Bassett Healthcare Network

Fabric Surgical Masks Pattern and Instructions
3-PLY with Pocket

The best protection for these masks is to have a triple layer of tightly woven cotton fabric. The following are instructions for a mask which includes a functional pocket which could be used to insert an additional barrier if further protection is needed in the future.

Materials list:
- Plain White Preshrunk 100% cotton of a tight weave **preferred** but colors and patterns acceptable
  - Please avoid RED based material, as color may run when laundered
  - 1 yard creates approximately 5 masks
- Elastic cord or 1/8" elastic ribbon
  - 1 yard creates approximately 2 masks
- Thread

<u>Written Instructions & Video Link for assembly instructions are included below.</u>

Video link for "DIY Fabric Mask" assembly instructions (3 minutes):
*Notes:
- The measurements have been converted to inches, as above.
- All layers should be made out of the cotton fabric. No need to waterproof or add any inserts.
- All layers will be of the same material/pattern – the assembly instructions shows them in different colors only to aid in understanding.

YouTube DIY Covid-19 Fabric Mask (with Filter Pocket) Sewing Tutorial: https://www.youtube.com/watch?v=S9RWII2-5_4. Please consider watching this video link - this is an unsponsored tutorial and will help support the efforts of the volunteer who created this and shared with the world!

Preparation Instructions (for one mask):
1. Cut ONE (single) block of fabric 10 inches by 8 inches (10"x8".)
2. Cut TWO smaller blocks of fabric 7 inches by 5 inches (7" x 5".)
3. Cut TWO pieces of elastic, each 9" long.
4. Use standard 1/4'" seam allowance, unless noted.

Assembly Instructions (for one mask):
1. Take one of your smaller 7"x5" blocks of fabric and turn one of the long edges under by just over 1/4". Press and stich. Repeat with the other smaller block.
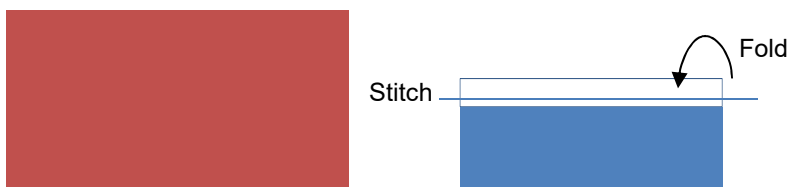
2. On your larger 10"x8" block, center the raw edges of the long sides your 7"x5" blocks on the long sides of the 10"x8" block, one smaller block aligned on the top and one smaller block aligned on the bottom edge. Match centers. Ensure the finished edges (that were turned over in step one) are facing towards the center of the larger 10"x8" block, right sides down. (The turned up edge of the smaller block should be facing you.) Pin and sew both sides.

Center
Stitch
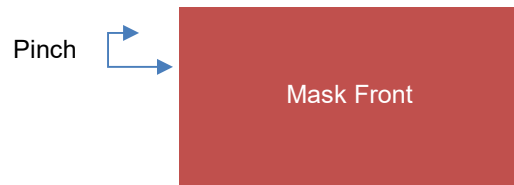Stitch
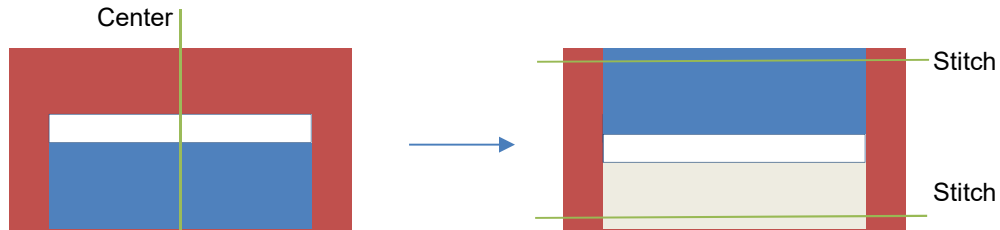
3. Open the seams and press.
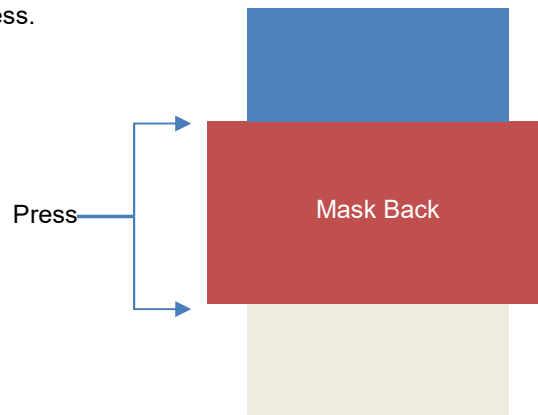
Press
Mask Back

