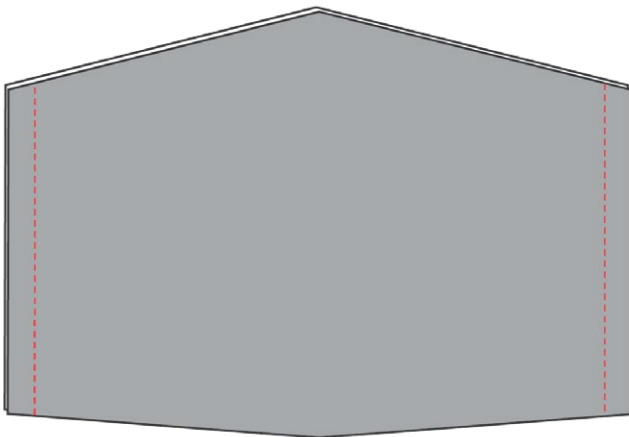
MASK CONSTRUCTION

You can make this mask with either a single or double layer. We recommend that you reference the fabric suggestions section to know which will work best for you.

1. Cut out one mask from fashion fabric (for your main layer) and one from a lining fabric.



2. Layer the two fabrics on top of one another with the right sides together and sew along the sides using a 1/4" seam allowance.

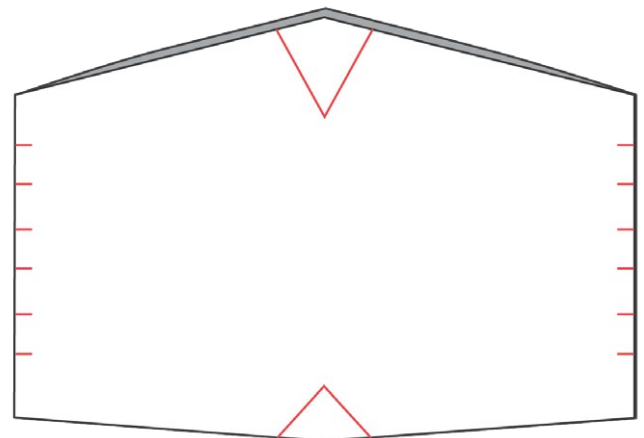


BINDINGS CUTLIST

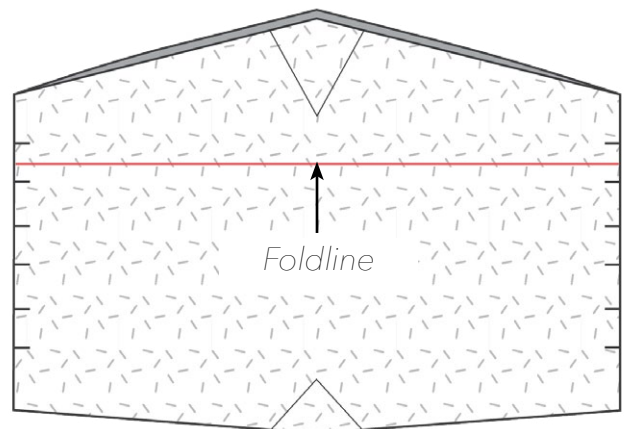
This chart is calculated for 100% cotton woven measuring 42" (106cm) wide.

	INCHES	CM
(2) Tie Bindings	1 1/2" x width of fabric	3.8cm x width of fabric

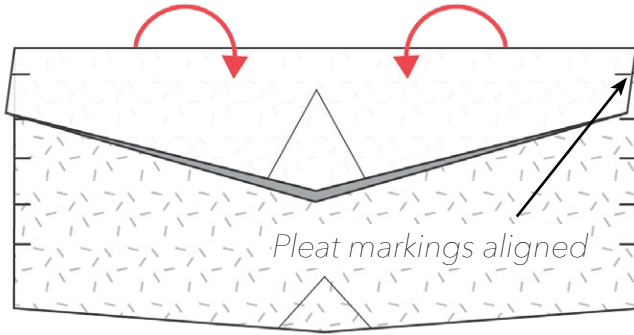
3. Turn the pieces right side out and press the sides. Then use your pattern piece to draw your pleat and dart markings.



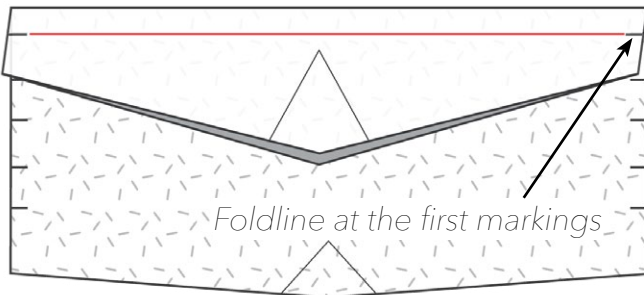
4. Begin your pleat by making a foldline between the first two pleat markings and folding it main sides together.



