

Instructions: How To Sew A Pleated Mask

Prepared by the Textile Team at Powerhouse Arts

Recommended use: To prevent contact with illness, to prevent spread of illness from contagious persons

Materials:

Prewashed 100% cotton broadcloth is the recommended material; other materials or variations are at wearer's own risk. Other substitutes can be non-stretch 100% cotton dress shirt or pillowcase if fabric is not available.

Tools:

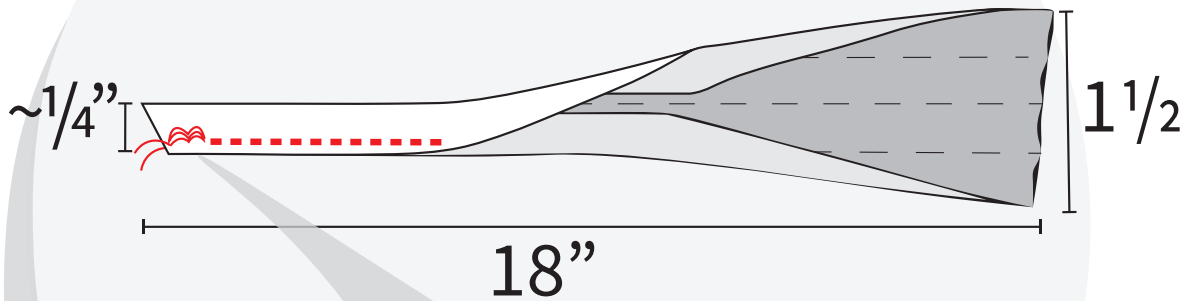
You will need scissors, pins, a ruler/measuring tape, marking tool such as tailor's chalk (pen/marker is fine too), a sewing machine with thread, wire or paperclip and pliers. An iron is helpful but not required. Sewing can also be done by needle and thread if a sewing machine is not available to you.

Instructions:

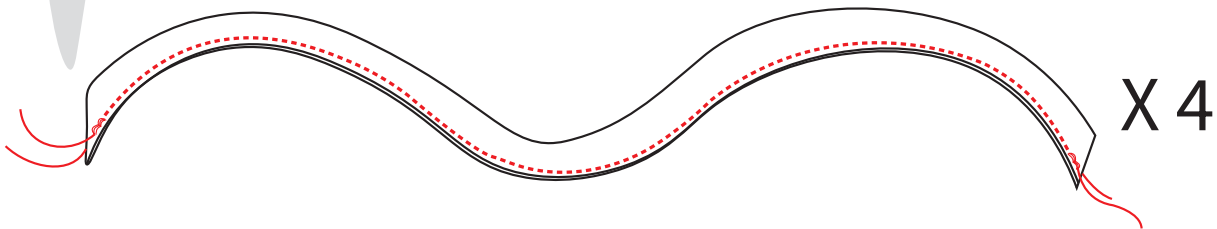
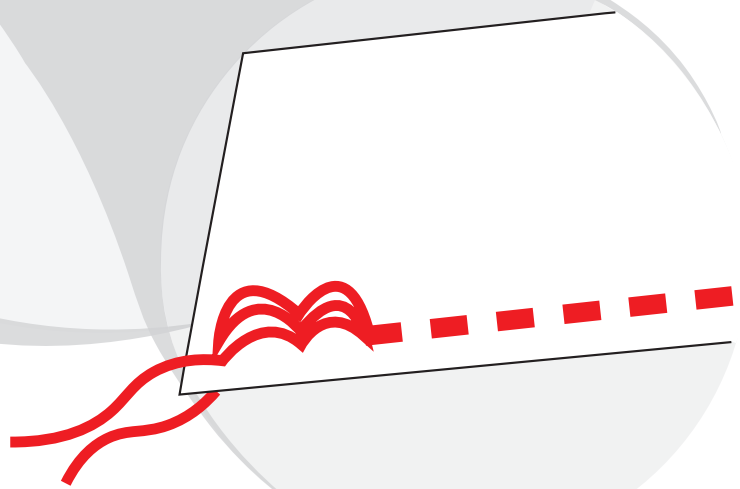
- 1. Prepare strings.** In place of string/shoelace or other ties, make your own tape. You will need to end up with 4 fabric strips ~1½" wide and 18" long. Fold each length in half and then fold each raw edge in towards the center crease. Iron if needed and pin to keep closed. Sew a straight line close to the edge to prevent fraying, resulting in ~¼" wide strings. These 4 strings are the two sets of ties that will tie the mask to your face.
- 2. Cut fabric and pin together.** Lay out your fabric, iron if needed. Using a ruler or tape, mark out 8"x10" rectangles in a grid that minimizes waste. You will need two rectangles of fabric per mask. Cut the fabric, and pin the start of each string to the four corners of your first rectangle. Pool the remaining length of strings in the center and align your second rectangle on top, sandwiching the strings in between. Secure the fabric sandwich together with pins. (Hot tip: Excess waste material can also be used to make strings.)
