

# Free Face Mask Sewing Pattern

This mask pattern is designed with the least amount of cutting and piecing steps to make sewing faster. It features an opening in the top for you to insert filter material.

You can also insert an optional wire across the top edge to fit the mask tighter over your nose.

UPDATE – Pattern now includes instructions for both elastic and ties to secure the mask to your head.

Note – this mask is not intended to replace an N95 mask. It will not protect you at the same level, but it is better than nothing.



## Materials to Make One Face Mask

Cut 1 – 9 x 15-inch rectangle of fabric – Please wash before cutting to preshrink the material

Cut 1 – 6-inch long pipe cleaner or twist tie or other thin, flexible wire (optional)

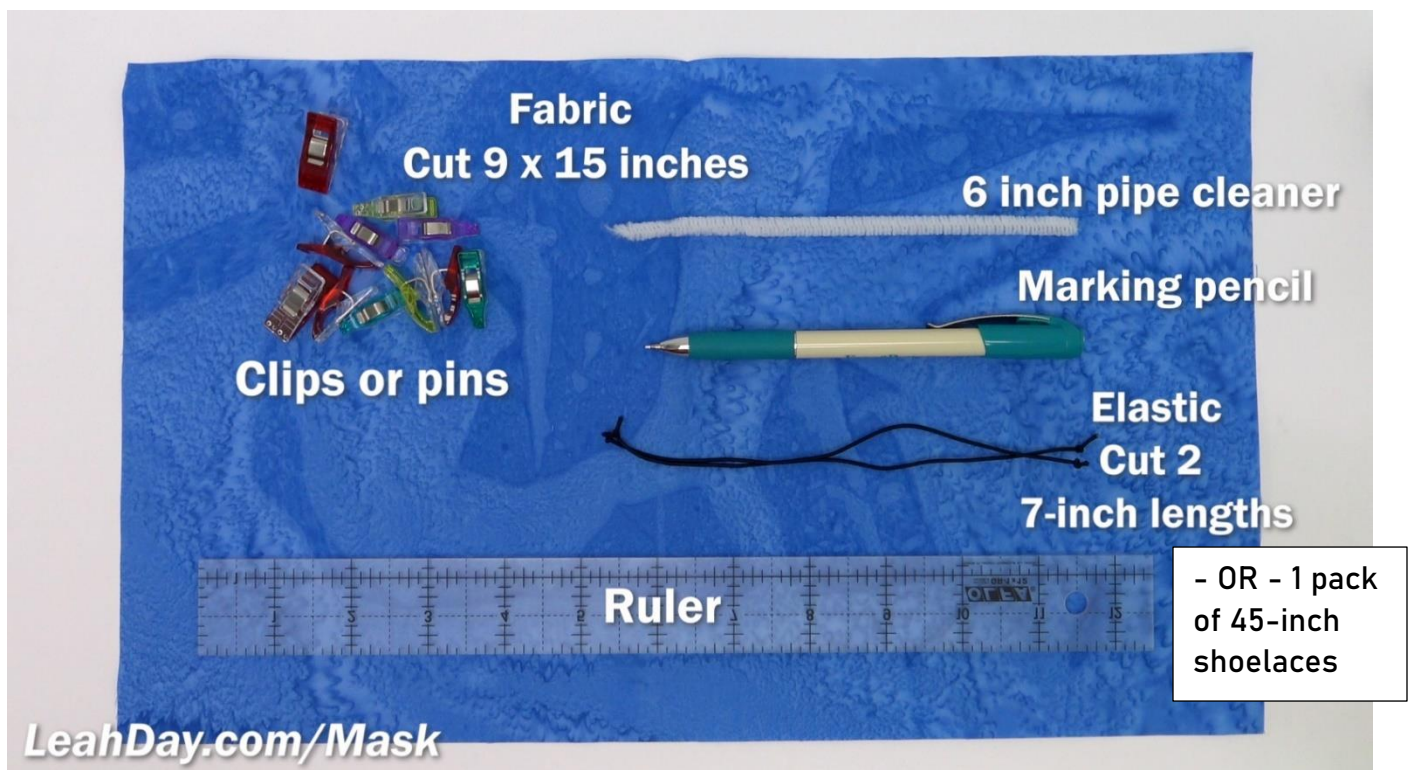
Cut 2 – 7-inch long pieces of thin elastic. Knot the ends if you are using round elastic.

