



# HOW TO MAKE A CLOTH MASK

*(2 variations with pattern)*



- **Why?**

Due to the global COVID-19 pandemic there is currently a worldwide shortage of N95 and medical-grade masks. To ensure that desperately needed personal protective equipment (PPE's) is available for use by our frontline healthcare professionals, care-workers and essential services workers, why not make your own?

- **Do fabric face masks work?**

They're not as effective as N95 masks, but they're still useful when you need to venture out for essential trips like food shopping where there may be many people or when catching public transport or taxis.

- **What fabric should I use?**

The best fabric for homemade masks is a tightly woven, 100% cotton fabric. Fabrics such as denim, bed sheets, and heavyweight shirts are all good options. Avoid T-shirt material because it creates holes when stretched. Make sure to prewash and pre-shrink fabrics using hot water to kill germs so the fabric doesn't lose its shape after washing. It's also a good idea to use two different fabric designs per mask – that way you'll know which is the outside of the mask and which is the inside when you put it on.

At present there are no specific guidelines or regulations regarding the making of homemade masks. However, there are some best practices you can follow if you want to make your own. Apart from needing a sewing machine and fabric, you'll need a nonwoven filter fabric (batting) to help block out particles and a thin metal strip such as a paper clip to make it fit snugly over the nose.

## MASK 1

1. Print pattern
2. Cut pattern out
3. Use pattern to cut 2 cotton fabric pieces
4. Use pattern to cut 2 interfacing pieces (MUST be nonwoven)
5. Place cut fabric with front sides together
6. Place both layers of the interfacing together on top of fabric (on the back side of fabric)
7. Sew top 9" seam (2.5-3 stitch length is best) with ¼" seam allowance
8. Flip open with front side of fabric up
9. Press seam flat to one side
10. Insert metal piece along seam between the 2 pieces of fabric
11. Stitch ½" rectangle that is indicated at top of pattern (with wrong sides together) to secure metal piece
12. Flip back to right sides together, stitch bottom 9" seam
13. Flip back to right side out and press bottom seam

14. Use pattern to help mark pleats. Pleat the 3 pleats all in the same direction, put a pin to keep them in place
15. Cut binding tape at 36" per side
16. Find the centre point of the binding and the centre point of the mask and pin the binding on the mask with the mask sandwiched between the binding
17. Sew binding
18. Repeat on the other side of the mask
19. Press pleats
20. Finally, pat yourself on the back, because you are making a difference!

You can view the tutorial here: <https://www.youtube.com/watch?v=8O88qNImD8M&t=226s>  
The pattern for Mask 1 can be found at the end of this information sheet.

**Sources:**

**Good Housekeeping:** <https://www.goodhousekeeping.com/health/a31902442/how-to-make-medical-face-masks/>

**Amanda Perna:** <https://www.youtube.com/watch?v=8O88qNImD8M>

## MASK 2

**You will need:**

**Tools**

- Needle and thread (and a sewing machine, if you have one)
- Scissors
- Pins or clips to hold fabrics in place (safety pins and paper clips will also work in a pinch)

**Materials**

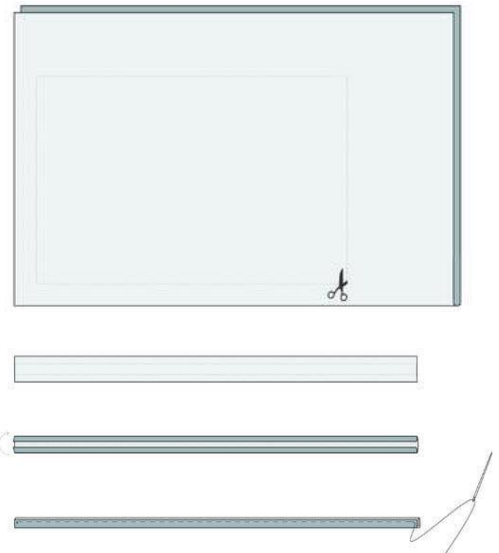
- At least 20 by 20 inches of 100 percent cotton fabric, such as a flat tea towel
- 4 strips of cotton fabric for ties, about 18" long and 1/8" wide, or
- 4 flat, clean shoelaces, or
- Two flat (1/4") sewing elastics that are 7" long each

**Step 1: Prepare your materials:**

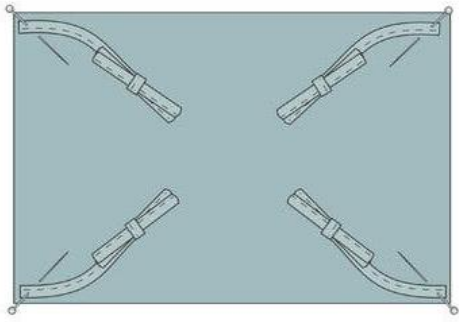
Choose your piece of cotton fabric, prewash it on the warmest setting and dry it on high heat. (Tea towels are better to use than T-shirts or linens, according to the Stanford Anesthesia Informatics and Media Lab.)