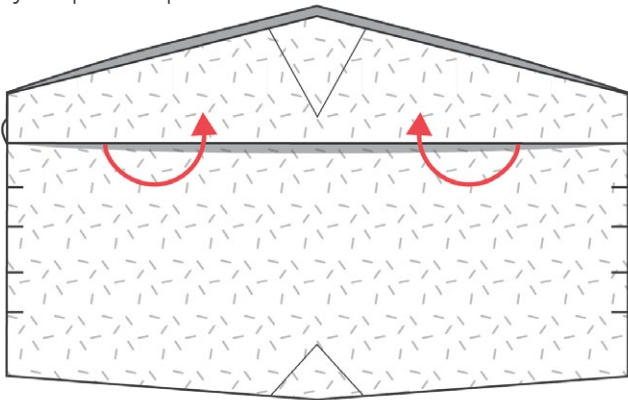
5. With it folded, the first two pleat markings should now be aligned.



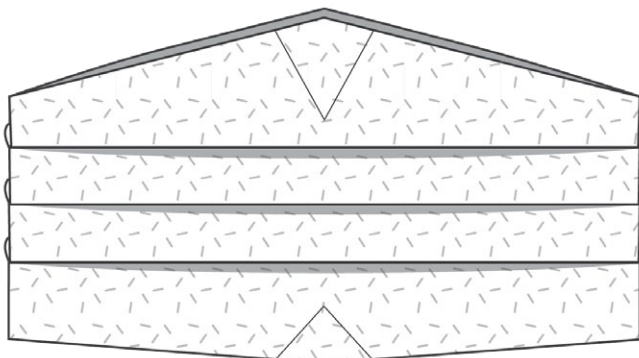
6. Then create a new foldline at the pleat markings.



7. Fold the mask back up along this fold line and press your pleat in place.



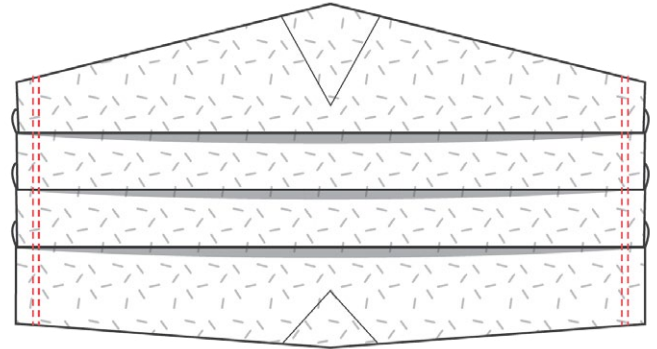
8. Repeat this process for the bottom two pleats. If you are sewing the children's or youth size, you will only have one remaining pleat.



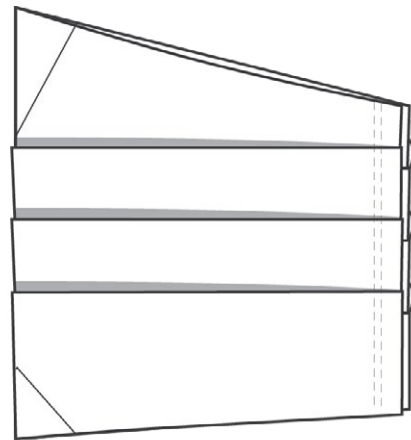
TIME SAVER TIP:

As you gain experience, you'll be able to skip the majority of the pressing steps and fold and sew the pleats in a single step.

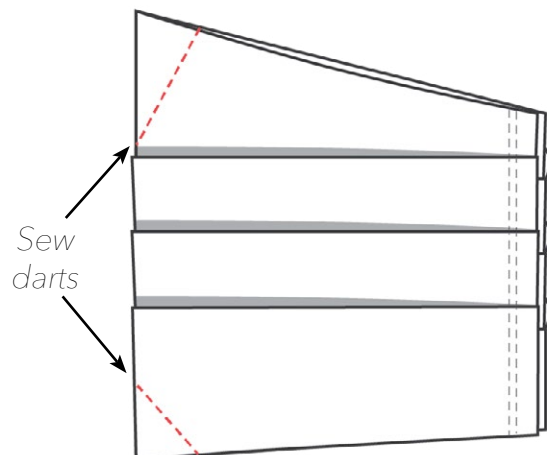
9. Sew two rows of topstitches on both sides to secure the pleats in place.