4. Fold one of the smaller blocks over the edge of the 10"x8" block, hiding the seam you just sewed. Press. Repeat for the other edge. The seams you stitched in Steps 1 and 2 should be hidden. This side, with the overlapping layers, is the "back."
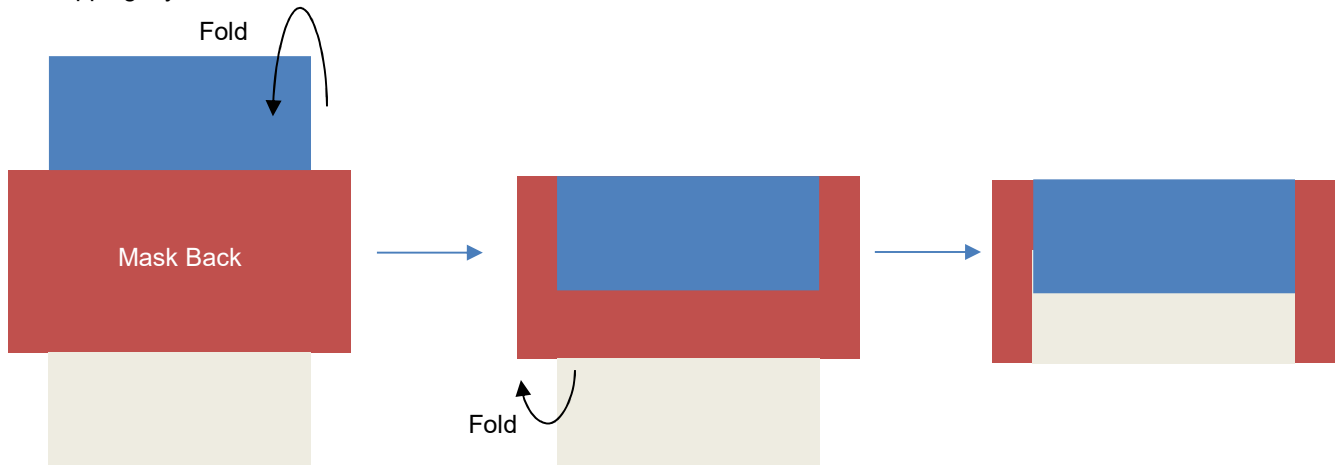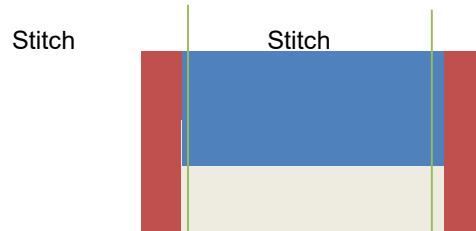
Fold
Mask Back
Fold

5. Turn the mask over. With the "front" facing you, create three pleats by pinching and folding a section of the mask downwards by about 1/2". Press and pin. Repeat twice to create three pleats. TIP: One time saving alteration could be to create two slightly larger pleats – one on the top and one on the bottom. Both should be folded in towards the center (ie. the top pleat down, the bottom pleat up.)

Pinch

Mask Front

6. Turn the mask over to the "back" side. Stitch down the side seams of the smaller block (the short edge) on each side.

Stitch   Stitch

7. Still working on the back, take the short edge of the larger block and turn under until the raw edge of the large block matches the raw edge of the smaller block. Press. Fold again once more, about the same width. Press and stitch along the edge to secure. Repeat on the opposite side. This creates the channel for the elastic ear band. TIP: For speedier and easier feeding of the elastic, consider placing it inside the channel prior to stitching.

Fold

Fold Again Over Top of The Smaller Squares

Stitch
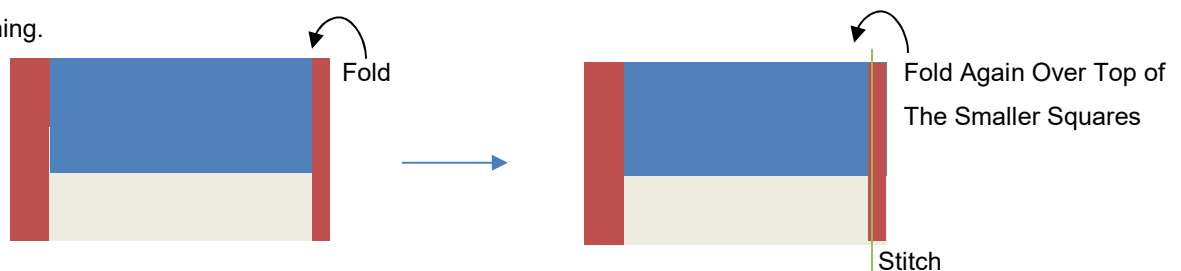
8. Using a safety pin, feed the elastic through the channels created in Step 7. Tie in a knot and rotate the elastic until the knot is hidden inside the channel.

9. Congratulations! You just helped reduce the spread of illness and kept our healthcare workers and community members safer! THANK YOU!