

19.5 CM

TOP

19 CM

TEMPLATE

3

2

1

GUIDE

INSTRUCTIONS:

IMPORTANT: when printing, make sure the settings are set to "**Scale 100%**" or "**Actual Size**" to print out the correct size, otherwise it will print slightly smaller. If you *don't see* or *see only part of the words* **19.5 CM**, **19 CM**, **TEMPLATE**, or **GUIDE** then you've printed it the *right size*.

1. Print out the pattern on page one (feel free to skip printing this page to save paper).
2. Cut along the solid lines for both the template on top and the guide at the bottom.
You can glue the guide to a stiff piece of paper such as cardboard from a cereal box.
Make sure to cut it to the same size as the guide (17.5cm x 6cm).
3. Place the template on fabric x2 (see bellow for recommended types), and trace around the edge of the paper. No need to worry about seam allowances, they've been included in the pattern.
4. Using the guide, fold the pleats into the fabric:
 - ----- are valley folds, - - - - - are mountain folds
 - Place the fabric with the right side facing down. Place the guide at the top of the fabric and fold the bottom of the fabric up so it follows the bottom edge of the guide.
Fold the fabric back down so that it shows lines 2&3 and covers line 1. Pin your first pleat.
 - Line up the top of line 2 of the guide with the mountain fold of the first pleat.
Fold the bottom of the fabric up so it follow the bottom edge of the guide and then back down to show lines 2&3. Pin your second pleat.
 - Repeat the previous step one more time.
 - Fold the pleats following these instructions on the second piece of fabric.
 - *Optional:* iron the pleats so they stay flat and help with sewing.
5. Using a sewing machine or by hand, sew the sides of the fabric to keep the pleats.
6. Here's where the design of the face mask is left up to you. My initial thought is to keep the sides open so I can use a surgical mask as the filter and not have to sew on my own ear loops. If you're make a self contained mask, don't forget to add on ear loops/ties and leave an opening at the bottom so you can flip your mask correct side out. Or you could sew the sides and bottom closed and leave the top open to be able to add a filter such as tissues.

Best type of fabric to use: Heavy weight quilters cotton. Woven fabrics (as opposed to knit fabrics), such as batik. A good way to check: if you hold the fabric up to the light, the less light you can see through the fabric the better. I also suggest having two different colored fabrics, so it's easy to see which side touches your face and which side faces outwards.

Tips and Tricks: No pins? Use masking tape to tape down your pleats. You can sew right over the tape, then peel the it off. *Hand sewing?* Using a back stitch is a very secure way to sew. *Want to add a shaping wire?* Consider using an un-used twist tie.

Feel free to share this with as many people as possible. I've tried to keep the instructions as simple and clear as I can, but I'm a designer and not a writer.