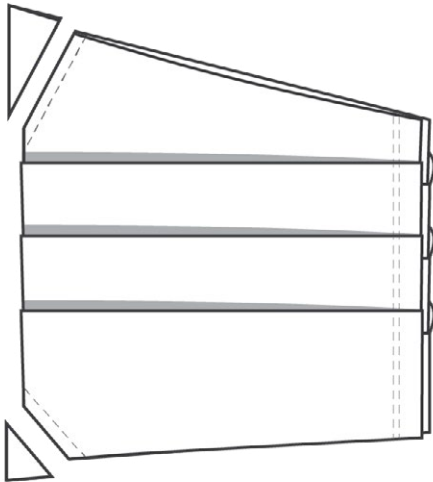
10. Fold the mask in half with the main sides together.



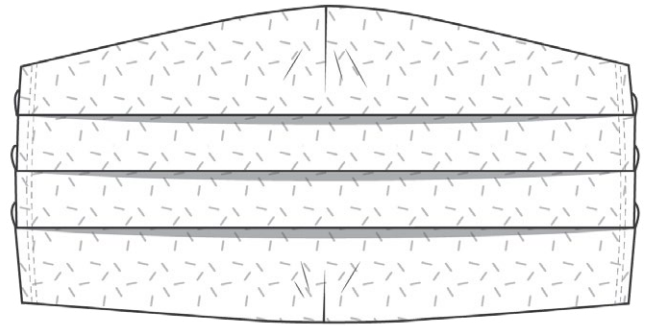
11. Use a regular straight stitch to sew along your dart lines. Be sure to backstitch at both the beginning and end of the stitches.



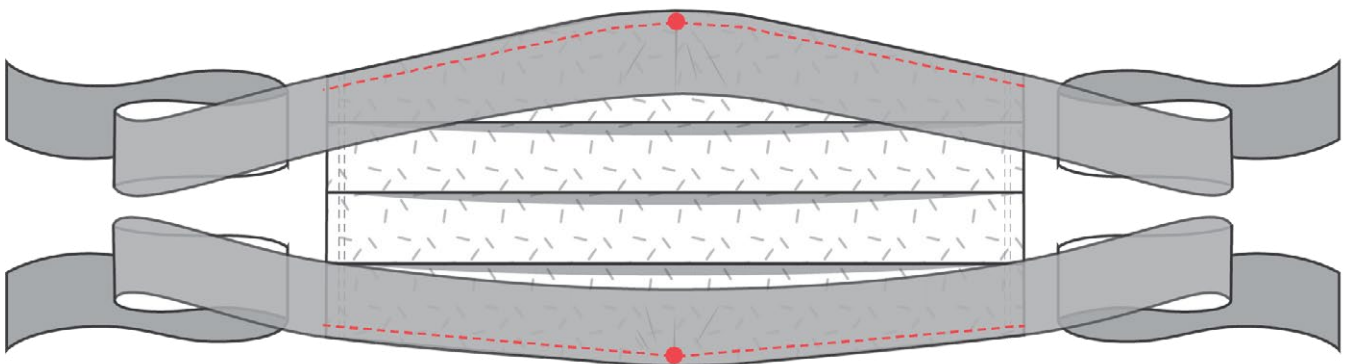
12. You can either press the darts to the side or trim down your dart seam allowances to 1/4" as illustrated.



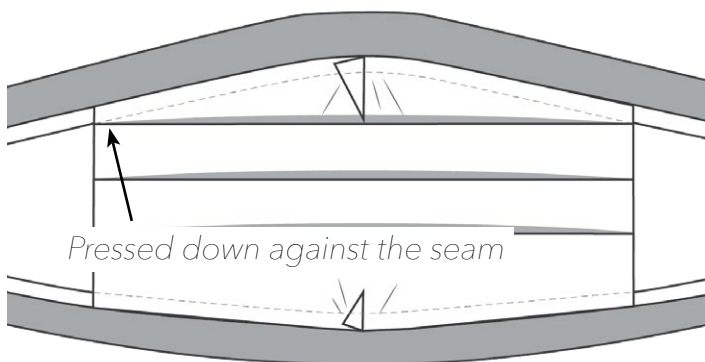
13. Open up your mask with the main side up.