- OR - 1 pack of 45-inch shoelaces

Marking pencil and Ruler

Clips or sewing pins

Sewing machine and standard zigzag foot



Free Face Mask Pattern – Please share!  
Video tutorial at: [LeahDay.com/Mask](http://LeahDay.com/Mask)

## Rules for this pattern

½-inch seam allowance

Backstitch at the beginning and end of every seam

Wash fabric before cutting

## Steps to Make One Face Mask

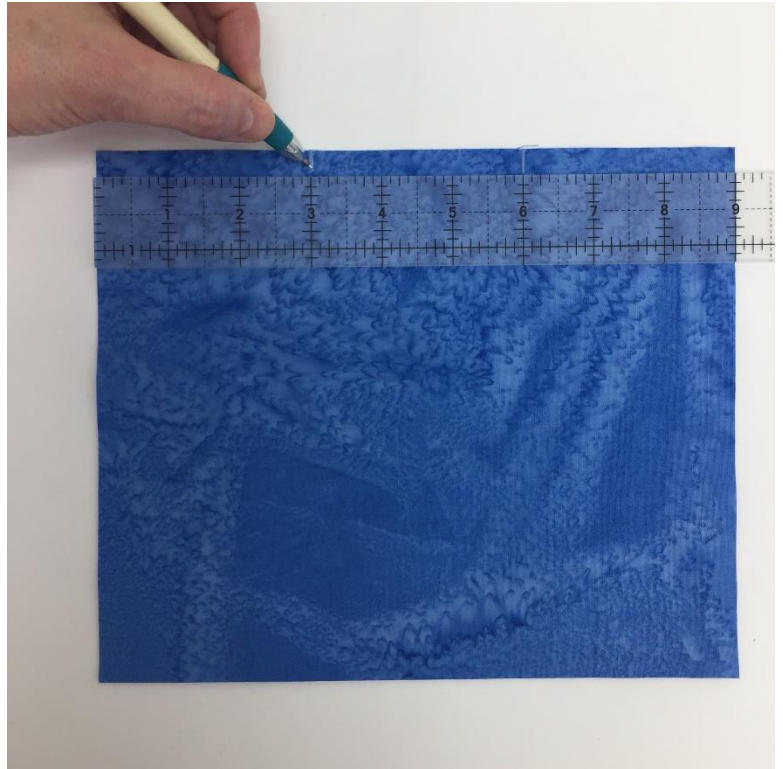
1. Fold the fabric in half lengthwise, right sides together.

2. Arrange the ruler over the short end and make a mark on the 3-inch line and 6-inch line.

3. Stitch from the edge to the 3-inch mark. Break thread. Stitch from the 6-inch mark to the opposite edge.

4. Press the seam open and flat. You should have a 3-inch opening in the top of the mask.

5. Fold the mask so the seam is ½-inch from the new top fold.



6. ELASTIC INSTRUCTIONS - Clip or pin one piece of elastic to the upper right corner, within the top fold.

Then pull the opposite end to the lower right corner and clip to the inside of the bottom fold.

Repeat on the left side with the second piece of elastic.





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6. SHOELACE TIE INSTRUCTIONS – Cut the shoelaces in thirds. This will create 6 pieces around 15 inches in length and four of the pieces will have the sealed shoelace ends.

Use a lighter to burn the ends of the two pieces that do not have sealed ends. You will use 4 ties per mask so save the rest for another mask.

Place the laces inside the mask. Align the unsealed ends with each of the four corners. Clip in place.

FROM THIS POINT THE MASK INSTRUCTIONS ARE THE SAME NO MATTER IF YOU USED ELASTIC OR TIES



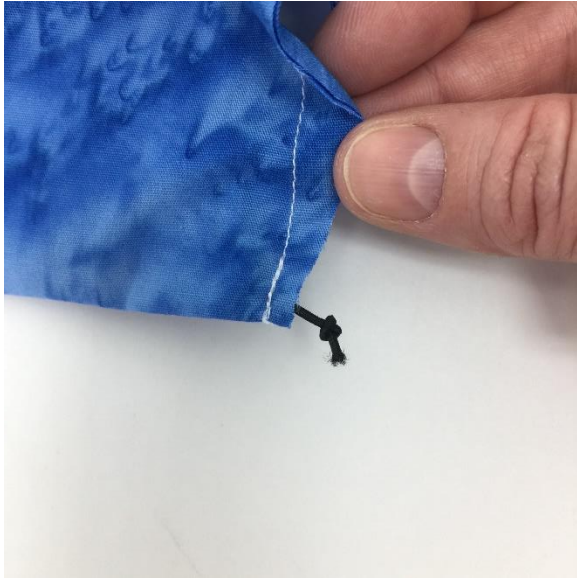
7. Sew the sides of the mask, making sure to catch the elastic or shoelace ties only at the beginning and end of the seam.