Fold the fabric in half. Measure and cut out a 9.5" by 6.5" rectangle to create two identically sized layers. This is your mask base. Now it's on to the fabric ties.

Cut 4 thin pieces of material, about 18" long and 3/4" wide. Fold each piece of fabric twice lengthwise, then once more to tuck the rough edges inside. Sew a straight line along the middle. This will prevent the fabric ties from having frayed edges.



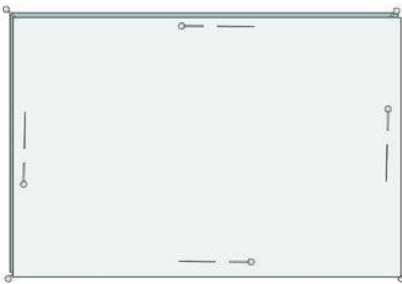
## Step 2: Adding the ties:



Take one of your rectangular fabric layers. With the “right side” (or the outer-facing side, where the pattern might be) facing you, pin down the 4 fabric ties, one piece per corner. Make sure that the ties are gathered in the center of the fabric layer before advancing to the next step.

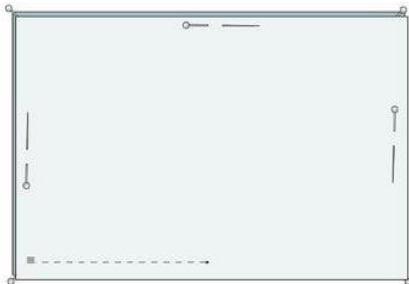
You can also substitute sewing elastic for fabric ties, but note that elastic cannot be bleached (and therefore, is not as easy to clean) and that anyone with a latex allergy cannot wear it. (Elastic is also increasingly in short supply.) Attach elastics to the first layer of fabric by securing the ends at the corners, forming little hoops. Make sure the elastic lies inside the perimeter of your fabric.

## Step 3 - Putting it together:

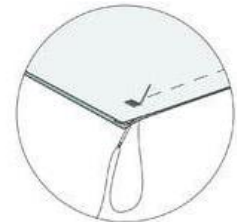


Take the second layer of fabric and line it up with the first. The “right sides” (or patterned sides) of the fabric should be facing each other, sandwiching the fabric ties or elastics. Secure the fabric sandwich together with pins.

## Step 4 - Start stitching:



Eyeball a midway point. From the middle, sew a straight line across the mask, about ¼” above the bottom edge of the fabric, toward the bottom left-hand corner. Remove any pins as you sew past them.

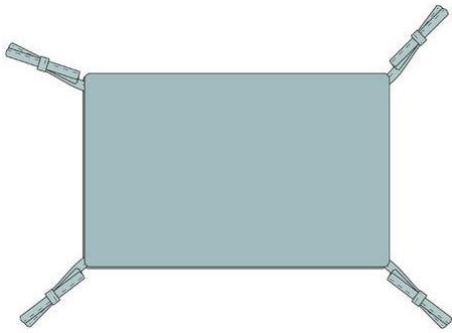


Make sure that the elastic or fabric ties are secured in the corners, sandwiched by your two layers of fabric, as you sew over their ends. You want to make sure your needle goes through the three pieces: the top layer, the end of the fabric tie, and the bottom layer. Add a couple stitches forward and backward (in both directions) to secure your ties in place.

## Step 5 - Stitch all around:

Stitch all around the perimeter of the fabric layers, repeating the forward and backward motion at each corner to secure all the elastic ends or fabric ties. Continue to stitch your way toward the starting point but stop to allow for a 1 ½” gap.



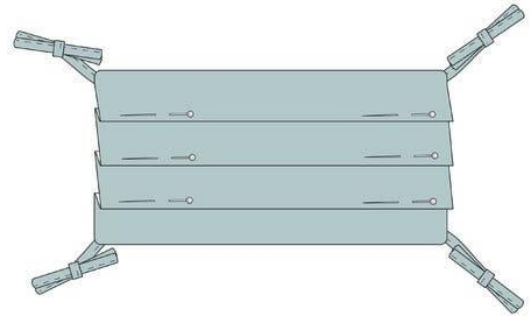


## Step 6 - Turn out:

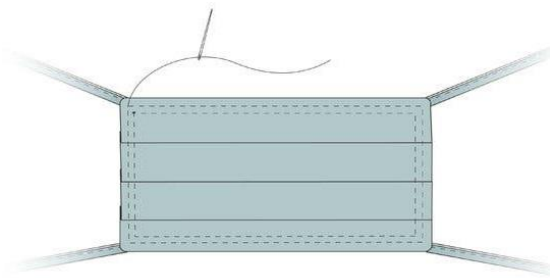
Turn your project right-side out from the little 1 ½" gap. Your fabric ties or elastics should now stick out, like little legs.