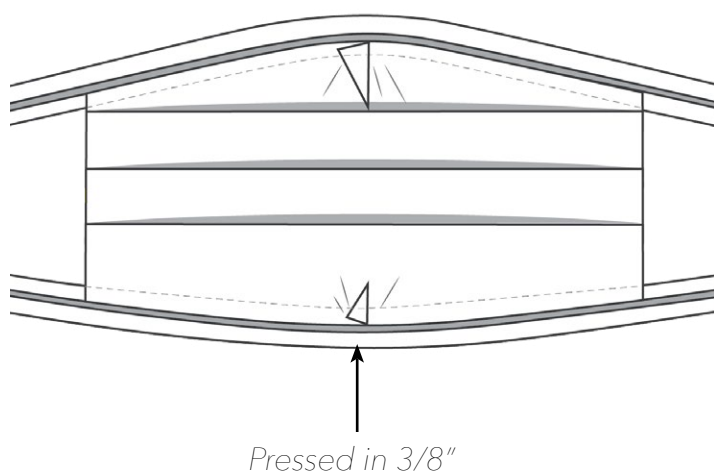
14. Align the center point of your tie bindings with the center points of your mask (the darts) with the right sides together. Sew them to the mask using a 3/8" seam allowance.



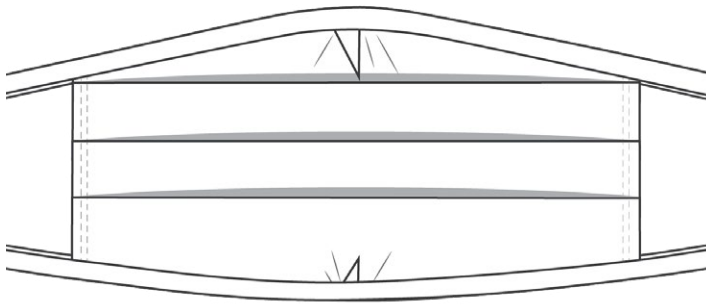
15. Press the bindings down along the seam.



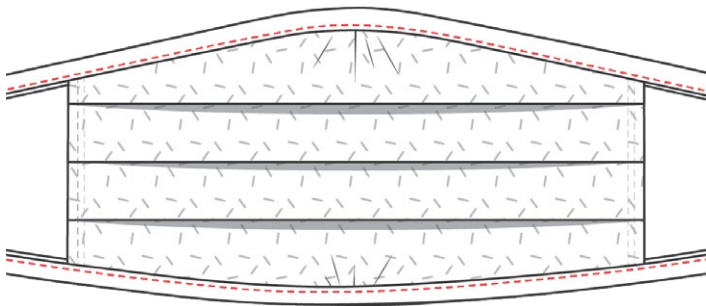
16. Fold the outside edges in 3/8" and press.



17. Fold the outside folded edge over and in so that the raw edges of the mask are fully encased now.



18. **If you WILL NOT BE ADDING A METAL NOSE BRIDGE** use a regular straight stitch to sew the bindings down, staying 1/8" away from the edge. Be sure to catch both the front and back folded edges. Then skip to step 24.

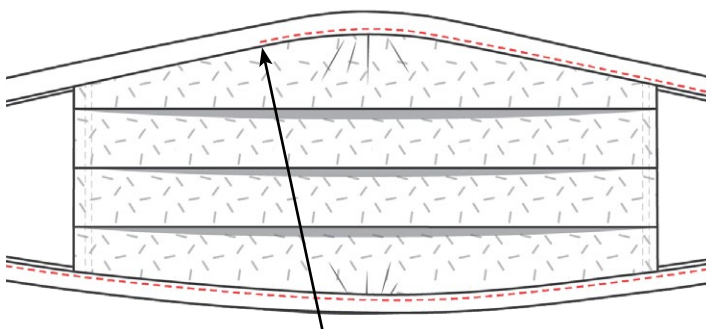


TIME SAVER TIP:

If you are an experience sewist, you can consolidate steps 15-18 and simply fold as you sew.

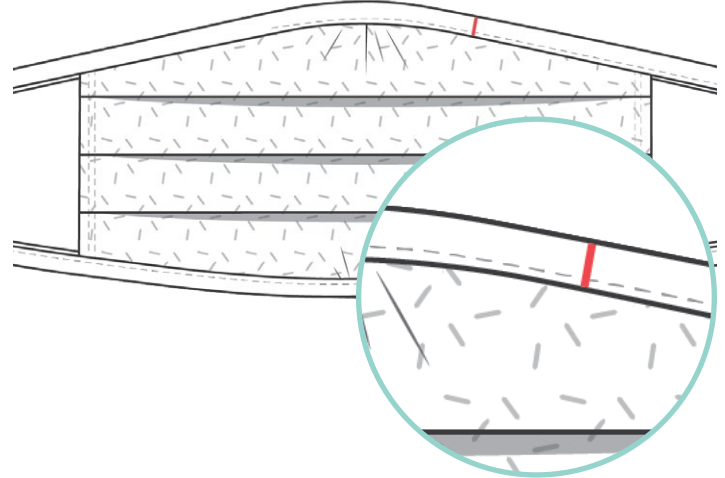
19. **If you WILL BE ADDING A METAL NOSE BRIDGE** use a regular straight stitch to sew the bindings down, staying 1/8" away from the edge. Be sure to catch both the front and back folded edges.

