

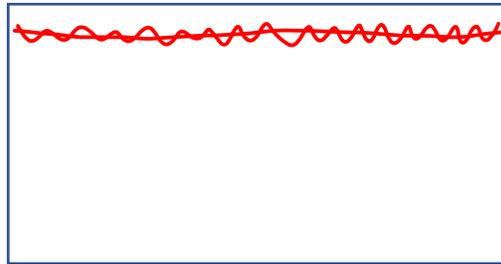
Hospital Staff Face Mask Pattern

This pattern is an adaptation of the face mask pattern by The Turban Project. It is adapted to add a channel for a flexible metal nosepiece, a pocket for a filter, and side channels for replaceable elastic straps.

Materials Needed: Cotton quilting fabric, quilt binding double fold bias tape (you may cut your own from the mask fabric), elastic (1-2mm cord/beading elastic, 1/8" or 1/4" flat elastic all work), 16 gauge craft wire (you need wire cutters).

BE SURE TO WASH YOUR FABRIC IN HOT WATER PRIOR TO SEWING.

1. Cut cotton quilting fabric into three 9x7 inch rectangles. One of these will be the filter pocket, the other two will layer to be the front of the mask. Be sure not to use a dark color as the filter pocket as sometimes the color can bleed onto skin. White or a light color are a good choice for skin contact.
2. Sew a three-step zigzag stitch on one of the 9" sides of the rectangle being used for the filter pocket then go back over it with a straight stitch to reinforce. Alternately, if you have a serger, use that. The point is to prevent fraying of the fabric.



3. Cut a 6" strip of double fold bias tape, open the middle and sew a simple hem on each end. You can also use scraps of your fabric to make bias tape. If you make your own, you will need a 3x6" piece of fabric. Fold in the top and bottom of the long sides to create the open piece of bias tape, then hem the ends as described above. This will be used to make a channel for the removable wire nosepiece.



4. Stack the two pieces of fabric being used for the front of the mask together and wrap the bias tape around the top, centering it on the fabric. Sew it along the bottom so it creates a channel for the wire nose piece to fit in.



5. Stack the fabric for the pocket and the double piece of fabric for the front of the mask together with the front sides together. Sew around the fabric starting and stopping at the nosepiece channel. The area where the nosepiece channel is should be left open.



6. Turn the fabric right-side out. Create 3 evenly spaced pleats across the front of the mask. All three pleats should be going the same direction. Pin or clip each side of the pleat at the ends to temporarily secure. Sew down each side, about 3/4" from the end.

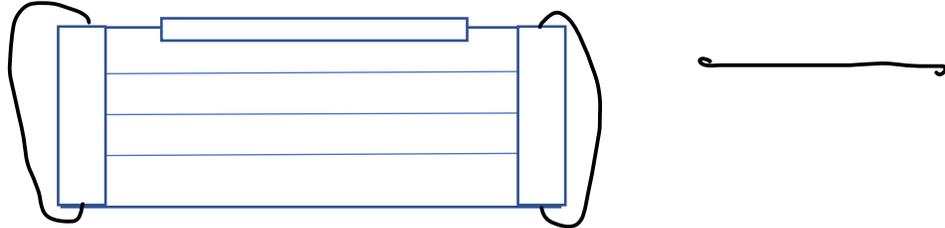


7. Cut 4" strip of bias tape or cut a 3x4" piece of fabric that matches the front of the mask and fold it into a custom piece of bias tape. Fold in the ends, wrap around the sewn ends of the pleats and sew straight down. This will cover the pleats, giving it a more complete look and also create a channel in which to insert your elastic ear bands.



8. Cut two 9" pieces of elastic and feed it through the side channels (use the same wire to create a long needle to help thread the elastic through or use a pen or knitting needle to push it through.) Knot each end and hide the knot inside the channel. (Note: if a tighter fit is desired, the elastic can be shortened by knotting again. Knots in elastic cannot be easily removed, so once you have your knot, it cannot be removed. Cut a 6" piece of 16 gauge wire. Using needle

nose pliers, bend each end into a small loop to make it easier to insert and remove the wire without getting caught on the fabric. Slide it inside the nosepiece channel.



Care: The wire nose piece should be removed before laundering. The masks can be washed in warm or hot water and tumble dried.

The masks should be washed in hot water before using. Particularly the Hospital Staff Masks. It shrinks them up just a bit and improves fit.

Images of the final product.