## Step 7 – Pleats Please:

Make three staggered pleats lengthwise on the mask, as if folding a paper fan. This helps the mask conform to the wearer's face. Secure each pleat with pins.



## Step 8 - Finishing up:

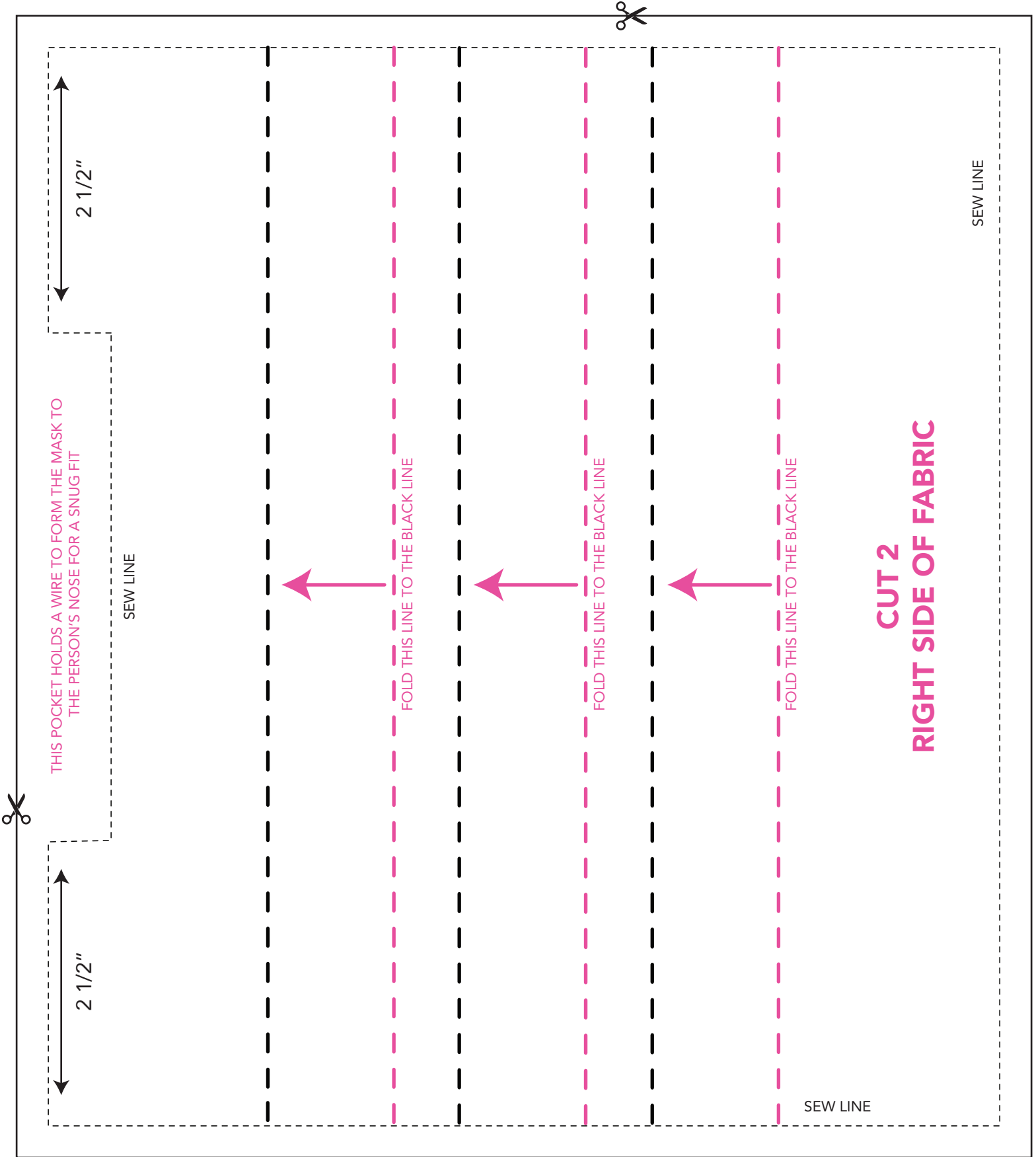


With your pleats held in place by pins, stitch around the perimeter of the mask, ¼" away from the edge of the seam. This is called a top stitch. Take care when stitching over the pleats as the fabric may be quite thick.

Top stitch a second time around, about ¼" in from the first round of stitching. Now you have a completed mask.

**Source:**

**New York Times:** <https://www.nytimes.com/article/how-to-make-face-mask-coronavirus.html?action=click&module=RelatedLinks&pgtype=Article>



**CUT 2  
RIGHT SIDE OF FABRIC**