



GRAIN LINE

A.BCH
Dust Mask 02
2 Ply 100% Cotton Jersey

Cut 1 Mask ON FOLD
(pattern to scale)

+
Cut 1 x 25cm x 2.6cm Strip (sub for Bias Binding)
Cut 2 x 50cm x 3.2cm Strip (sub for Bias Binding)
Cut 2 x 4cm x 15cm Strip

FOLDLINE

A.BCH Dust Mask Make Instructions

You'll Need:

- Pattern piece (print this out, it is to scale)
- 1 x 23cm wide x 32.5cm long piece of 100% pre-washed Cotton Jersey fabric (or T-shirt or Pillowcase) (shaped to pattern + notched) please note this pattern is on the fold in a effort to fit to A4 paper. Please fold fabric accordingly against the “regular” grain as indicated by the horizontal grainline
- 1 x 25cm x 2.6cm Strip (sub for bias binding)
- 2 x 50cm x 3.2 cm Strip (sub for bias binding)
- 2 x 4cm x 12cm Strip (sub for bias binding) – please note the grain for these is opposite to the mask to reduce stretching
- Flexible Wire (cut to 7cm with ends clamped/folded in if possible) or paper clip

Steps:

Prep: Wash your hands, disinfect surfaces that you will work on, scissors, sewing machines, table etc.

Step 1: Fold the fabric in half lengthways and wrong sides together, press to create a “fold line” at the bottom of the mask

Step 2: Keep fabric folded, and working with both layers of material at the top, stitch on the 25cm x 2.6cm binding (bias or jersey strip) right sides together with 0.7cm SA. Flatten all three fabrics in toward the binding and stitch a 7cm x 2cm rectangular box with an open end. (You should see the box stitches only on the binding not on the front of the mask).

Step 3: Slide in the wire into the box you have stitched like a little sleeve, close the box by stitching the last opening shut to create the closed rectangle, the closer you can get your stitching to the wire, the better it will hold its shape.

Step 4: Turn and stitch the binding down onto the inside of the mask, it should have a 1cm finish.



Left Image = Back/Top of mask.



Right Image = Front/Top of mask

Step 5: Press the mask so it is flat, be careful over the wire part. Turn the right side/front of mask so it is facing you, pin the pleats downwards, using the notches as guides. There are 3 pleats on each side. Baste stitch the pleats down. The finished length on the sides should be 9cm.

Step 6: Pin the 4cm x 12cm strips onto the back side of the mask sides, right sides together. They will over hang by 1.5cm on each end. Stitch the strip to the mask edge from the back. Then turn overhang so it sits snugly against the top and bottom of the mask. Stitch this down.

Step 7: Turn the mask over so the front faces you and stitch the last open part of the strip down over the front of the mask, turning it under 0.7mm as you do. Both top and bottom of the edges are now "open bound" and ready for the ties to be pulled through them.



Step 7: Create roulette loops, bias binding strips or jersey binding strips with your 2 x 50cm long strips. Or you can use a ready made trim, like a fine cord or even elastic. Threads these through the side strips in the mask and tie a little knot on each end.



There are two ways to wear this dust mask,

1. Tie the bottom ties together around the neck and the top ties together above the ears to fit comfortably on the head
2. Alternatively, pre-tie earhole loops and cut down excess tie material, you will not need to untie these, in this way you can put the mask on and off a little easier

A.BCH Dust Mask Wear/Wash Instructions

1. Wash your mask on 60degree Celsius machine wash in a delicates bag before wearing
2. Wash your hands properly before handling your mask or putting it on your face
3. Place the mask on the face, tie the bottom ties together and the top ties together, alternatively, make earhole loops and cut down excess tie material
4. Fit the nose wire to sit comfortably and securely on your face, it will not form a perfect seal
5. Ensure you DO NOT TOUCH YOUR FACE while wearing the mask
6. Use the mask for quick trips out or if you need to be face to face with someone who you aren't self isolating with
7. To remove the mask, wash your hands first
8. Slip off the mask from the ears or untie the mask from the behind the head and neck
9. Wash the mask after each time you wear it out in a delicates bag, this should be the same for any clothes you wear out, they should be washed immediately when you get back home, so wash these with your mask and save water
10. Wash the mask on 60degrees Celsius with regular detergent (be careful not to shrink your nice clothes while washing on hot temps – if you can't do this, air out clothes in a ventilated room/outdoors and in the sun if possible) But you MUST wash your mask regularly and fastidiously.