- 3. Stitch it up.** Starting and ending with a tacking stitch (two stitches forward, two back, two forward) sew a seam around the perimeter of the sandwich ½" from the cut edge, removing pins along the way. Leave a 1½" opening centered along one long edge: this will be for the nose bridge insert. Make sure your needle passes through the strings as you sew corners. Your needle should puncture the three pieces: top fabric, string, bottom fabric.
- 4. Cut corners.** Cut each corner of fabric off- careful to not cut the stitch.
- 5. Turn inside out.** Pull the strings through the 1½" opening, using them to turn the project inside out. Gently pull on the strings to help make crisp corners. Iron if needed. Dimension will be ~7"x9".
- 6. Topstitch your mask.** Stitch the complete perimeter ⅜" from the edge, tacking at the beginning and ending by tacking over where you started.
- 7. Pleat your mask.** Pleats help the mask form to your face. Fold 3 long quarter pleats evenly enough on the mask, as if folding a paper fan.
- 8. Pin, secure pleats, and tack around center opening.** Pin each pleat in place. Folded dimension will be ~3½"x9". Top stitch a vertical line on the left and right sides, ¼" from the edge to secure folds. Make two tacking stitches around the 1½" opening to make a centered 3" wide pocket. This will allow you to insert wire into the opening and keep it centered over your nose. Stitch slowly as the fabric will be thick; if you break a needle, carefully remove and start again with a fresh needle.
- 9. Insert nose wire.** Take a ~3" length of wire and bend each end round using pliers, insert into pocket. The wire can be replaced as needed, or for washing. (Hot tip: if you don't have wire, use an opened paperclip!)

