

# Double-Layer “Surgical Style” Face Mask Instructions for Non-Woven Surgical Wrap Fabric

**General guidelines** (adapted from Providence St. Joseph Health)

- Avoid making masks if you are sick or think you might be getting sick.
- Keep all face mask materials away from household pets.
- Be sure the area in which you are working is clean (sanitize all surfaces and tools with a disinfectant) before making masks.
- Be sure to wash your hands before touching mask materials.
- Don't touch your face, or anything else that might be contaminated, while making masks. You may want to wear a mask while sewing.

*\*All handmade masks should be washed or sterilized before wearing.\**

Please drop off your completed masks at Threaded Together, or email us if you plan to donate them directly.

## **Each mask requires:**

- 1 fabric piece 7 x 18” -or- two pieces 7 x 9” for the mask
- 2 fabric strips 36” long by 1” wide for the ties
- 2 pieces of pipe cleaner 4” long for the nose wire—twist these lightly together.

*Note: If working from a kit provided by Threaded Together, the pieces have been generously laser cut for us by local business Liquiterra. You will need to **gently** separate the edges of the two long tie pieces so that they don't tear. Also, the two pieces for the mask may be factory heat-sealed on one side—just use that as the bottom edge, no need to turn inside out.*

***If the laser-cut edges feel hard enough to irritate skin, please trim that tiny amount from the shorter edges of the mask piece that will touch the face. The strips should be fine as is.***

## **Directions:**

1.)

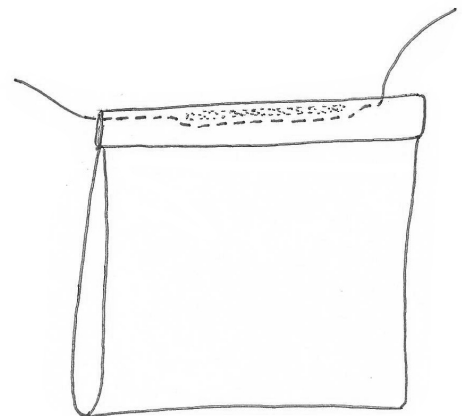
If using a long rectangle, fold it in half lengthwise.

*(If using two unsealed pieces you have cut yourself, sew a narrow seam at the bottom, 1/4” from the edge, and then turn the pieces so that this seam is on the inside.)*

Fold down the top edge about 1/2”, and place the pipe cleaner inside at the top of this fold, centered between the sides.

***Make sure to fold so that the **short** side of the mask piece becomes the top (the mask should be 7” wide). The long side becomes the edge, and gets pleated in the next step.***

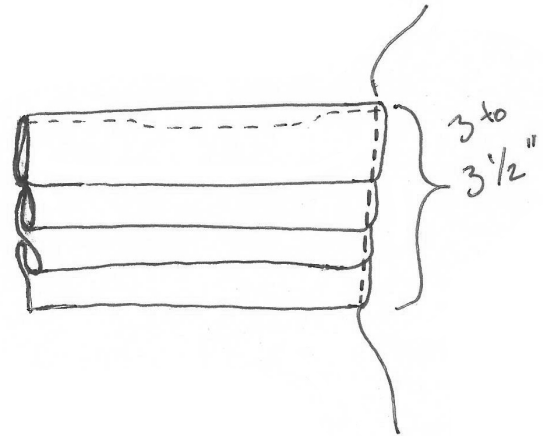
Stitch close to the top of the fold until you feel the end of the pipe cleaner through the fabric. Then angle your stitching out, sew close to the pipe cleaner, and then angle back to the top of the fold. This holds the pipe cleaner in place.



2.)

Make three pleats that face down (away from the pipe cleaner), so that the side of the pleated mask is 3 to 3 1/2" tall. The pleats should start below the edge of the pipe cleaner casing, and end so that there is a small area of unpleated mask at the bottom. You can do this by eye (the width of your thumb may be a good measure for the pleats), or measure and mark the pleats if you prefer.

Stitch across the side of the mask, 1/8" from the edge, to hold the pleats in place. Fold the other side, trying to match the pleats, and stitch. Remember, it doesn't need to be perfect.

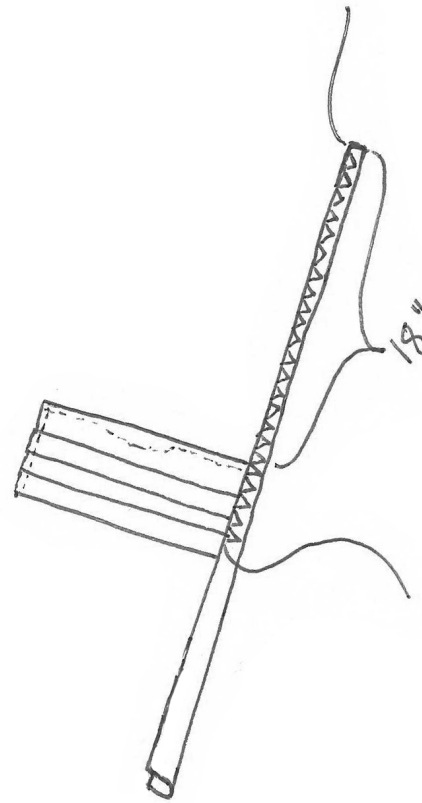


3.)

Make a tiny notch or mark in the center of the long strips (18" from either side). Fold one strip in half so it is a double layer, 1/2" wide (you can finger-press, but do not iron this fabric!).

With a wide zig-zag, back tack and start stitching at the end of the folded strip. When you reach the center strip mark, line it up with the top of the mask, inserting the side of the mask inside the fold of the strip, and keep stitching so that the side of the mask is bound inside the strip. Stitch to the end, and back tack again. You should end up with 18" of strip to tie at the top corners of the mask, and about 14" at the bottom corners. Repeat with the other strip on the other side.

(If you have a single-fold binder attachment, that is another great way to sew and attach the strips.)



That's it, you did it!

*Pattern and directions by Tina La Chance and Tasha Miller Griffith for Threaded Together with love!*