

DIY Washable Face Mask Instructions

Kit Contents:

- 1 x cotton rectangle with non-woven interfacing attached.
- 1 x cotton rectangle (Large 10"x6.5") Medium (9"x6") Small (8"x5")
- 2 x 7" elastic
- 1 x 5" cotton tape
- 1 x twisted pipe cleaner (optional)
- 1 x Instruction sheet and pleating template

Requirements:

- Sewing machine
- Matching thread
- Scissors, pins, measuring tape etc
- Iron

1. Take cotton rectangle with interfacing with right side of fabric facing up, place one end of elastic ¼" from edge of long side in corner of short side, sew in place backstitching to secure. Trim threads
2. Take other end of elastic and place ¼" from edge of other long edge making sure elastic is flat with no twists. Sew in place, back stitch and trim threads.
3. Repeat step 1 & 2 on other short side of rectangle.
4. Turn rectangle over to interfacing side. Find middle of top edge (making sure any one way design is up the right way) by folding in half and pressing with fingers. Find centre of cotton tape. Place cotton tape 3/8" or 1cm from long edge of rectangle matching centres. Pin in place



5. Sew tape with a very narrow seam along 3 sides leaving one short end open. With needle down lift presser foot and carefully slide twisted pipe cleaner between tape and fabric piece. A chopstick, quick unpick or similar is helpful for pushing pipe cleaner all the way in.



6. Once pipe cleaner is fully inserted place presser foot down again and sew closed narrow end of tape.

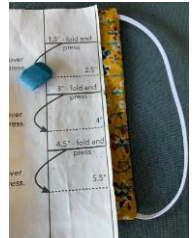
7. Take rectangle with elastic and nose piece and place right side of fabric facing up. Place other cotton rectangle right side of fabric down, pin in place if required.



8. Starting on the bottom long edge 2/3 down sew a 1/4" seam along long edge putting needle down at corners and pivoting. Sew along short edge, long edge, second short edge and 1/3 of the way along last long edge leaving at least a 2" gap. Trim threads and cut small triangle of at each corner for a neater finish after turning.



9. Turn mask right sides out through the gap left in long side. Carefully poke corners out using a chopstick or similar. Iron nice and flat. With tailors chalk or a washable marker use template to mark pleat lines. Mark both solid and dotted lines on both ends of mask.



10. Iron 3 pleats in mask (see video as a guide) pin in place if required. Ensure pleats are going in a downward direction when looking at mask from the front. (Note only 2 pleats for small masks)



11. Sew a narrow 1/8" seam from one corner all the way around the mask finishing at the corner where you started and backstitching a few stitches at start and finish to secure threads. Trim threads and you have completed your mask.



Well Done!

Video tutorial available here <https://youtu.be/PRYqPoDYA5M>

We recommend washing before first use.

Please understand that our face masks are not a replacement for medical grade Personal Protective Equipment, and in circumstances where medical grade Personal Protective Equipment is recommended, you should consult a health care professional. The decision to use this mask is solely your own.

Please remember that use of face masks is not intended to replace other recommended measures to stop the community spread of COVID-19, such as social distancing, washing your hands and refraining from touching your face. Follow the latest advice your own health care professionals as to how best to keep yourself safe.

Surgical mask guides