Stop your stitching 2" right from the center top (marked by the notches on the top edge).

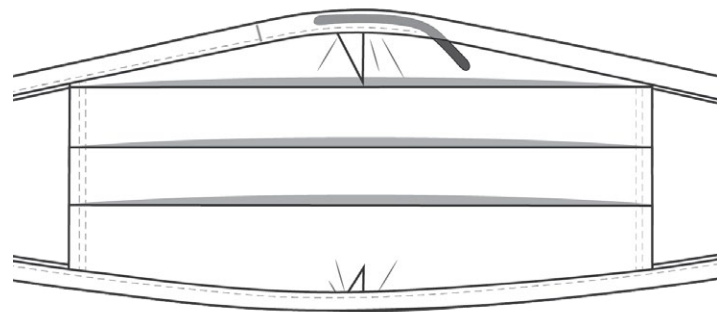


Stop 2" off center

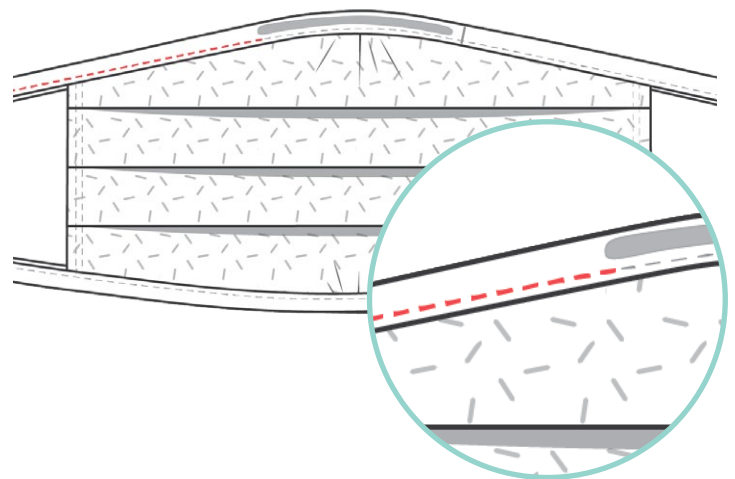
20. Sew a topstitch 2" left from the center top. This is the opposite side from what was referenced in step 19.



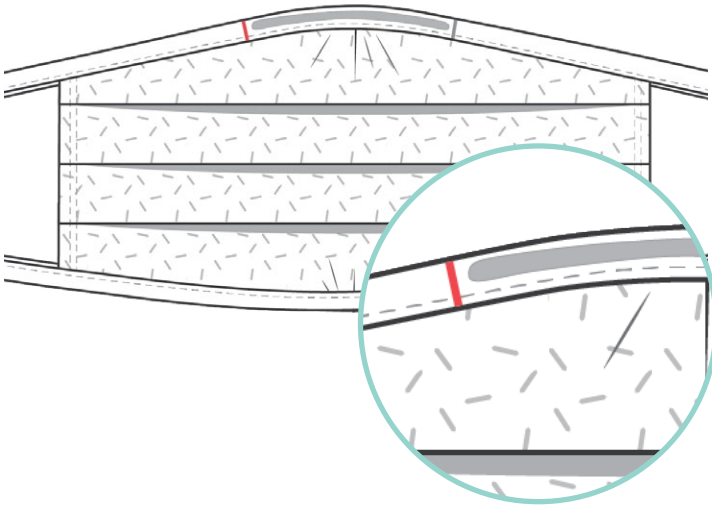
21. Feed in a 4" piece of pliable, smooth edged metal. A crafting pipe cleaner folded in half works wonderfully!



22. After you have centered your pipe cleaner and molded it to the curve of the mask, finish your binding topstitching.



23. Topstitch on the right side of the pipe cleaner to prevent it from moving inside the mask binding.



24. Prevent the ends of your ties from fraying by folding them over 1/2" and topstitching them down. For children or youth masks, you may want to try them on first and trim down the ties as needed prior to finishing the ends.

