



Homemade mask instructions

A two-layer washable cotton mask, secured by four ties

Homemade masks do not replace N95 masks or surgical masks and are not 'official' PPE. They won't offer the same level of protection as industrially made and regulator-approved masks.

Anyone using a mask should refer to current [WHO advice and guidelines](#) on how to safely use them.

Wear only dry masks. When masks get damp, they need to be laundered. Wash masks regularly with detergent in a hot washing machine cycle. Dry completely before use.

This design follows the recommended approach whereby a mask should fit over the nose and under the chin.

For more information and links to alternative patterns, visit www.astitchintime.cc/masks

You will need:

- 2 x 20cm (8") squares of 100% good quality cotton (quilting cotton works well). Ensure that the 2 fabrics are different so that the inside and outside of the finished mask are clearly different
- 2 x 1m strips of 2cm wide tape (OR the same lengths of either homemade straight double-fold binding or bought bias binding)
- 1 x 6-8cm (approx) piece of some sort of flexible wire for over the nose (wire, pipe cleaner, section of file clip etc)

Tools:

- A sewing machine
- Scissors
- Pins or fabric clips
- An iron



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Safety recommendations:

While making and packaging masks, you can help reduce the risk of spreading Covid-19 by following this advice:

- Wash your hands thoroughly and often with soap and water for at least 20 seconds before making or packaging any masks. Follow [NHS handwashing guidelines](#).
 - Work in a clean space and disinfect all surfaces and equipment likely to be in contact with the masks. Ensure all masks are laundered at at least 60°C, hot ironed if possible and packaged into clean bags and sealed/taped shut.
 - Only make masks for others if you have no Covid-19 symptoms and have not had contact with a known case. Follow the UK Government's [official guidelines on symptoms and quarantining](#).
 - When passing packages on to co-ordinators or organisations, please follow all current social distancing recommendations. If you are at risk, please connect with others for support to ensure you are in line with all current social distancing guidelines for vulnerable people.
 - Anyone using masks should be familiar with best practice for use, donning and doffing and laundering.
 - Any non-healthcare professionals considering using a mask should familiarise themselves with the [WHO guidelines](#) on how to safely use masks.
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Quality control

- Quality matters. The kit you create needs to be robust and long lasting, and survive repeated hot laundering. When sewing - ensure you have good seams and that edges are properly finished.
- Check with the people you are creating things for, or with others with experience of making PPE, to ensure that you are using the appropriate materials and patterns.
- Before packaging finished items, we recommend conducting the following checklist:
 - Have you washed your hands?
 - Have all pins been removed?
 - Are all seams good and well finished?
 - Are all ties or fixings attached correctly and all ends finished?
 - Has it been laundered hot (at at least 60°C) and pressed?
- Package items into clean bags which can be sealed/taped shut.
- Clearly label packages with the a description of the contents (item + number of units + any other necessary information, e.g. size, laundering advice).

About A Stitch In Time

An online resource providing information and best available patterns for homemade PPE and link up the many local sewing initiatives and individuals keen to help tackle Covid-19 with those who need protective kit on the front lines but cannot get hold of the correct equipment. Read more at www.astitchintime.cc





Step 1

Cut out 2 x 20cm (8") squares. Ensure you use 2 different fabrics so that the inside and outside of the finished mask can be identified easily.



Step 2

Place the fabric squares right sides together and sew opposite sides with a $\frac{1}{4}$ " (0.5cm) seam. These will be the sides of the mask.



Step 3

Turn the right way out and press the seams flat with a hot iron.



Step 4

Cut 2 x 1m strips of 2cm wide tape. Alternatively, use/make 2 x 1m strips of binding. If making it, make double-fold straight binding from a 5cm (2") strip.



Step 5

Fold over 0.5cm at both ends of each tape and iron flat. Then iron the tape in half along the full length.



Step 6

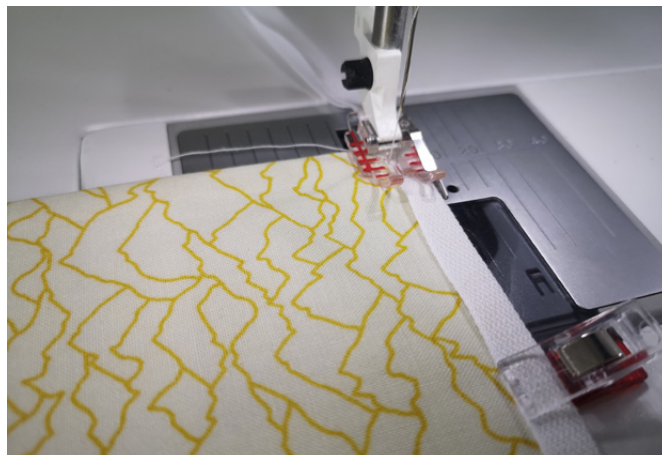
Pin/clip one tape to the top and one to the bottom of the mask. Align the centre of each tape with centre of mask.





