



# DIY Mask Guidelines

How-To Guide For Making and Maintaining Cloth Surgical Masks

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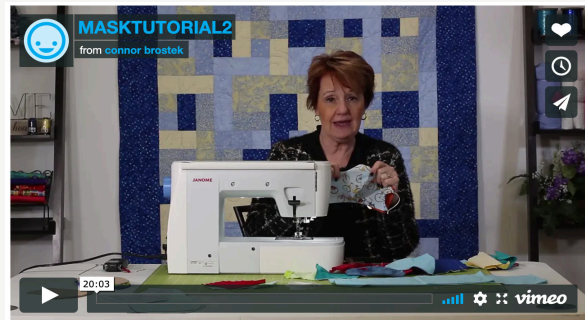
Disclaimer: We acknowledge this is less than ideal, but better than a bandana.

# How to Make

This is a 2-color reversible mask with a pocket for a disposable filter to be placed prior to use.

## Materials & Tools

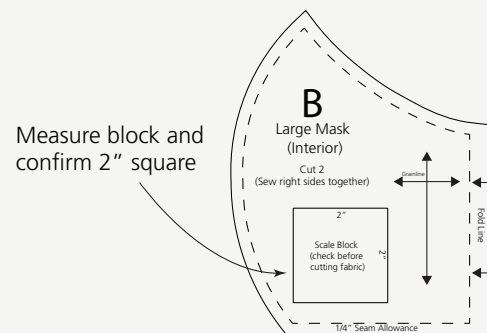
- 100% Cotton fabric scraps (Need 1 light, 1 dark)
- 1 1/3 yd or 48" Fabric or ribbon ties for head strap (bias tape, grosgrain ribbon, NO satin ribbon)
- 3" wire (thinner gauge enough to bend and hold nose for piece such as 22g floral wire)
- Print-outs of Patterns A and B
- Sewing machine or serger
- Measuring tape
- Scissors
- Thread



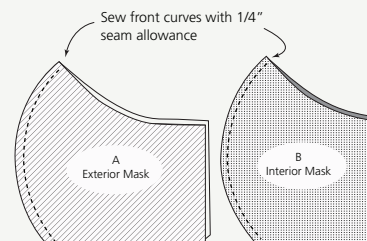
Video tutorial available at link near bottom of the page.

## Step-by-step process

**STEP 1:** Print pattern pieces A and B of the mask pattern. Measure scale block on each pattern piece to confirm each side of the square measures exactly 2". Cut pattern pieces A and B from the paper and align the grainlines printed on the pattern pieces to the fabric's grainline. Using sharp scissors or a rotary cutter, cut two of each pattern piece A and B.

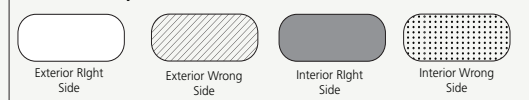


**STEP 2:** Align, with right sides together, both pattern A pieces. Using a 1/4" seam allowance, sew pattern piece together along curved edge. Repeat with pattern B pieces. Clip curves taking care not to snip into stitch line. Press seam allowance open.



Original design by Pins & Needles.  
Many thanks to Carla Macklin for review of  
step-by-step instructions and drawings.

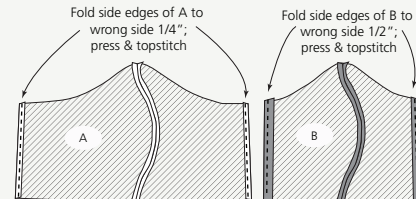
### Illustration Key:



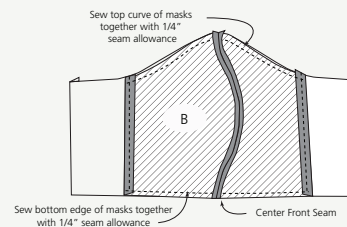
# How to Make

Step-by-step process cont.

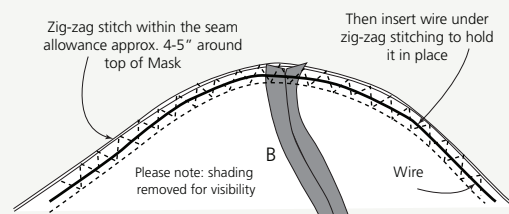
**STEP 3:** Press the sides of the exterior mask towards the center  $\frac{1}{4}$ " (with wrong side folded on itself). Topstitch  $\frac{1}{8}$ " from folded edge to secure fold. Press the sides of the interior mask towards the center  $\frac{1}{2}$ " (with wrong side folded on itself). Topstitch  $\frac{1}{8}$ " from folded edge to secure fold.



**STEP 4:** With right sides together, align the center front seams of the interior and exterior mask. Sew exterior of the mask to the interior along the top and bottom edges of the mask.



