

E Street Mask Project

How to Make a Mask

Belmar, NJ • March, 2020



Pat Hutchinson
3/30/2020

What you'll need

- Besides a sewing machine, scissors and ruler, ironing board and iron, you'll need:

- Fabric
- Elastic or rubber bands
- Plant twist ties
- Thread



Cutting the fabric

- Using cotton or cotton blend fabric, make a rectangle, 9"x12."



Folding and ironing

- Fold the fabric in half, face-to-face, to make a rectangle, 6"x9."



Elastic or rubber bands

- Cut 1/8", 1/4", or 3/8" elastic or rubber bands to 7" length (2 per mask)



Plant twist ties

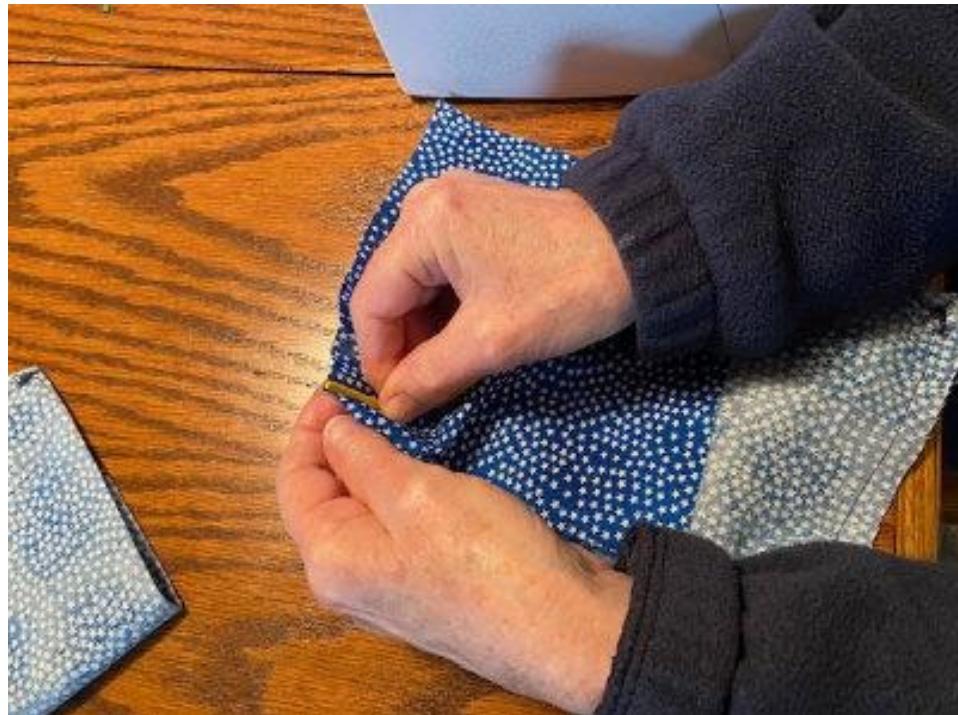
- Cut 2 plant twist ties to 5" or 6" length.

These will be used to reinforce the top edge so it can be shaped around the nose.



Inserting the elastic

- Open the folded fabric. Place the end of one piece of elastic against the inside of the fold, then close the fold.



Sewing around the mask

- Begin sewing at the fold, catching in the end of elastic inside. Sew along this short side about 3/8" in from the edge of the fabric.



Attach the elastic

- Stop about $1\frac{1}{2}$ " from the end of the side. Reach into the folded fabric and grasp the loose end of the elastic. Insert it between the layers of fabric at a 45° angle to the corner. Check that elastic is lying flat inside the fabric.



Sew down one short side

- Resume sewing and turn the corner, catching this end of the elastic into the seam.

Sew about 2" down the long side, then stop, backstitch and cut your thread.



Sew along the other side

- Insert the second elastic and repeat this procedure on the other short side of the rectangle. This will leave you with an opening in the long edge of the rectangle.



Snip the corners

- Snip off the corner of the rectangle outside of the seam. This will cut down on bulk at the corners.



Turn the mask

- Use the opening to turn the mask right side out.



Iron and insert twist ties

- Iron, then use the opening to insert the two twist ties. You need two to make the edge strong enough to hold a shape.



Nestle twist ties into fold

- Use the opening to insert the two twist ties. You need two to make the edge strong enough to contour over the nose.