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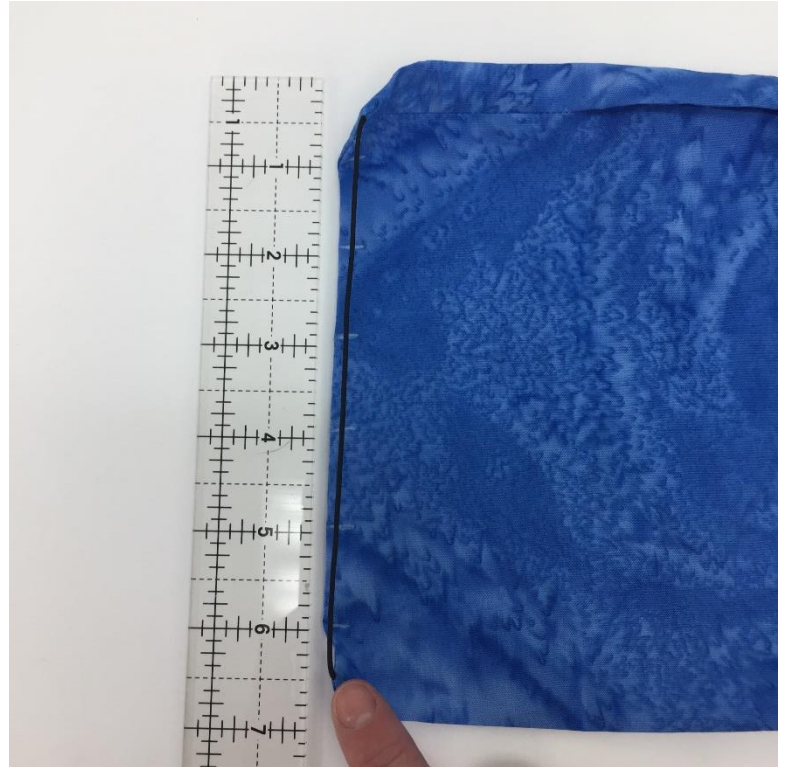
Video tutorial at: [LeahDay.com/Mask](http://LeahDay.com/Mask)

8. Trim the corners, but be careful not to cut off the knots if you are using round elastic.
9. Turn the mask right side out through the opening at the top.



10. Mark the left and right sides of the mask for your pleats.

Measure down from the top 1 inch and make a mark every inch for a total of 6 marks.



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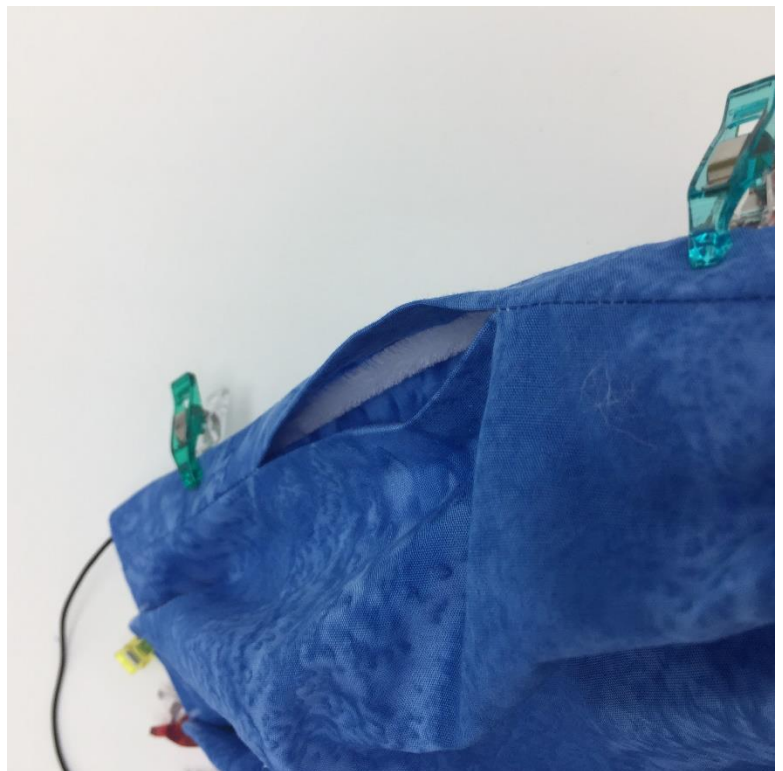
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11. Fold the bottom (6<sup>th</sup>) mark up to the 5<sup>th</sup> mark, clip. Fold the 4<sup>th</sup> mark up to the 3<sup>rd</sup> mark, clip. Fold the 2<sup>nd</sup> mark up to the 1<sup>st</sup> mark, clip.



12. Optional – open up the mask and insert the 6-inch piece of pipe cleaner or wire.

Tuck the wire along the top, folded edge of the mask and clip in place.