- Avoid making masks if you are sick or think you might be getting sick.
- Avoid making masks if you have been told you have a multi-drug resistant organism like MRSA or C. diff., or if you have any open or draining wounds.
- Keep all face mask materials away from household pets.
- Be sure the area in which you are working is clean (sanitize all surfaces with a disinfectant) before making masks.
- Be sure to perform hand hygiene before touching mask materials.
- If you are sharing the community masks you are making with others, masks should be washed in unscented detergent before wear or isolated for 5 days.
- **WEAR A MASK WHEN MAKING MASKS.** If you do not have one, use this guide to make one.

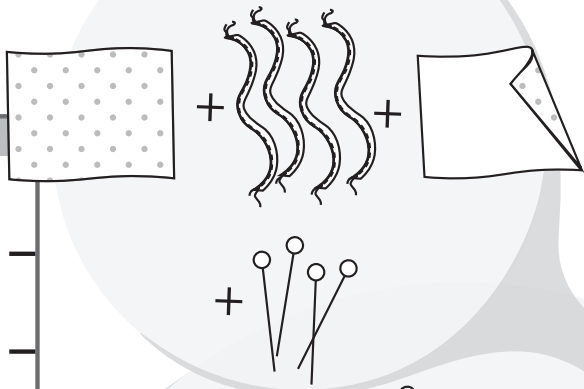
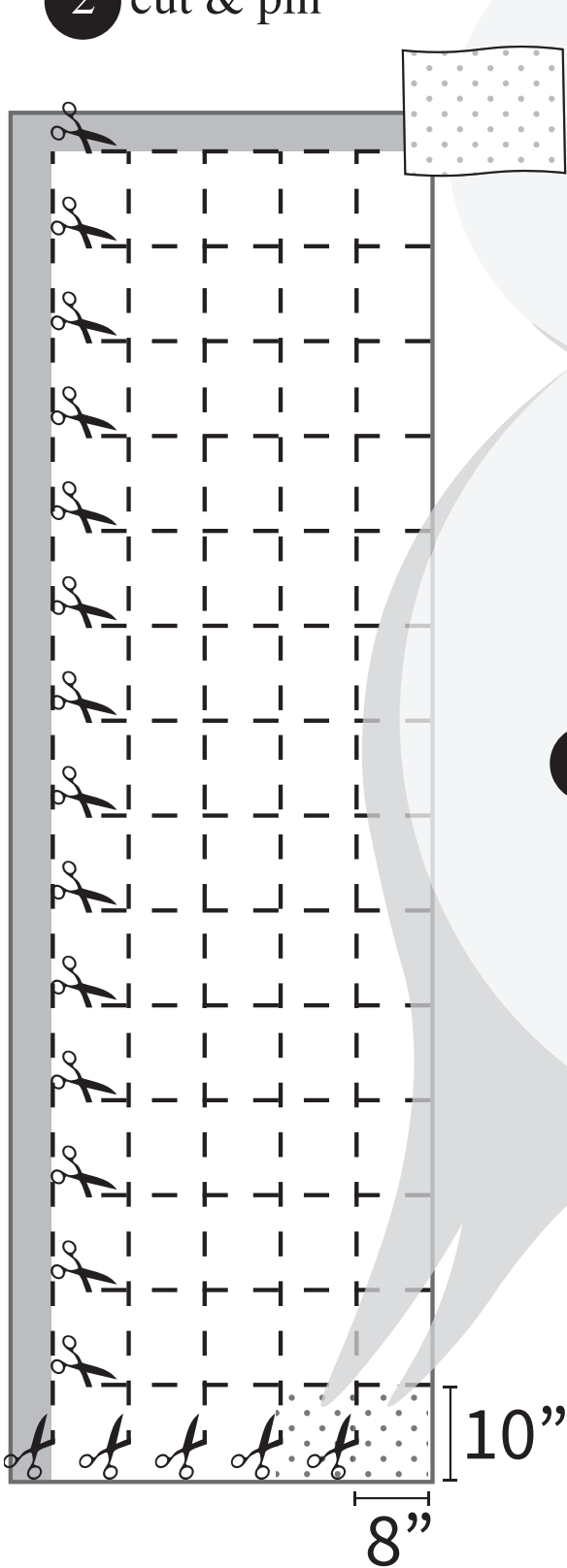
START



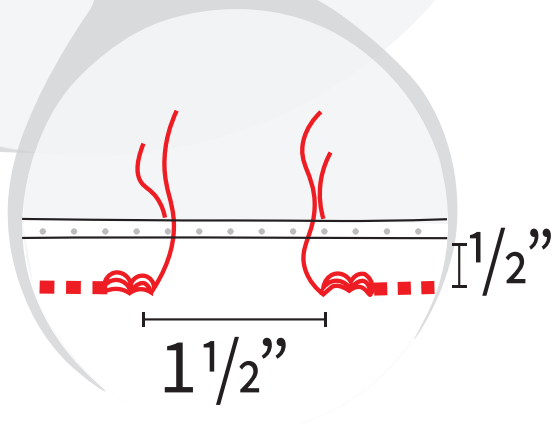
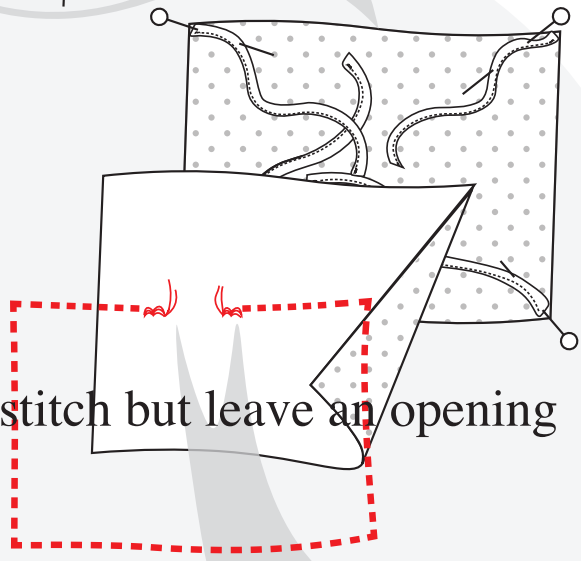
1 cut & sew strings



