

# 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:***

N95 Cover(pgs 9-12):  
ALL 100% Cotton fabric  
OR  
Inner layer of 100% Cotton & outer layer of PUL 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

# N95 Cover

**Final Dimensions: 4" across x 7" top to bottom**

## **Supplies needed:**

- Four pieces of 100% Cotton fabric, cut to 8" x 5"  
OR two pieces of 100% Cotton & two pieces of PUL fabric, cut to 8" x 5"
- Two elastic pieces, cut to 7"  
OR four fabric ties that are 12" long (These will be attached at the same spots where the elastic is attached)
- Cotton thread

**Instructional Video:** [https://youtu.be/LnTQ01Fi\\_Mc](https://youtu.be/LnTQ01Fi_Mc)

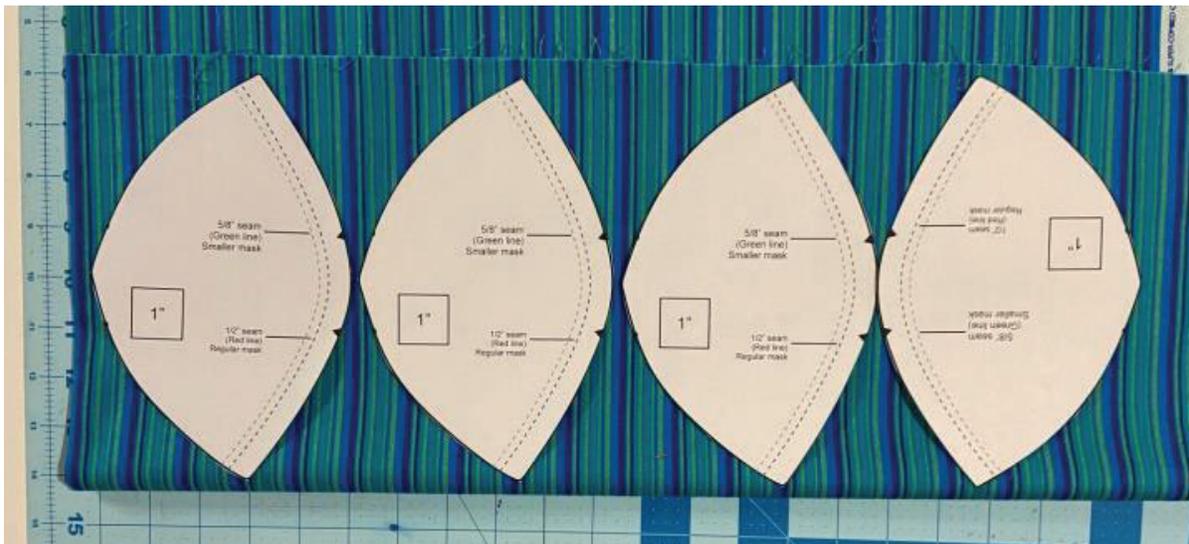
## **Instructions from ArtfullyQuilted.com!:**

When printing pattern, make sure the print menu has "Actual Size" chosen. After printing, measure the pattern to make sure the size is accurate.

Use 100% cotton tightly woven cotton and 100% cotton thread. These masks have to be able to endure the sanitization process over and over! I do not recommend cutting the square and laying the pattern out because wastes fabric and involves more steps.

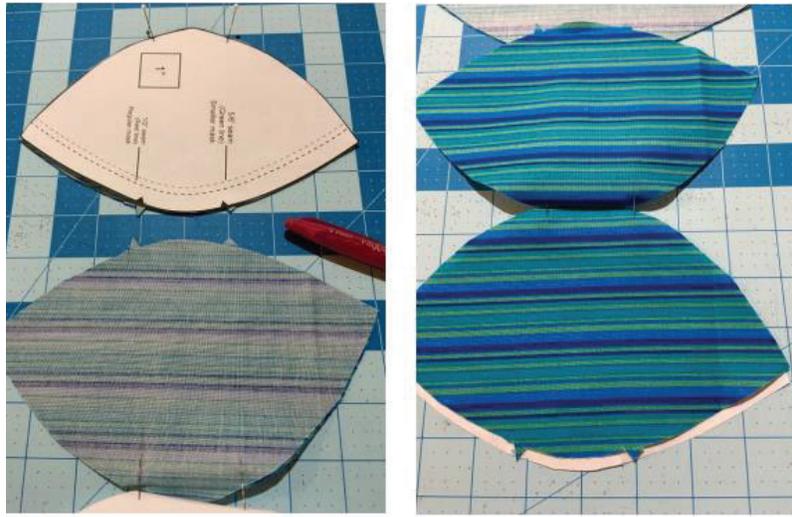
To determine if your fabric is 100% cotton you can do a burn test. There is an excellent video at <https://youtu.be/2htmsBbdWPA>. I know nothing about the project featured in this video, but the information is good.