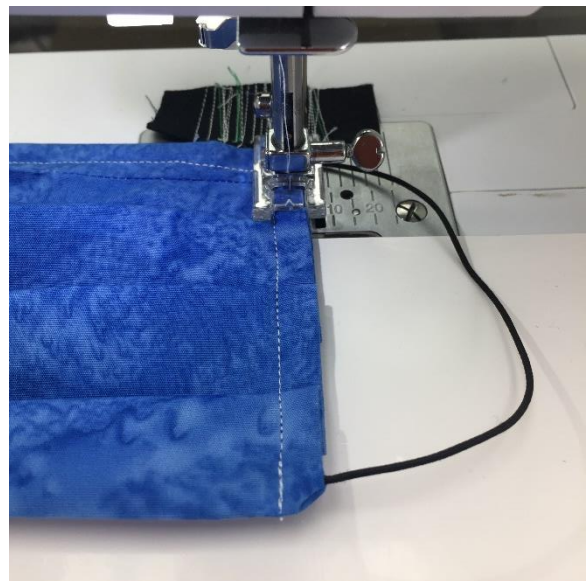
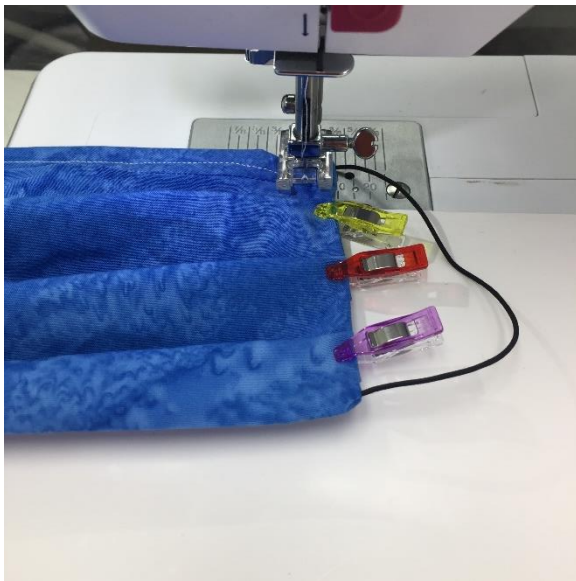
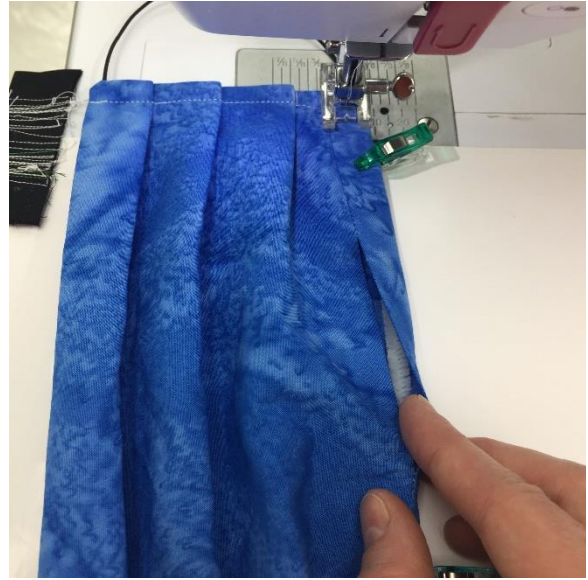
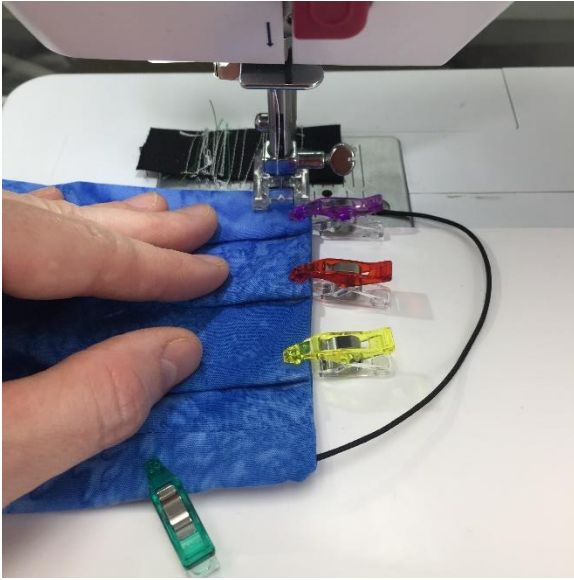




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13. Stitch from the lower left side of the mask, over the pleats. Turn and stitch across the top, keeping the wire to the right of the stitching line. Then stitch down the right side of the mask.



14. To reinforce the pleats, stitch along the sides again, 1/8-inch from the edges.

15. Your face mask is complete! Insert your desired non-woven filter material inside through the opening at the top.

Wash your mask and change the filter material as often as you need to.

You will need to flatten out the wire after washing, then reshape to fit your face.