



COVID-19 Fabric Mask Pattern with Three Layers



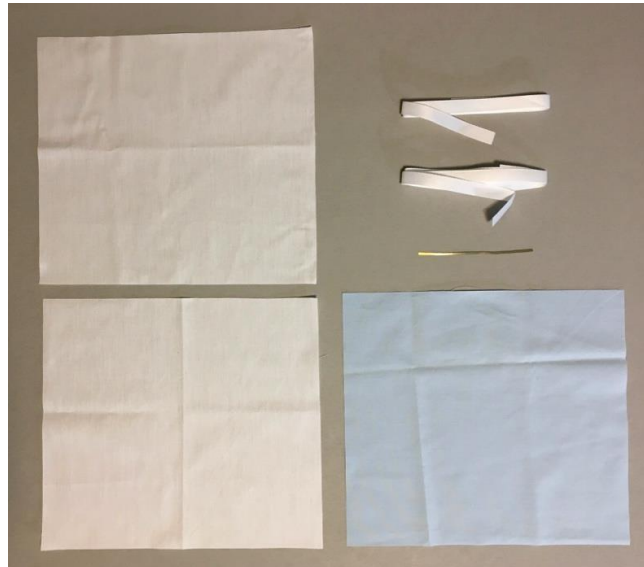
ADH recommendations on use of face coverings

- The general public should wear face coverings in all indoor environments where they are exposed to non-household members and distancing of 6 feet or more cannot be assured. This includes, but is not limited to, workplaces (with few exceptions), retail stores, businesses, places of worship, courtrooms, jails and prisons, schools, healthcare facilities, other people's homes and all the scenarios addressed by the Governor's Directives.
- The general public should also wear face coverings at all outdoor settings where they are exposed to non-household members, unless there is ample space (6 feet or more) to practice physical distancing.
- Regarding the type of face covering, medical masks may be somewhat more protective than cloth masks (if they are clean and dry), but more and more evidence supports cloth masks as being sufficient for the general public and effective in preventing transmission. Cloth masks should consist of at least two layers of fabric. N95 respirators should be reserved for front-line health care workers.
- All face coverings should cover both the mouth and nose at all times in order to be effective.

[Read more in the ADH Guidance on the Use of Face Coverings by the General Public](#)

Materials:

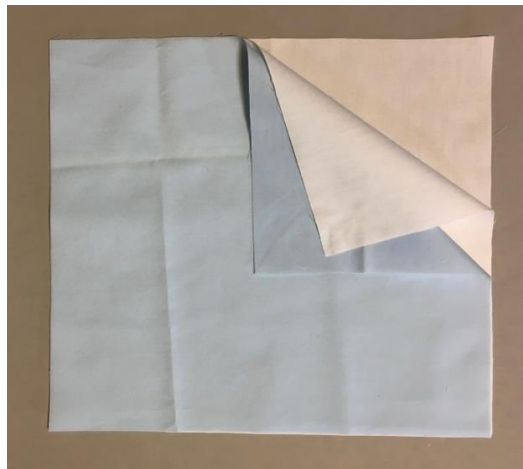
- Fabric of 2 different solid, light colors. This will make it easier to tell inside from outside and also to see if the mask is soiled. Fabric can be cotton or a poly-cotton blend. Fabrics with a tight weave are recommended.
 - 1 10" x 9" piece of color A
 - 2 10" x 9" pieces of color B
- Material for ties: 2 pieces, each 44" long. The model uses ½" wide twill tape. ½" Folded bias tape or ¼" grosgrain ribbon could be used. The material should be washable, durable, and not slippery.
- Wire, 4". This needs to be sturdy enough to get pinched down over the wearer's nose so that it holds its shape. It could be craft wire (not finer than 20 gauge). It should be made of material that will not rust or corrode. The model uses 1/8" thick flat wire.



Materials, illustrated (see list)