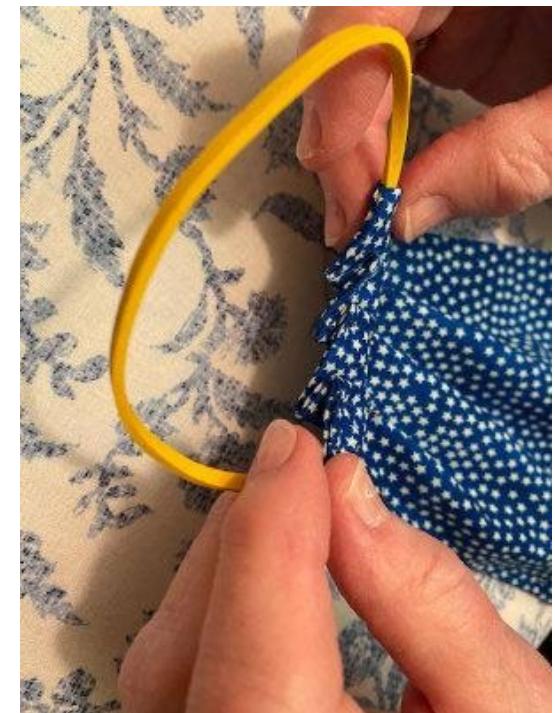
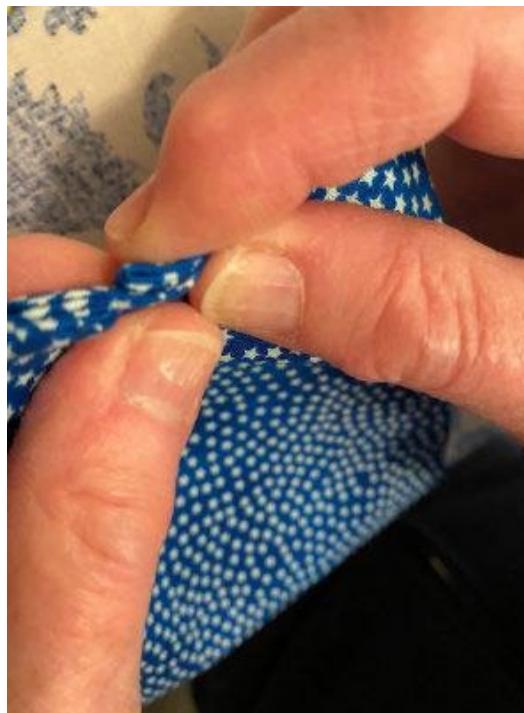
Pin twist ties into fold

- Make sure the two twist ties are firmly against the fold, then pin them into place as close as possible to the fold.



Make pleats

- Pin three pleats into each side. They should fold away from the top fold where the twist ties are secured.



Ready to top stitch

- When you've pinned in the pleats and secured the twist ties, you may also want to pin the opening in the long side.



Top stitch

- Begin top stitching about 1/8" in from fold, making sure to trap twist ties against the fold.



Stitch around the perimeter twice

- Sew to corner, then turn and stitch across the ends of the pleats. Continue around edges, closing the opening in the side. Sew all the way around a second time on top of your first seam.



Finished mask





Adjust mask

- Mask fits loosely to face at first. Grasp imbedded wire and push in around nose to create tighter fit.



DIY masks...

These home-made masks ARE NOT a substitute for official N95 masks, but they are definitely useful for some purposes—particularly as a last resort, in the absence of commercial, disposable masks. The ones we're making are washable and:

- can be layered with N95 masks that are being re-used beyond what is recommended (because of shortages) or just for a little extra protection
- can be worn to protect against larger droplets of liquid in the air in a non-clinical setting—where there aren't infected people coughing and sneezing nearby
- can be worn for day-to-day tasks like shopping, post-office & pharmacy visits; delivering things to senior neighbors; and just to train yourself not to touch your face.

—Thanks to Deaconess Hospital, Evanston, IN and Jo-Ann's Fabrics, Hudson, OH

Care of masks....

Although there is very little written about care and cleaning of masks...

- Make sure your hands are clean when you put your mask on—try not to touch the fabric with your hands.
- Since we are sheltering in place and will only need masks for going into public places, there should be time to throw them into the washer between wearings.
- You should probably mark which side of your mask is the **INSIDE** so that, if you have to take off your mask, you don't place the contaminated side against your face when you put it back on.