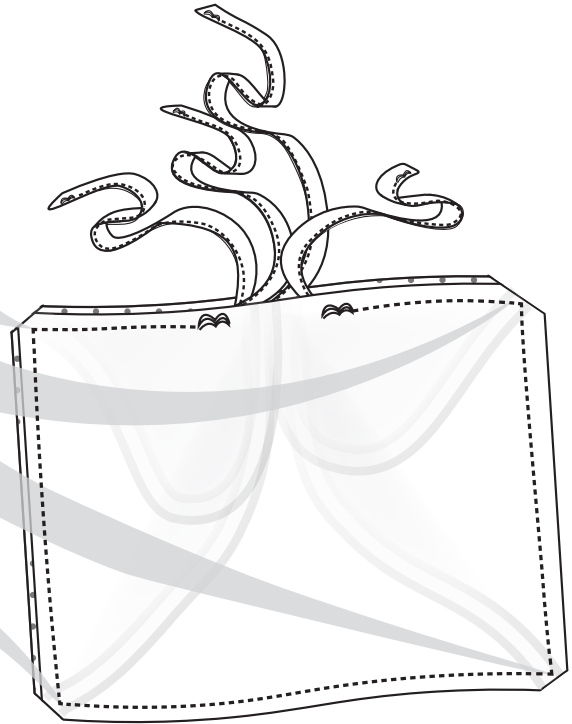
2 cut & pin



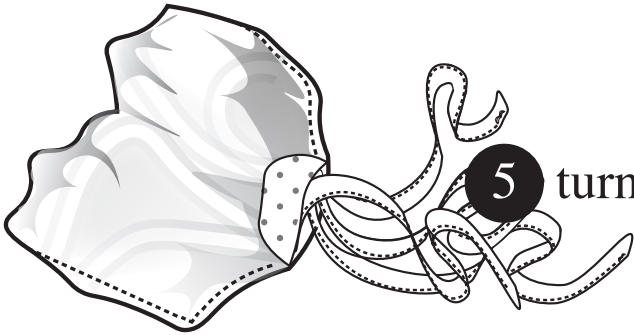
3 stitch but leave an opening



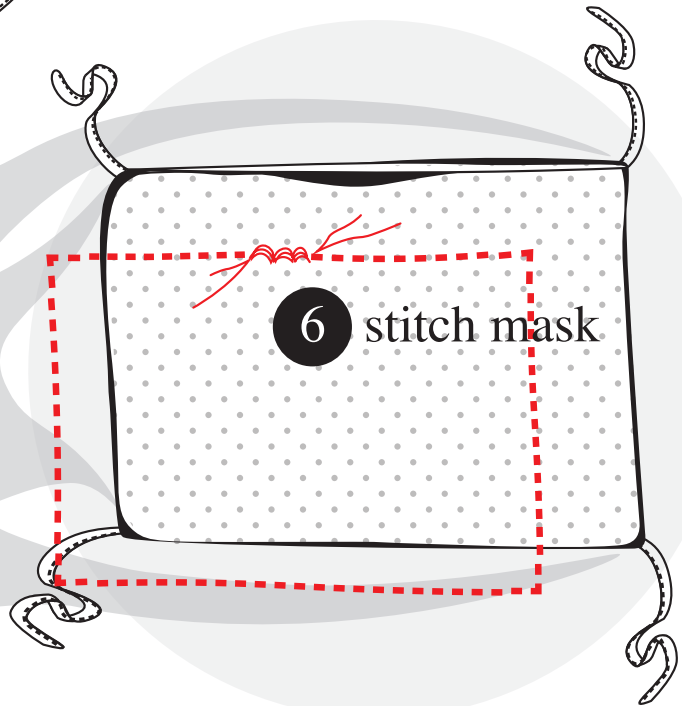
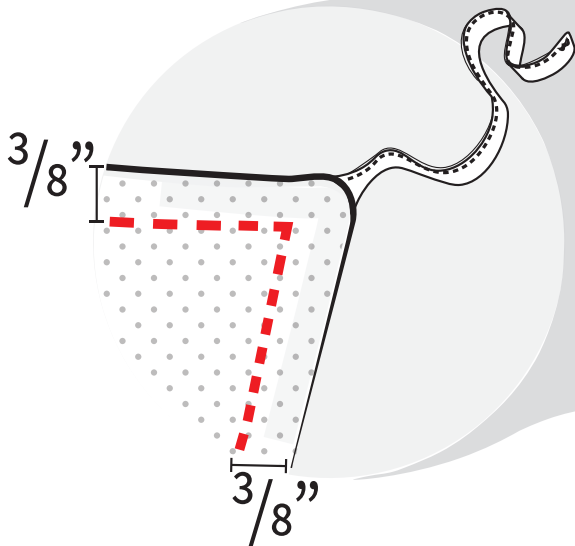
4 cut corners