Instructions

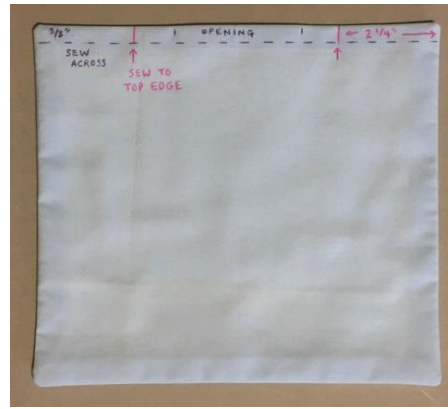
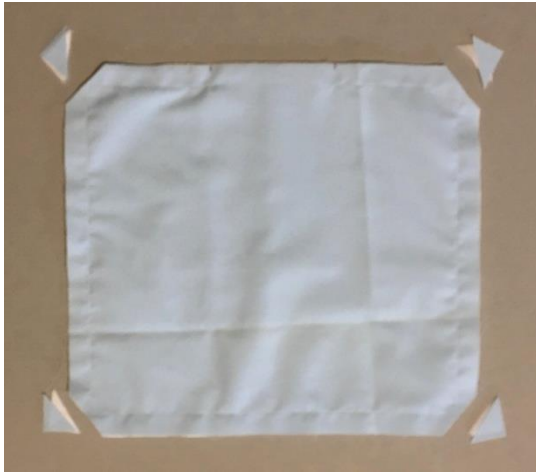
1. Layer all 3 pieces of fabric, with fabric A on top (this is the outside of the mask).



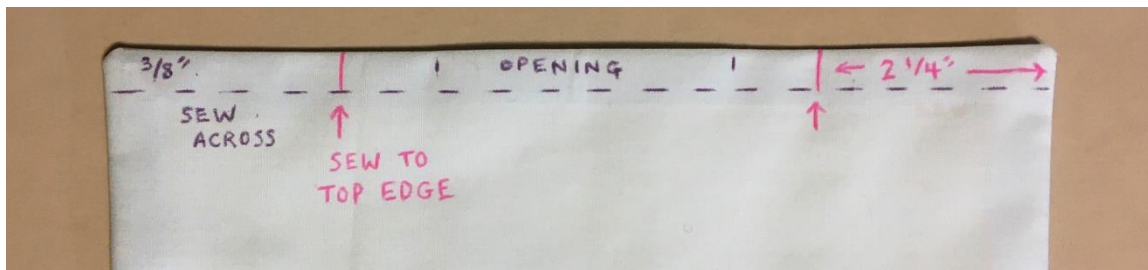
2. Pin all layers together and sew, using a $\frac{1}{2}$ " seam allowance and **leaving a 3" hole that is centered along one of the long edges of the fabric** (red arrows). This will be the center top of the mask.



3. Trim corners, turn right side out and turn the raw edges of the opening under. Press.



4. Sew a line across the top of the mask, $\frac{3}{8}$ " from the edge (purple dashed line). Then measure in $2 \frac{1}{4}$ " from the sides and sew vertical lines (pink solid lines) from the horizontal stitch line to the top edge of the mask.



5. Insert the wire into the space you created in Step 4. Push it down to the horizontal sewn line.



6. Sew across the top of the mask, sewing close to the edge. Be careful not to strike the wire with your needle!



7. Increase the stitch length on your sewing machine to its longest length. Leaving 4" thread "tails," sew two lines of stitching along both short edges of the mask, $\frac{1}{8}$ " and $\frac{1}{4}$ " from the edge of the mask.



8. Pull on the bobbin thread “tails” to gather the edges of the mask down to a length of $4\frac{1}{2}$ ”. Repeat with the other side of the mask.



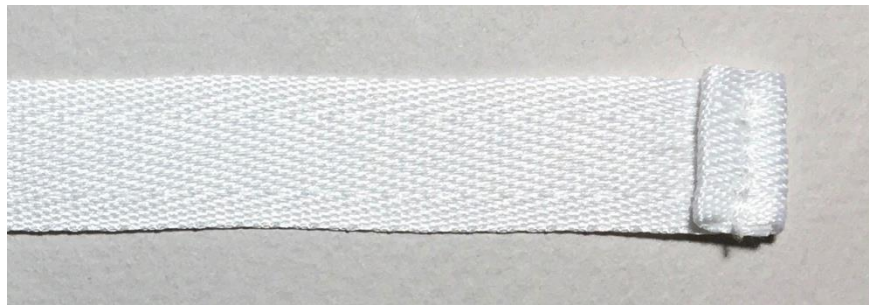
9. Fold one of the tie pieces in half to find its center. Pin this to the center front of one of the sides of the mask. In the illustration, purple mark on the tie is the center, with pink marks 2” on either side of center. Your goal is a final gathered edge $4\frac{1}{2}$ ” long. Repeat with the other side of the mask.



10. Return sewing machine to routine stitch length. Sew the tie to the mask using two lines of stitching about $\frac{1}{8}$ ” apart. Be sure to backstitch and secure thread ends well. Repeat with the other side of the mask.



11. Secure the cut ends of the ties so they don't unravel in the laundry. Ends on the model were folded under and sewn. Depending on the tie material, other methods, such as Fray Check, could be used.



12. Finished!

