



Fitted Face Mask with Nose Wire & Filter Pocket

Aloha!

Thank you so much for taking time to help our community stay safe and healthy by sewing face masks! Let me start out by saying that I am not a medical professional and that this face mask is not a suitable replacement for an N95 mask in clinical settings. A few weeks ago, as a result of the shortage of masks during the COVID-19 pandemic, I set out with the intention of finding a face mask pattern that I would be able to make with my daughter for our family, neighbors, and friends. My criteria for the mask were that it must be easy and quick to make, use readily available materials that are already in many households, have a wire at the nose to help seal the mask, have a pocket to insert a filter, and be able to withstand numerous sanitizing washes. After days of research, including consulting the CDC website, Cambridge University's scientific studies about best household materials to use for home made masks, and reading numerous social media feeds, feedback in online forums, and reviewing specific patterns hospitals around the nation have requested, I settled on 3 test patterns. I made all 3 prototypes and decided that the best fit and function of the 3 prototypes was the pattern by Craft Passion. The owner of the website originally created the pattern in 2013 to address allergens and air pollution, but since the COVID-19 pandemic started, she has improved the pattern to include all of the components on my criteria list. I think it is a great option for use in non-clinical settings.

Important:

- 1. Fabric for both the outside and inside lining should be 100% tightly woven cotton. Test weave by holding a single layer of fabric up to the light/sun. You should not be able to see through the fabric.**
- 2. This pattern uses a tie that is 44". I am currently using grosgrain ribbon, which has ridges, to keep the ribbon from loosening up during wear. Satin ribbon will be too slippery and shouldn't be used. You can also use shoelaces or cording like shown in the video. For the nose wire, you can use plastic coated twist ties, plastic coated garden wire, or maybe even a straightened large plastic coated paperclip.**
- 3. I opted against using elastic for ear loops due to quick degradation of elastic after frequent sanitizing hot washes/dries and difficulty in creating a proper seal for a variety of head sizes. Flannel as a soft lining fabric was mentioned a lot in my research, but I chose not to use it due to reports of it soaking up sweat and becoming uncomfortably wet which I thought would be exasperated in Hawaii's climate.**

Download the pattern:

Large Size (Men):

https://www.craftpassion.com/wp-content/uploads/2013/08/MAN_Pocket_Face_Mask_Pattern.pdf

Medium Size (Women):

https://www.craftpassion.com/wp-content/uploads/2013/08/TEENAGER_WOMAN_Pocket_Face_Mask_Pattern.pdf

Watch the YouTube video:

<https://www.youtube.com/watch?v=KBR98YKAr7w&feature=youtu.be>

Step by Step Instructions:

Original instructions:

<https://www.craftpassion.com/face-mask-sewing-pattern/#face-mask-video>

Modified Instructions continue below:

Modified Instructions for Craft Passion Fitted Face Mask

Materials

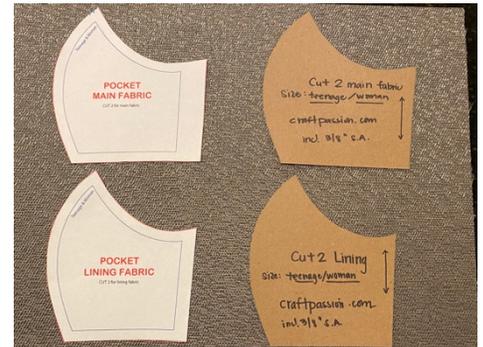
- Main Fabric (100% TIGHTLY WOVEN cotton), 13" x 7", prewash and dry
- Lining Fabric (100% TIGHTLY WOVEN cotton), 12" x 7", prewash and dry
- Bias Tape, 2" wide 6" long (see website for instructions to create your own bias tape)
- Nose wire, 6"
- Behind the Head Tie: Shoelace/ribbon/cord with at least 44" length
- Face Mask Sewing Patterns

Tools

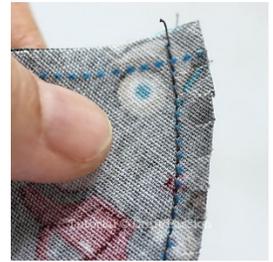
- Sewing Machine or hand sew
- Pins or quilt clips
- Pencil or soluble fabric marker
- Thread
- Scissors

Instructions

1. Wash and dry fabric to remove chemicals and prevent mask from shrinkage.
2. Download and print out the Pocket Face Mask Sewing Pattern in the proper size (Man or Woman). Set 'Print Scale' to 100%. Verify print scale is accurate by measuring the 2" line on the printed pattern.
3. Cut out paper template for main fabric and for lining fabric. Trace paper template onto thicker cardstock if you'll be making lots of masks.
4. Fold the main fabric (this fabric will be facing out on the final product) in half with the wrong sides facing out. Lay main fabric template on fabric, arrow parallel to the grain, then mark fabric using disappearing ink or pencil and cut out.
5. Repeat step 4 for lining fabric.
6. With two main fabric pieces right sides together, pin curved centerline of main fabric. Sew centerline of the face mask with a 3/8" seam allowance. Clip seam allowance to allow the curve to stretch. Press the seam allowance of both layers to one side, then rub the seam open with your fingers. Top stitch centerline on right side of main fabric.



7. Repeat Step 6 with lining fabric (this fabric will touch the face on the final product). Press and top stitch seam allowance to the same side as the main fabric.
8. Hem the short edges of the lining fabric by folding and finger pressing $\frac{1}{4}$ " of each earside. Fold over again to make a flat hem of $\frac{1}{4}$ ".
9. Center and pin bias tape to top of right side of lining fabric. Depending on bias tape width, pin BELOW the $\frac{3}{8}$ " seam allowance. Stitch bottom length of bias tape, leaving pins in.
10. Align the main fabric to the lining fabric, edge to edge, center to center, right sides together and pin. Repeat with bottom edge, too.
11. Stitch top edge of mask. Then stitch bottom edge of mask.
12. Clip seam allowance on top and bottom edges.
13. Turn mask right side out and rub the seam open with fingers.
14. Topstitch near the edge of the top and bottom.
15. Sew cord pocket at the sides of the face mask by folding the main fabric in $\frac{1}{4}$ " and finger press. Then fold again to meet the edge of the linings pocket. This should be around $\frac{1}{4}$ " – $\frac{3}{8}$ " pocket. Pin and repeat on the other side. Edge stitch cord pocket.
16. Behind the head strap: Feed $\frac{1}{4}$ " long grosgrain ribbon/cording/shoelace from the bottom up into the cord pocket on the right side of the mask across then down from the top and out the bottom of the cord pocket on the left side of the mask. Be sure to tie a knot on each end of the ribbon to prevent it from coming loose in the wash.
17. Slide a 6" long twist tie/coated garden wire into the nose wire pocket.
18. DONE!



Finished Face Mask



Behind the head strap ties in a bow below ponytail