**STEP 5:** Switch your stitch setting to a wide zig-zag stitch. Sew approximately 4-5" around the nose of the mask entirely within the seam allowance. Cut a piece of wire to 3" to 4" in length. Copper wire works very well but jewelry wire, paperclips, bag ties, garden wire, pipe cleaners, and other types of thin, flexible wire also work. Thread wire underneath the zig-zag stitches to secure it in place. Wire does not need to be perfectly aligned under every stitch, just enough to hold it in place. Turn your stitch setting back to a straight stitch.

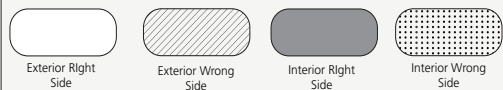


**STEP 6:** Turn the mask to the right side through the side openings, being mindful not to bend the wire. Press around mask at the outer edges, folding in the seam allowance along the sides of the mask.



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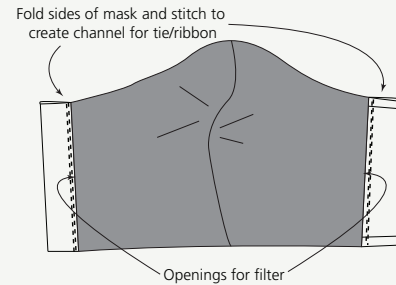
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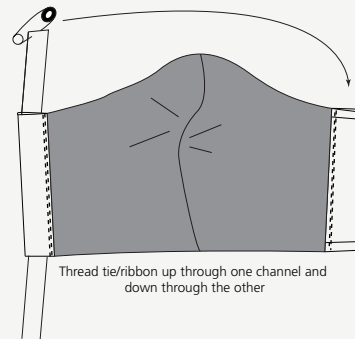
# How to Make

Step-by-step process cont.

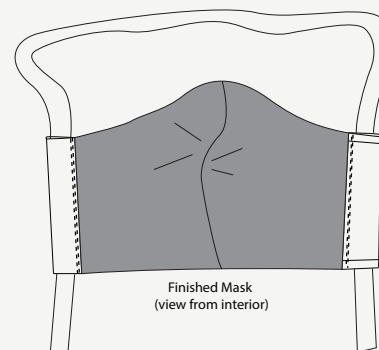
**STEP 7:** Fold the left side of the exterior mask to meet the folded edge of the interior mask. Sew 1/8" from edge of exterior mask to create a channel through which the tie/ribbon will be threaded. Take care not to catch the edge of the interior mask when sewing, as the interior mask needs to be left open for the insertion of filter material.



**STEP 8:** If making a fabric tie, cut a strip of fabric 1 1/2" wide and approximately 48" long. Fold strip in half and press. Open strip up and fold each edge of the strip to meet in the center. Press. Then fold strip in half and press. The resulting width of the folded strip should be 3/8". Topstitch with a straight or zig-zag stitch to secure all layers of the strip.



**STEP 9:** Attach a safety pin to the end of the fabric tie/ribbon. From the bottom of the mask, thread the safety pin and tie/ribbon through the channel created at the Side of the mask. Thread the safety pin and tie/ribbon from the top of the mask to the bottom on the opposite side of the mask.

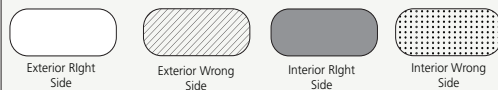


**Add a finishing touch:** Attach a small note (can be any note, card, etc - doesn't have to be fancy!) for the caregiver who will receive it (e.g. "Made with kindness by Jan B, Mayfield Heights").



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#### Illustration Key:



# How to Maintain

These masks will be made available to: (1) Visitors to our facilities; (2) Caregivers who are not involved with direct patient care and are at low risk of catching COVID-19 from patients or transmitting to others; (3) COVID-19 patients as an alternative to surgical masks to better protect them and others around them; and (4) Cover N95 masks for extra protection for caregivers on the front lines.

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## Rotation method



### "One to wear"

Active use for that day or shift only.



### "One in the wash"

Follow recommended cleaning steps.



### "One for spare"

Because you never know what might happen.

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## Recommended cleaning steps

**STEP 1:** Remove and discard the filter. Spray mask front and back with hydrogen peroxide or equivalent quality solution.

**STEP 2:** Gently kneed with warm, soapy water. Do not soak. If placed in washing machine, do not place with any other items.

**STEP 3:** Allow to dry on clean, sanitized surface that is free from high-touch areas.

### Additional resources:

DIY Masks: Worth the Risk? Researchers Are Conflicted - Medscape  
- Mar 20, 2020.

[instructables.com/id/DIY-Cloth-Face-Mask/](https://www.instructables.com/id/DIY-Cloth-Face-Mask/)  
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