



Instructions for Making Masks for Health Care Workers

The M4 mask design was provided by Marilou Goodwin. **Thank you, Marilou!**

Components

(2) outer mask sides (2) inner mask sides

(1) cord/tie 60" long (1) 2 ½" long piece of ½" wide elastic

(1) nose wire consisting of: (1) 3" long piece of wire (1) 3 ½" long 1" wide piece of fabric

Glue – craft, fabric, white, or wood glue all seem to work well.

Materials

All components should be prewashed and machine dried before cutting them out.

- **Fabric** – a lightweight but tightly woven cotton seems best. Using contrasting fabrics for the inner and outer masks will allow the wearer to easily identify the inside/outside of the mask.
- **Cord** – a round, woven cord similar to a shoelace works best but twill tape or something similar will suffice.
- **Elastic and nose wire** – both of these components help the mask fit tightly to the face so are desired, but if materials are not available the masks can be sewn without them.
- **Wire** - medium weight electrical, jewelry or picture framing wire and even a paperclip have all worked. It should be sturdy but flexible enough to easily sew in and to pinch to the wearer's nose. Best test would be to try forming it to the bridge of your nose and make sure it stays put.

Construction Steps

1. Sew together the faces (right sides) of inner masks along the longest curved edge.
2. Repeat step 1 with outer masks.

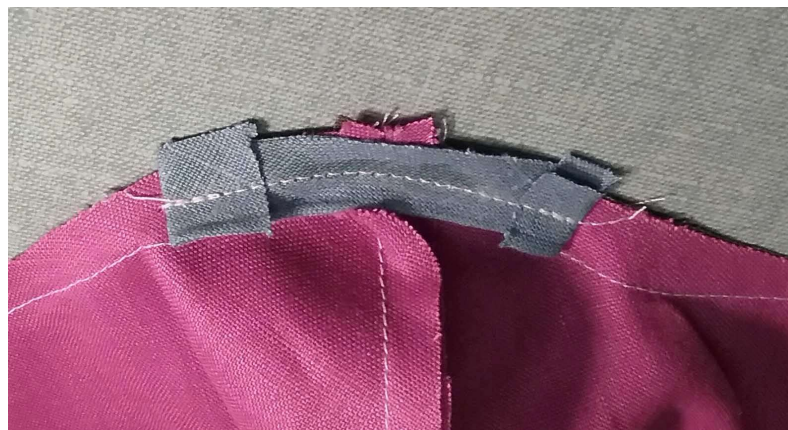


3. Press open the seam allowances for the upper 1" or so of the inner and outer masks. Sew together the inner and outer masks along the top edge. It is easiest to align the center seams if one starts at the center point (where the center seams meet) and sews outwards, repeating for the second side.



Alternative way to sew the seams (not pictured): Once the two layers are right sides together, align the seams. Press the seam allowance from one layer to one side and the seam allowance from the other layer to the other side. Sew together the inner and outer masks along the top edge. It is easiest to align both layers at the center seams, if one starts at the center point (where the center seams meet) and sews outwards, repeating for the second side.

4. Attach the nose wire by centering the fabric wrapped wire on the center front seam and topstitching the length of the wire as close to the wire as possible. The lengthwise raw edge of the wrapped wire should face towards the raw edges of the mask, and the rolled edge towards the seam. Make sure that the ends of the fabric encasing the wire are folded over the ends of the wire and are stitched down.



- Trim the seam allowance the length of nose wire to 1/8" from the stitching attaching the nose wire to the mask. This reduce bulk at the center front junction.