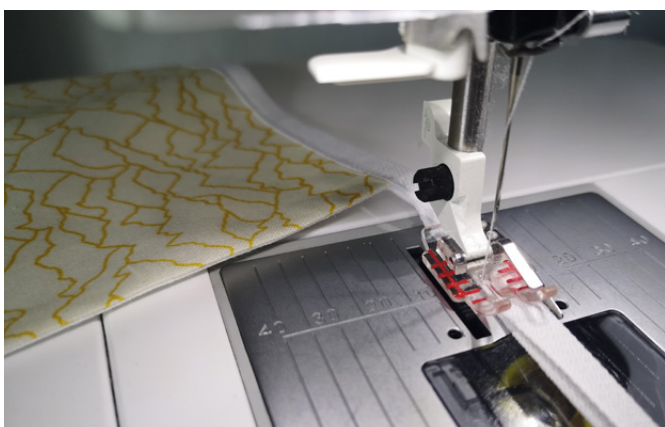
Step 7

It may be useful to put a pin in approximately 5cm (2") of the way along the top edge to remind you to leave a hole for the nose wire.



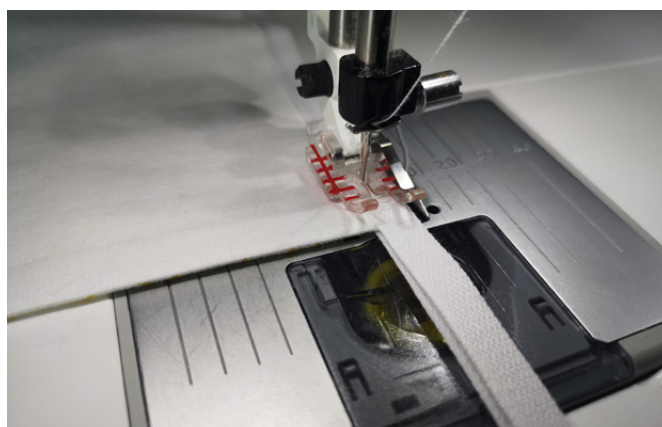
Step 8

Sew the bottom tape onto the mask with a ¼" (0.5cm) seam, starting at the bottom right corner of the fabric.



Step 9

Continue to sew until you get to the end of the tape. Finish with a few backwards stitches.



Step 10

Turn the mask over and sew to the other end of the bottom tape to create another tie. Finish with a few backwards stitches.



Step 11

Repeat steps 8-10 to sew on the tape across the top, leaving a 1cm gap around 5cm (2") of the way across. This gap is a slot for the nose wire to be inserted through.



Step 12

To create the folds, iron the mask in half with the inside of the mask together.





Step 13

Then open and fold one of the tapes to the centre fold you have just created. Press this seam flat. Avoid ironing over the centre fold.



Step 14

Fold the other tape to the centre fold and press that seam flat. Again, avoid ironing over the centre fold.



Step 15

Turn the mask over so the front of the mask is facing you. Make sure that the hole left in the tape is at the top.



Step 16

Fold and press to create 1.5cm (1/2") pleats. The pleats should sit facing downwards on the mask and there will be a larger section above the top pleat. Pin the sides.



Step 17

Sew down each side twice to hold the pleats in place.



Step 18

Trim loose threads and press flat.





Step 19

Take your piece of wire/metal and ensure it has no rough edges. Here I am using a cut section of a file fastener with the cut end filed. Alternatively a pipe cleaner or a section of wire with ends folded over would work.



Step 20

Insert the wire into the hole left in the tape on the front of the mask. Move it along to sit within the tape at the middle of the mask. This is to be pinched by the user to hold the mask securely over the nose.



Step 21

Optional: use a permanent pen to mark the gap in the tape for ease of removing and reinserting the metal/wire before and after laundering.

Notes

Masks must cover both nose and chin.
Masks must come down over the chin and sit snugly.

Masks must not be used on children under 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove it without assistance.

Masks can be made larger or smaller if required. See www.astitchintime.cc/masks for links to patterns for large, small and child size masks.

Elastic is less comfortable than ties for long term use, but may be more convenient. See www.astitchintime.cc/masks for patterns for alternative designs with elastic ear loops.



These are free instructions. Please share with anyone who might find them useful. Feel free to develop, adapt or change the design to make it work for you or for the people you are making masks for. Stay safe and well.

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