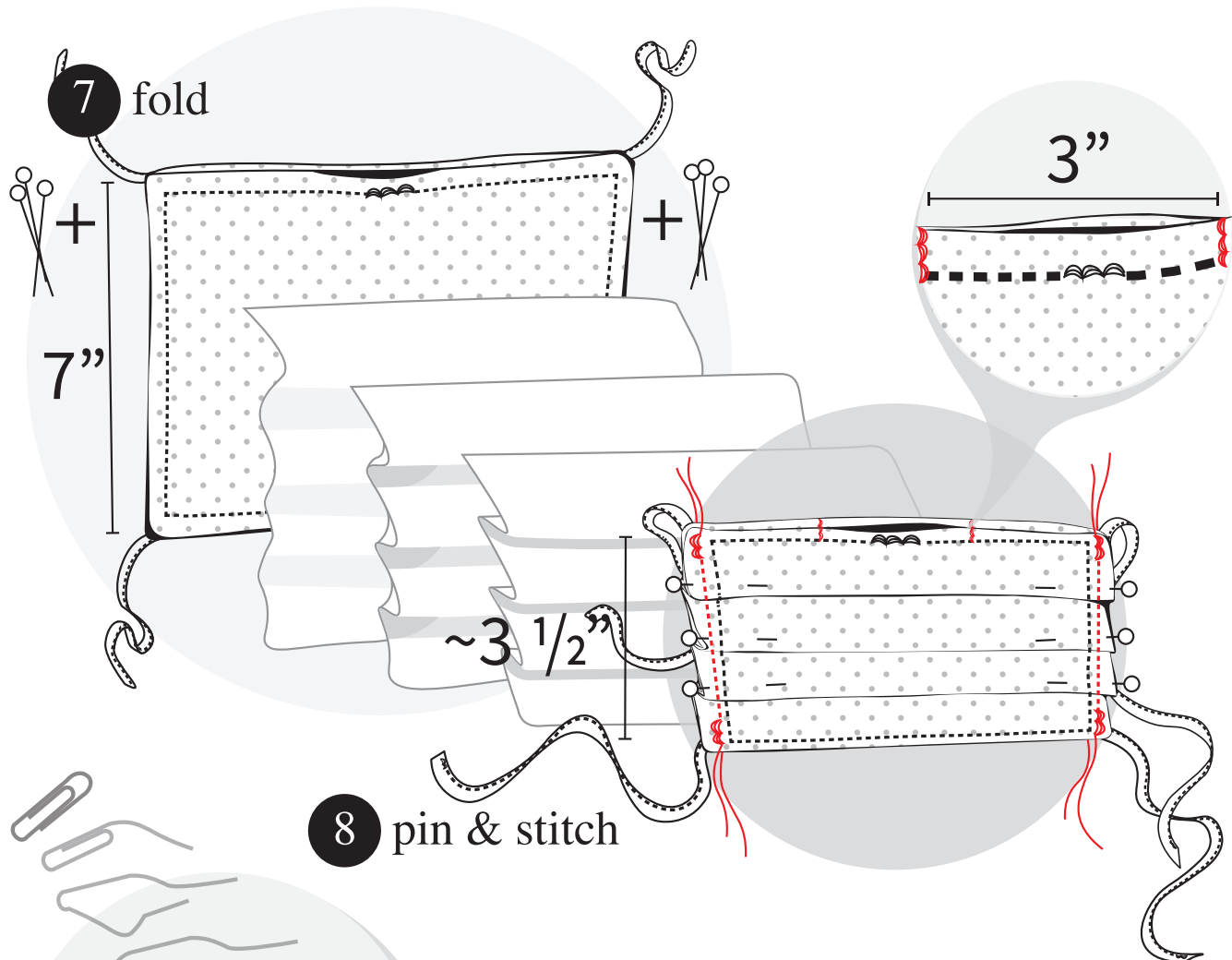


5 turn inside out



6 stitch mask





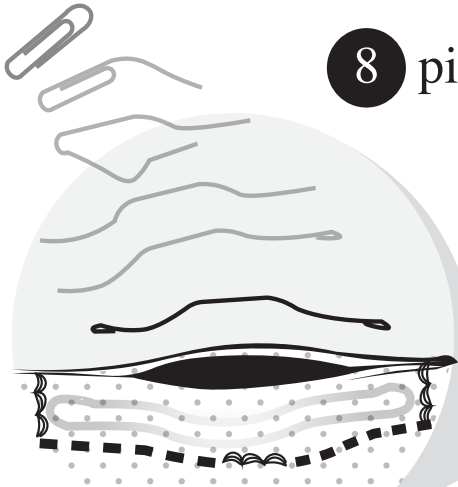
7 fold

7"

