



DIY Mask Guidelines

How-To Guide For Making and Maintaining Cloth Surgical Masks

Contents:

How to Make

Materials & Tools
Step-by-step process

How to Maintain

Rotation method
Recommended cleaning steps

Disclaimer: We acknowledge this is less than ideal, but better than a bandana.

Source:



How to Make

This is a 2-color reversible mask with a pocket for a disposable filter to be placed prior to use.

Materials & Tools

- 100% Cotton fabric scraps (Need 1 light, 1 dark)
- 1 1/3 yd or 48" Fabric or ribbon ties for head strap (bias tape, grosgrain ribbon, NO satin ribbon)
- 3" wire (thinner gauge enough to bend and hold nose for piece such as 22g floral wire)
- Print-outs of Patterns A and B
- Sewing machine or serger
- Measuring tape
- Scissors
- Thread



Step-by-step process

Step 1: Cut (2) of pattern A fabric right sides together. Cut (2) of pattern B fabric right sides together.

Step 2: Fold Pattern A fabric 1/4 inches from end (as shown on pattern) top stitch down.

Step 3: Fold Pattern B fabric 1/2 inches from end (as shown on pattern) top stitch down.

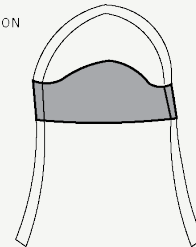
Step 4: With Pattern A fabric right sides together, sew curved seam to create the center of mask with 1/4 inches seam allowance with a straight stitch. Clip curved seam to allow seam to lay flat.

Step 5: With Pattern B fabric right sides together, sew curved seam to create the center of the mask with 1/4in seam allowance. Clip curved seam to allow seam to lay flat.



Video tutorial available at link near bottom of the page.

FABRIC/RIBBON
TIE DIAGRAM



Source:



How to Make Cont.

Step-by-step process cont.

Step 6: Match Pattern A and B at middle seam (nest seams) and stitch with 1/4" seam allowance both layers together at top and bottom (leaving ends open). Pattern A *will be longer than* Pattern B!

Step 7: Before turning right sides out, zig-zag stitch pattern A and B edges together at the nose of the mask (2" down from top point on both sides, 4" total). [Fig 1]

Step 8: Slide wire between 1/4" seam allowance and zig-zagged edge at nose point, bend slightly around the curve.

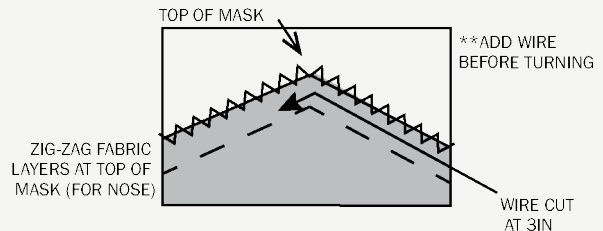
Step 9: Turn mask right side out using the side openings.

Step 10: Fold Pattern A (folded edge) down to meet Pattern B folded edge, top stitch Pattern A 1/4" from fold to form a tube end for fabric or ribbon ties.

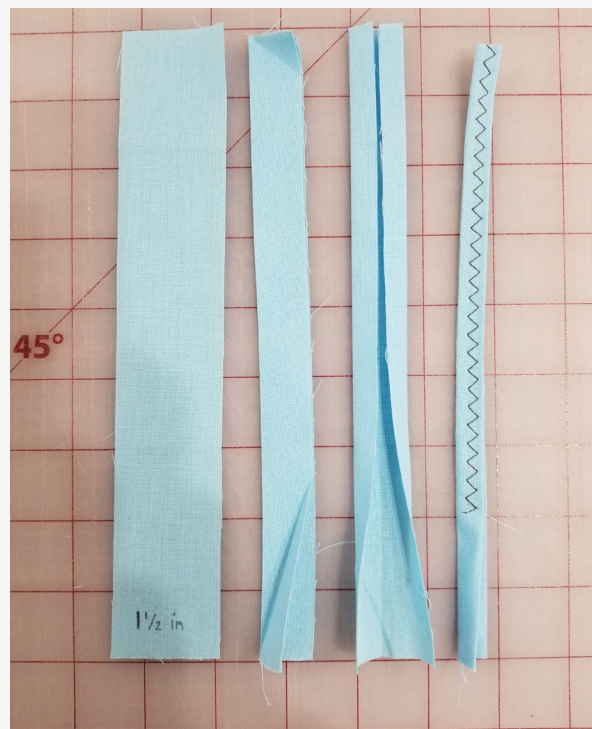
Step 11: If making fabric ties, cut 1.5" strips of fabric, fold lengthwise in half press with iron, fold edges of fabric to meet at middle center fold, press with iron (as indicated in diagram). Stitch folded fabric closed in middle with a zig-zag stitch. Strips should finish at .375" wide and 48" long. [Fig. 2]

Step 12: Slide 48" piece of fabric/ribbon through tube opening on both ends of mask (pattern A side), leaving head strap at top and ties at bottom of mask.

Add a finishing touch: Attach a small note (can be any note, card, etc - doesn't have to be fancy!) for the caregiver who will receive it (e.g. "Made with kindness by Jan B, Mayfield Heights").



[Fig 1]



[Fig 2]

Source:



How to Maintain

This is for caregivers in non-clinical roles.

Rotation method



"One to wear"

Active use for that day or shift only.



"One in the wash"

Follow recommended cleaning steps.



"One for spare"

Because you never know what might happen.

Recommended cleaning steps

Step 1: Remove and discard the filter. Spray mask front and back with hydrogen peroxide or equivalent quality solution.

Step 2: Gently kneed with warm, soapy water. Do not soak. If placed in washing machine, do not place with any other items.

Step 3: Allow to dry on clean, sanitized surface that is free from high-touch areas.

Additional resources:

DIY Masks: Worth the Risk? Researchers Are Conflicted - Medscape
- Mar 20, 2020.

[instructables.com/id/DIY-Cloth-Face-Mask/](https://www.instructables.com/id/DIY-Cloth-Face-Mask/)
@ashevillejm