REDMOND COMMUNITY CENTRE

Instructions for making a fabric mask (face covering)

These instructions are for a pleated mask/face covering. The mask includes a pocket for an additional filter to be inserted. You will need a sewing machine, an iron and a clean workspace.

Fabric should be:

- New or in very good condition (e.g. little-used sheet/pillowcases).
- 100% cotton or a good quality polycotton. Non-stretchy preferable and easier to sew.
- Medium weight and tightly woven.
- Washable at 40c or higher, and can be pressed with a hot iron.

Mask pattern:

This pleated mask can be made with elastic or adjustable ties. If you prefer another pattern, please feel free to use it, bearing in mind the following:

- Masks should a close fit and extend under the chin and over the nose.
- Incorporating a filter pocket will allow an additional layer to be inserted.
- Optional - incorporating a space for a wire to be bent to fit the nose will make the mask more wearable for people with glasses. An extra fold at the top (see the pattern below) has a similar effect.
- Cotton tape or fabric ties are a good substitute for elastic and can tie behind head or behind ears (see below).

After making:

- Masks should be washed and ironed to clean them and help test for any weak points.
- Put masks in a clean bag with a note of how many there are and who made them.
- Once you have made your masks, please email Miriam.burke@mhdt.org.uk. Miriam will organize collection or delivery of the masks with you. We will also ask you to fill out a feedback survey

Speeding up:

Once you have made a few masks and are skilled up, you can make them more quickly in batches. For example, to make 5 masks:

1. Cut 5 pieces of 20cm x 38cm fabric.
2. Iron and hem all pieces.
3. Sew together all pieces inserting elastic/ties.
4. Pleat all masks.
5. Sew pleats on all masks.

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Pleated mask

- This mask can be made with elastic or ties.
- It includes a filter pocket between two layers of fabric.
- It includes an extra fold at top to help stop glasses steaming up.

Cut 2 pieces of fabric 20cm x 19cm or one piece 20cm x 38cm folded.
Cut 2 pieces of elastic 19cm each or make 4 ties at least 20cm long.

Hem filter pocket opening

- Make hem along 20cm edge (top and bottom, or one or each piece of fabric) – fold over 5mm and iron and fold again 5mm and iron.
- Sew hems.

Sew fabric together, incorporating elastic/ties

- Fold or place fabric together with right side of fabric facing in.
- Pin elastic or ties in place between the fabric, with the end of the elastic/tie at least 5mm clear of fabric.
- Sew around edge of fabric with a 5mm seam allowance, leaving a gap of about 15cm at edge where hemmed edges meet.
- Pull elastic through the opening to turn the right side of the mask outwards. Make sure elastic is firmly in place and corners or fabric are square.

Sew pleats and top fold

- Iron pocket opening so seams lie inwards.
- Iron all seams flat.
- With opening at top, fold mask in two upwards and iron.
- Open out and fold bottom and top to middle crease, and iron.
- Open and turn over with opening at top and 3 creases raised up.
- Fold top crease upwards 1cm and pin. Repeat for other 2 creases. Check sides to make sure pleats do not overlap. Iron in place.
- Turn over so that the opening is at the bottom and pleats are going upwards. Fold the top 1cm over to meet the edge of the top pleat. Iron in place.
- With pleats facing downwards, sew each side, 1cm from edge. Double sew to create extra strength.

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Fabric or tape ties

Ties can be either knotted behind the ears using a slip knot for easy adjustment, or, if they are long enough, tied behind the head and neck.

Fabric ties

- Cut 2 pieces of 4cm x 40cm (or longer if preferred).
- Iron in half lengthways. Open out and iron each side to the middle. Fold up and iron flat. Sew in place.
- Cut end to neaten and sew a few stitches across to stop fraying.

Making fabric ties: https://youtu.be/dY3aS1L7S-4

Tape ties

These are quicker than fabric ties and should be hemmed at one end to stop fraying.

More resources:

You can find lots of discussion and different patterns for making masks and face coverings on YouTube or the Mask Makers Facebook
https://www.facebook.com/groups/maskmakersUK/?ref=share

Special thank you to Emma Sangster for the instructions

Step by step picture instructions
for making fabric masks.

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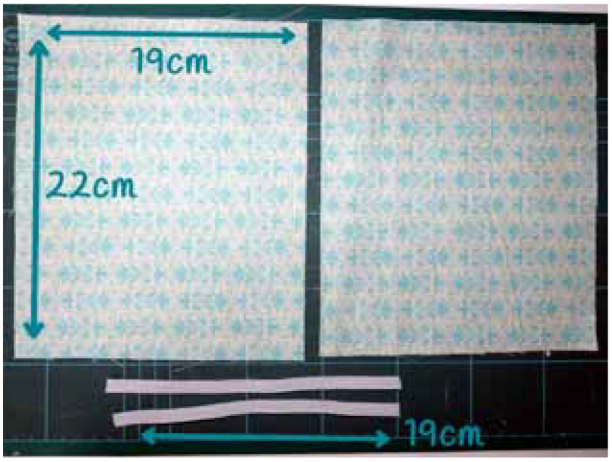

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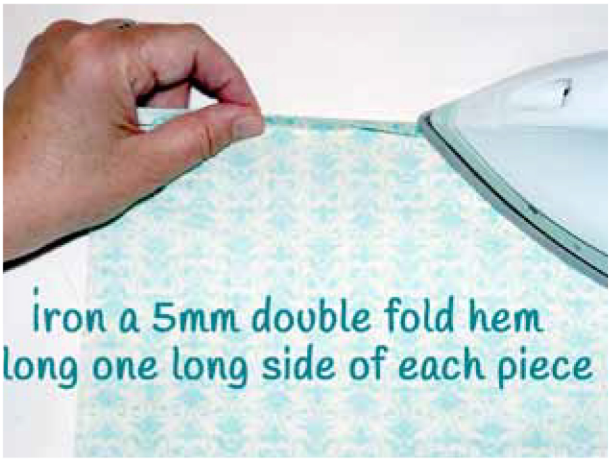

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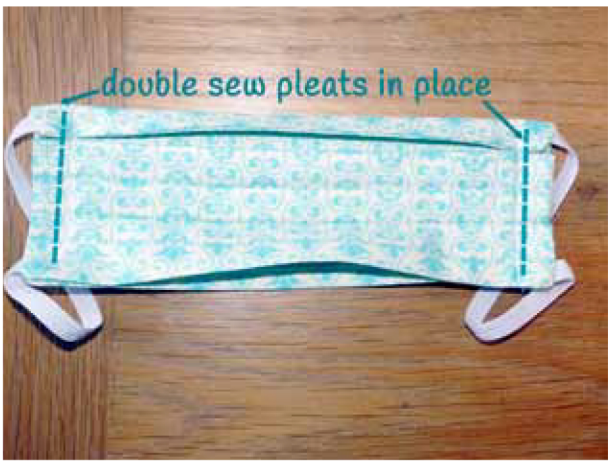

Special thanks to Emma Sangster for the images and instructions.