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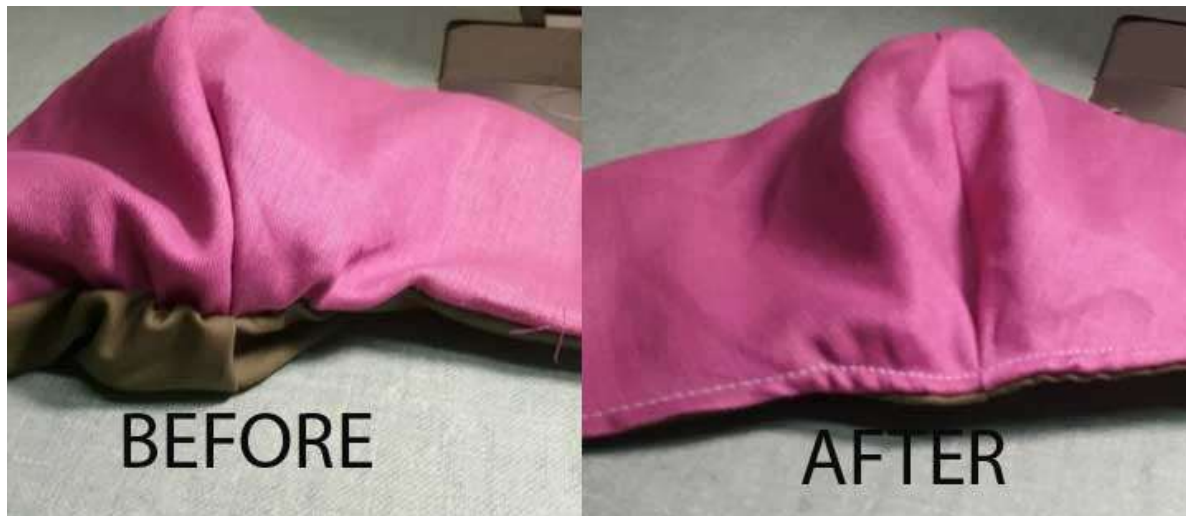
- Sew the inner and outer masks together at the bottom edge.



- Stretch the cut piece of elastic between the notches, centering it over the seam sewn in step 6 and then topstitch it.



8. Turn the mask inside out.
9. Top stitch along the bottom edge of mask, 1/8" from the edge while pulling to extend the elastic; this is to smooth and secure the elastic. (You will be sewing through both layers of fabric and the elastic while it is extended).



10. Serge or zigzag the inner and outer masks together at each side.



11. Fold 6" of one end of the twill tape/cord in half lengthwise.

12. Lay the mask outer side up and lay the twill tape/cord next to the serged/zigzagged edge (step 10) with several inches of the cut end of the cord extending beyond the bottom of the mask. It is important to make sure that the loose ends that tie extend from the bottom of the mask as it will be tied around the wearers' neck, the loop will fit over the head.



13. Fold the serged/zigzagged edge over and topstitch $\frac{1}{2}$ " from folded edge to form a casing, making sure not to catch the twill tape in the stitching. Repeat with the second side, making sure that the length twill tape between the two sides is not twisted.

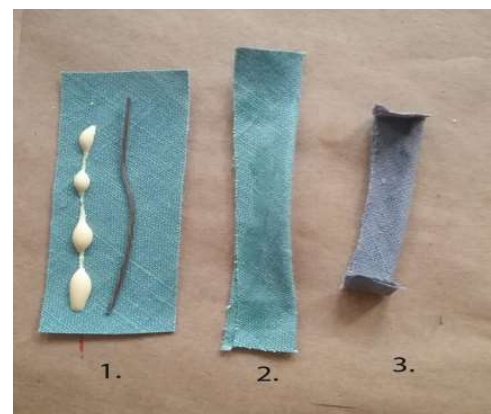
14. Knot both cut ends of the twill tape so it will not ravel or slide through the casing when it is washed.



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Nose Wire Assembly

- Cut wire and fabric to encase it to length (see photo).
- Apply a small amount of craft glue along one edge of fabric, center the wire lengthwise and side to side and fold the fabric over the wire, let dry before sewing.



Picture of Finished Mask



To-scale pattern available for download at njhealth.org/MakingMasks.