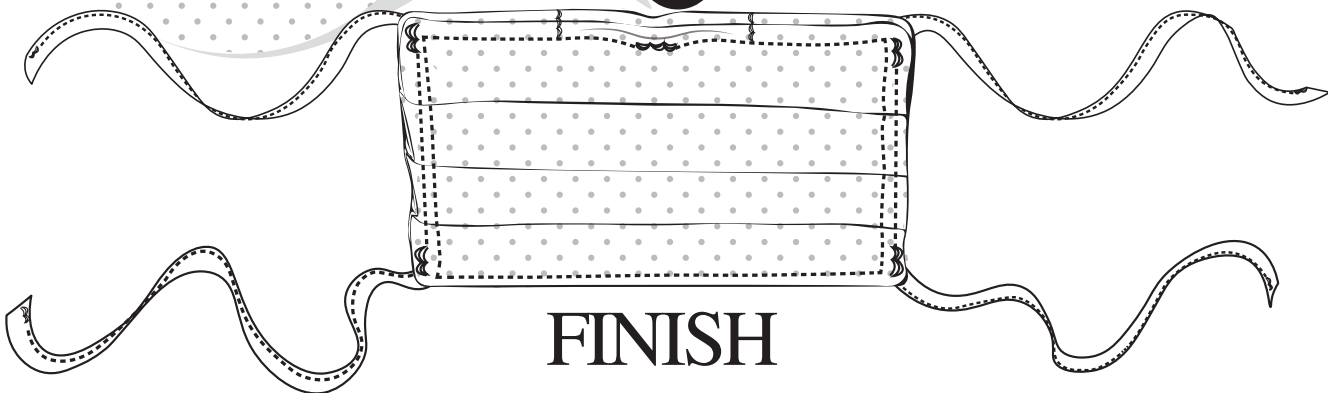
3"

~3 1/2"

8 pin & stitch



9 add wire



FINISH

Please note use and warnings below. You are encouraged to cut the text below out to include with any mask you distribute.

**This is NOT a substitute for an N95 or other medical-grade mask.
It CAN be an emergency alternative when no other PPE is available.**

This mask was made in as-sterile-as-possible home environment by a professional sewer. It is made of two layers of washed 100% cotton with an aluminum wire nose bridge.

Cloth face masks are ideal for members of the general public and as a covering to prolong the life of an N95 mask for healthcare workers. Recommended use: To prevent contact with illness, to prevent spread of illness from contagious persons. Wear snug around face or over existing medical mask.

To wear:

Bendable metal strip goes over nose. Top strings go around the head, bottom strings around the neck.

To clean:

Isolate the masks for 5 days in open air

OR

Wash the masks in strong detergent and a hot dryer cycle

**Esta máscara NO ES un sustituto para una N95 o otra clase de máscara médica.
Sí puede ser una alternativa de emergencia si ninguna otra protection está disponible.**

Esta máscara se hizo en casa de un costurero profesional bajo las condiciones mas estériles posible. Hecho de dos hojas de algodón lavadas, con un alambre de aluminio para formar sobre la nariz.

Estas máscaras de tela son ideales para uso diario para miembros del público general y como cubrimiento para alargar la vida de una máscara N95 para trabajadores de salud. Uso Aconsejable: Para prevenir contacto con enfermedad, para prevenir la propagacion de enfermedad de personas contagiadas. Usar al ajuste ceñido sobre la cara ó encima de una máscara médica.

Usar:

La banda de metal va sobre la nariz. Las cuerdas de arriba van sobre la cabeza. Las cuerdas de abajo van alrededor del cuello.

Lavar:

Aislar máscara al aire por 5 días.

O

Lavar máscara en detergente fuerte y secar en un ciclo caliente.

