



3D MASK PATTERN

Fabric: make sure it's quilting quality fabric. This is best for filtration

Substitution: It is also possible to use a graphic t-shirt that is ready to be cut up.

Notions: thread, ear loops, fabric (sized below), good sewing scissors, metric ruler, little brown paper bag taped to the edge of the table to throw away little threads.

	Extra-Large	Large	Medium	Small	Extra-Small
One piece of fabric	30 cm wide x 40 cm long	28 cm wide x 38 cm long	26 cm wide x 36 cm long	26 cm wide x 34 cm long	24 cm wide x 32 cm long
Reversible mask using two pieces of fabric					
1st piece of fabric	30 cm wide x 15 cm long	28 cm wide x 13 cm long	26 cm wide x 12 cm long	26 cm wide x 11 cm long	24 cm wide x 10 cm long
2nd piece of fabric	30 cm wide x 25 cm long	28 cm wide x 25 cm long	26 cm wide x 24 cm long	26 cm wide x 23 cm long	24 cm wide x 22 cm long

STEP ONE:

Cut fabric (either one or two pieces as shown below)



STEP TWO:
Stitch all fabric together so it makes a big tube.



STEP THREE:

*Iron the seams flat. You'll only see the wrong side of the fabric. It will now be half the size it was before you sewed it all together. It should look like a big sheet of paper two layers thick.



STEP FOUR:

Fold this into 4ths, like it was a piece of paper. 1. Fold the bottom up to the top. 2. Fold the right side over to the left side. Now it should be 1/4th the size it was when you ironed it! Flip the whole thing over



STEP FIVE:

MARK 5 cm from the right top corner going in and then mark again going down. Draw a line with chalk, a pencil, or a pen.



STEP SIX:

Cut along this line. (you're gonna need good sewing scissors for this!)



STEP SEVEN:

Open it up. This should look like a wide octagon with the top and bottom lines being longer than the sides and the fabric should still be inside out.



STEP EIGHT:

SEW! Only stitch where your scissors cut the corners off. This should leave you with two openings on the far right and left of the octagon. This is important for the next step. Be sure to trim the threads and discard them in the brown paper bag as you go.



STEP NINE:

Turn the whole thing right side out. Use a pen or something pokey to be sure every corner is pushed out all the way.



STEP TEN:

*Iron this flat with the far edges tucked in to match the rest. (double check by folding it in half to see if both sides match up)



STEP ELEVEN:

Insert the ear loops. They should fit in snugly where your stitching stops. You can either use a straight pin to hold them in place, or you can just be really careful and use your fingers. **WATCH THE NEEDLE!**



STEP TWELVE:

Stitch around the entire perimeter of the fabric. This will hold the elastic of your earloops in place as you go around.



STEP THIRTEEN:

Fold like a letter you are about to put into an envelope. Bring the bottom up and the top down. (NOTE: whatever you are folding away from becomes the front of the mask/what you are covering with the folds becomes the back).



STEP FOURTEEN:

*Iron your letter folds! Top and bottom the whole length of each.



STEP FIFTEEN:
Carefully stitch along those two lines you've just ironed.



STEP SIXTEEN:
Double back on the envelope flaps. *Iron.



STEP SEVENTEEN

Fold the envelope corners forward making a line that runs parallel(ish) to the side of the mask and stitch



Turn right side out!



YOU HAVE A MASK!!



*If you don't have or cannot use a hot iron, just use pressure from your fingers and hands to make the fabric as flat as possible.