

Sewing CDC Compliant Masks for Central Indiana

- Approved Patterns -

In this document are the three patterns this group is using. Our current highest need is for the standard mask/Deaconess standard mask. Each pattern includes a photo tutorial and detailed instructions from the original PDF. You can also follow the video links to watch a tutorial on how to make each style of mask! Thanks for being willing to help our Healthcare Professionals in our community!

Sincerely,

Your Sewing CDC Compliant Masks for Central Indiana Leadership Team

Fabrics & items that can be used:

Mask with Filter Pocket:
ALL 100% Cotton fabric

Elastics

¼ inch flat
3/8 inch flat
2mm cord

Ties

Double fold bias tapes- sew the ends to keep from fraying
100% Cotton fabric sewn like bias tape

Masks with Filter Pocket

Final Dimensions: 3 ½" x 7 ¾"

Supplies needed:

- 100% Cotton fabric, cut to 7.5" x 15"
- Strip of binding, approximately 2" x 7" (You can use fabric- See Making Your Binding directions below)
- two elastic pieces, cut to 9 ¾" (25cm) OR two fabric ties that's 34" long
- Cotton thread

Instructional Video: <https://youtu.be/BCJcE-r7kcg>

Photo tutorial:



1. Cut one 7.5" x 15" piece of fabric and sew the raw edges of the fabric with a zigzag stitch, using a 1/8" seam (you can also use a serger here!)



2. Fold the fabric in half, putting right sides together



3. Mark 1.5" from either side of the fabric and stitch from side to mark using a ¼" seam. Make sure to leave the opening!



4. Place the seam in the middle of the piece and press seam open



5. Turn fabric right-side out and sew along the seam/opening, making sure to follow each side of the opening using a 1/8" seam



6. Mark ½" above the seam line and pinch/fold to make the edge ½" away from the slit. Iron to help with stitching.



7. Sew around whole rectangle using a 1/8" seam

OPTIONAL: Insert wire into the small space above the large slit. Stitch across this pocket using a seam 1/8" away from the slit



8. Add 3 pleats to the front of the mask and sew across each side containing pleats one time using a 1/4" seam



9. Taking your fabric being used for binding, line it up flush with the short edge of the rectangle on one side (right sides together). Trim the fabric so about 5/8" hangs off of each side



10. Tuck this 5/8" of excess behind to the other side and pin. Sew along the short side of the rectangle using a 1/4" seam to secure



11. Roll the loose fabric to the front side and fold twice (making each fold roughly a 1/4") to make a hem on the front.



12. Sew along the edge of the seam using a 1/8" seam. Keep as close to the edge as possible, because this hole will hold elastic/ties!



13. Insert 9 3/4" long elastic through the hem from step 12 using a small safety pin
**34" long fabric ties can be used in place of elastic*



14. Sew or tie the ends of the elastic together and pull the attached end until it is hidden inside the hem
**If using ties, do not sew the ends together. Finish the ends of the ties after threading them through*

Detailed instructions from EasyToSew:

Mask with Pocket for Filter Insert

These instructions are for the hospital-approved Mask with Pocket for Filter Insert described in the YouTube video found at <https://youtu.be/BCJcE-r7kcg>.

They provide a means to make the edge binding at home.

Thank you to my mom and grandma and the 4-H program who taught me how to sew.

I pledge my hands to larger service.

You Will Need:

- Tightly-woven cotton fabric, cut to 7.5" x 15" (38cm x 19cm)
 - o Speed Tips:
 - If you have a quilting cutting mat, rotary cutter, and ruler, use them.
 - Consider cutting multiple layers at one time.
- Strip of binding, approximately 2" x 7" (5cm x 18cm)
 - o You can use fabric. See Making Your Binding directions below.
- 2 elastic pieces, cut to 9 3/4" (25cm) OR fabric tie that's 34" long
 - o Better to err on the side of a longer tie.
- OPTIONAL: For adjustable nose wire, twist tie (that's plastic covered) or copper wire approximately 6.5" (16.5cm)

Directions:

1:07/7:47 – Finish the short raw edges with a straight stitch 1/8" from the edge, a zig-zag stitch or serged edge.

1:24/7:47 – Fold the right sides (the pretty side) together to form a tube with the edges you just finished touching. Pin.

1:28/7:47 – Mark finished edge 1.5" from each side. Stich a 1/4" seam from each side to the mark. Be sure to leave the opening in the middle.

1:53/7:47 – Adjust tube such that the slit is in the middle. (This will be your filter pocket.) Press seam open.

2:02/7:47 – Turn tube such that the right side faces out. Top stich 1/8" along the seam, continuing alongside the opening to the other seam – do both sides. Be sure not to catch the fabric underneath!

2:23/7:47 – Adjust the tube such that the slit is in the middle. Mark 1/2" above the seam line on each side.

2:52/7:47 – Pinch and fold on that line. The slit will now be 1/2" from the folded edge. Press.

- o The 1/2" pocket will be for the adjustable nose wire.
- o The bigger pocket will be the filter pocket.

3:00/7:47 – Pin. Stich 1/8" all the way around.

3:33/7:47 – Insert wire in narrow pocket and tuck into fold. Pin. Stich across narrow pocket, 1/8" from slit. Check that larger pocket is still clear and flip piece over.

4:14/7:47 – Make three pleats. Pin and press.

4:37/7:47 – Stitch 1/4" across pleats.

4:53/7:47 – Apply binding to the pleated sides, very similar to binding a quilt.

- 4:53/7:47 – Take your piece of binding and place it flush to the edge of the back side of the mask, right sides together. Trim so about 5/8" hangs off each side. Roll the 5/8" excess to the other side and pin all in place. Stitch 1/4" from the edge.
- 5:36/7:47 – Roll over to front side. Then fold roughly 1/4" twice to form a generous 1/2" hem on the front side of the mask. You'll want the room for running the elastic/fabric tie in the next time. Stitch 1/8" from the edge.

If you are using elastic ties:

- 6:27/7:47 – Insert elastic through hem with a small safety pin. Tie ends in a knot. Pull elastic through hem until knot is hidden in the middle of the hem.

If you are using fabric ties:

- Make a 34" long fabric tie. Make sure you plan for a 34" tie and WAIT to finish the edges.
- Insert fabric tie through hem with a small safety pin.
- Finish the edges of the ties.

Making Your Binding

You don't have to use bias tape, simple cut a 2" wide strip of fabric and follow the steps above. Not perfect, but practical and saves tons of time.

- The whole point of bias, especially with quilt binding, is to allow flexibility around curved edges. The edge we're binding is straight.

If you really want bias tape, you can make your own single- or double-fold bias tape. Here are some instructions for single-fold bias that don't require a bias tape maker tool:

<https://sewdifferent.co.uk/how-to-make-your-own-bias-binding/>

- To get the same width as above, draw 2" wide strips on a square of fabric, at a 45 degree angle to the direction of the weave.
- To make one long piece of tape, you lay two strips, right sides together, at 90degrees to each other and sew at 45 degrees, so that when you fold it back it makes a straight line of fabric. Then iron flat.

Thank you for your service in making these masks for our healthcare workers!