1. Cut two pieces of elastic, each 9.5 inches long. The elastic can be black or white and 1/4" or 3/8" wide.
2. Fold or pile your fabric so that you have four layers. The size of your fabric will determine how you fold yours. If you are using smaller pieces, you can use two different fabrics (one will be outside the other lining) and stack them. Just make sure you have four layers of fabric. This pattern is symmetrical, so for this step, it does not even matter if right sides are together. We will look at that in the next step.



The fabric is folded as it comes off the bolt. Since it is not a one-way design, I was able to fold it down to make four layers. This layout makes four masks. They are close together to minimize waste.

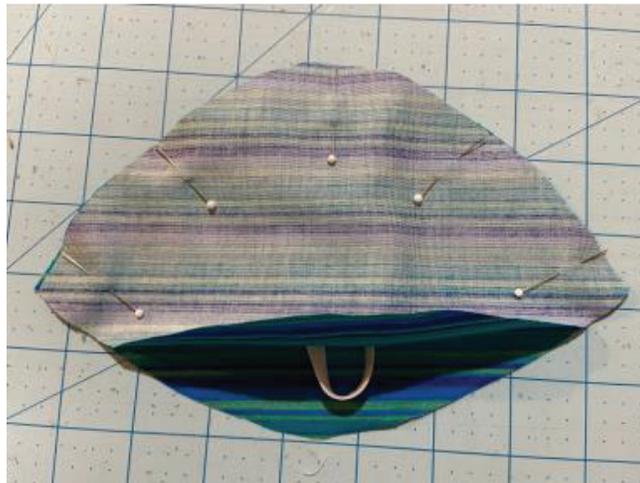
3. Divide a set of four pieces into two sets of two. Mark the dots for the elastic placement on each set. I use straight pins for this, sticking them straight down through the layers, and then gently pulling the layers apart to expose where the pins are entering the fabric, as shown in the following photos. (I poke a hole in the pattern piece so that I can remove the pattern.)



4. Pin one end of one of the pieces of elastic where your pin is marking, on the right side of the fabric. Make sure the pin runs perpendicular to the edge of the fabric, as shown below. Making sure the elastic is not twisted, pin the other end at the other pin. Repeat with the second set of fabric and the second piece of elastic.

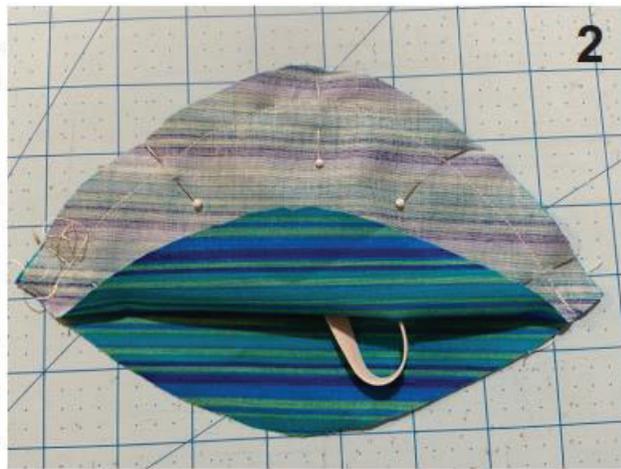
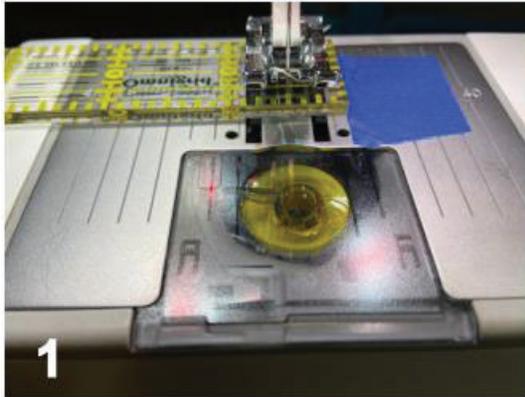


5. Lay the second piece of fabric on top, so that the right sides are together (facing each other). Pin around the outside edge as shown below. The pinned elastic is encased and will be caught in the stitching. Repeat with second set.



6. Make sure you know where your stitching line goes. If you are making a regular size cover, you will be using a 1/2" seam allowance. Many machines do not mark the 1/2". I used a ruler to determine where the 1/2" would be, and mark it with painters tape. This is removable, and will not leave a sticky residue on your machine. (Photo 1)

7. Using a straight stitch set to about 12 stitches per inch (modern machines is about #2), stitch along the pinned edge on either the 1/2" or 5/8" line, depending on the size cover you are making. Repeat with second set. (Photo 2)



8. Turn both sets so that the elastic loop and the right sides of the fabric are facing out.



9. Lay the two sets on top of each other with all sets of notches together. Stitch along this curved edge with a straight stitch using either the 1/2" or 5/8" seam allowance, removing the pins before stitching over them. Finish the cover off by using either a zig-zag stitch or an overcast stitch along side the line you just stitched.



