

EASIER FACE MASK DIRECTIONS

by Londa Rohlfing

Londa's Creative Sewing

These directions are written as an EASIER method - mainly changing the side edges of the mask to a much simpler technique I adapted from this video: https://youtu.be/S9R-WII2-5_4. Where a photo from the original directions is better, I have made use of that photo. Please don't let this confuse you. Follow these adapted EASIER directions step-by-step.

Official from CDC through a M.D....

Healthcare Providers use of homemade masks:

In settings where face masks are not available, HCP (Health Care Providers) might use homemade masks (e.g., bandana, scarf) for care of patients with COVID-19 as a last resort. However, homemade masks are not considered PPE (Personal Protective Personal Protective Equipment) , since their capability to protect HCP is unknown.

3/23/20: I was sent this information for your reading and consideration:

https://docs.google.com/document/d/15Y2_5fFWuog_o4q3CjhpdfFC8LXrST3_Kcf-BPjPwCzl/edit

“Caution should be exercised when considering this option. Homemade masks should ideally be used in combination with a face shield that covers the entire front (that extends to the chin or below) and sides of the face.”

That being understood, I set out to refine/add to/improve the directions sent from Days for Girls, and these 2 (**now 3**) Videos I found on YouTube. These directions do NOT replace the official n95 mask as shown to the right. See at left below my original “TENNESSEE Orange” FaceMask with side bindings. At the right below, see my EASIER Face Mask.



SOURCES AND DISCLAIMER



These are the YouTube videos that I adapted for these Written Directions:

<https://www.youtube.com/watch?v=BCJcE-r7kcg> I liked this video the best, especially the pocket at the top for a disposable filter insertion. Further discussion with a Nurse Practitioner friend led me to add the wire shaping at the bottom of the mask in addition to the wire at the top that shapes to the nose. This bottom wire serves to make the Mask a tighter fit.

<https://www.youtube.com/watch?v=grRgoHxPjaY> From this video, I got the idea of using a top grade furnace filter for the DISPOSABLE FILTER*. Reading the label at Lowe's, and discussion with my nurse practitioner friend helped me understand that the 'Merv 13' label wasn't important, but rather that the important thing is to use a grade of filter that labels it as filtering bacteria and virus. My friend was experimenting as well, and purchased a Honeywell brand filter saying the same thing, but the wire grid was in-between the filter - making it non-removable. Therefore, I recommend **high grade filters that filter out viruses** with the wire grid on one or both sides that make it possible to be torn off. (See directions for more detail). From the 20" x 30" furnace filter I purchased at Lowe's for \$20, only 25 double layer disposable mask filters can be created, making them roughly \$.78 each. Alternatively, as shown in the first video, folding some tissues to insert as a filter will add a bit of protection over and above the fabric, but certainly NOT as much as the furnace filter adds. My nurse friend emphasized that the goal is to add layers of protection over the nostrils and the mouth.

<https://youtu.be/S9RWII2-5>

is yet another video that a friend tested and brought to my attention. In my 'EASIER DIRECTIONS', I have adapted ideas from this video. THANKS to EVELYN for finding this video!!!

IMPORTANT: What I came to understand from my nurse friend is that the filter will be **DISPOSED OF AFTER USE!**

SUPPLIES

- ◆ Mask Piece: 15" x 10" cotton woven fabric (men's old dress shirts are high thread count and soft!)
- ◆ two 10" pieces of 1/4" wide elastic. Elastic may come to be in short supply. Skinny bias fabric tubes would work great - see my Video at this link:
<https://youtu.be/kaWK2yTbNOA>
- ◆ Basic sewing supplies - machine, thread, scissors, etc. A metal Bodkin and 'regular' size Safety Pin will be needed as well.
- ◆ Twist Tie Wire - two 6" pieces . I like this best because it is a really thin gauge wire. Pipe cleaners could also work, but the wire is heavier gauge. The stitching at top and bottom edges will have to be further away from the folds to accommodate the width of a pipe cleaner.



(I used a reel from my gardening stuff but look for Garden Twine on **Amazon.smile** where part of your purchase can go to a charity you designate - please select Days for Girls if you have no other preference. With all of the online business Amazon will be getting in the future - at least help some of the funds go to charities.)

CREATE THE POCKET OPENING

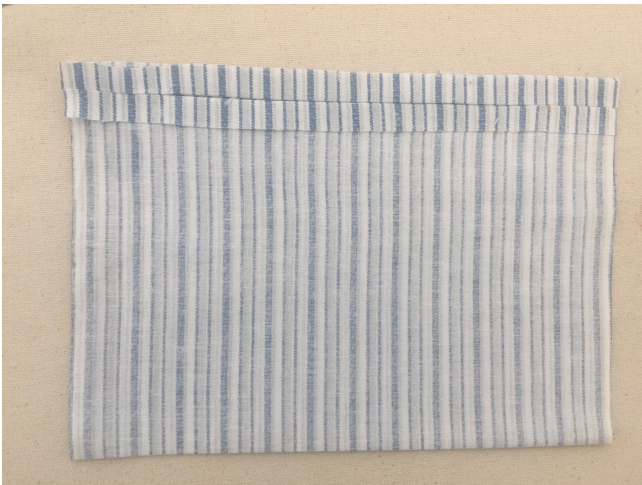
1. Cut pieces as shown above for each mask. Use of a rotary cutter and ruler will make it easy and accurate.
2. Fold the 15" x 10" Mask Piece in half, RST (right sides together) so that it is 7.5" x 10".
3. Along the raw 10" edge opposite of the fold, mark 1.5" down from both the top and the bottom as shown.
4. Stitch a 1/2" seam from the top and bottom to the marks just made, backstitching when you begin and end. The open 'New Sew Zone' creates the nose edge pocket for the Filter insertion.



5. Press this seam open.

REDUCE SIDE BULK WITH TRIMMING INSIDE LAYER

6. Wrong side out, position the fabric as shown in photo to the left.



7. On the upper layer of fabric only, trim away 1" at each side seam, ending 1/4" short of the upper and lower fabric folds.

8. The upper and lower edges look like this:

After trimming as in Steps 7 and 8, your fabric should look like this photo below.



9. Turn fabric tube right side out (RSO) and top stitch the seam seam allowances as shown, working 'inside the tube' at the machine.



ADD FACE-HUGGING WIRES

10. Re-press Mask as shown in step 6 above. Also press a fold in firmly at the opposite bottom Mask edge.

For the next step, be sure to use an old scissors or wire cutter to cut the Twist Tie or Pipe Cleaner. It will dull any scissors or rotary cutter blade!

11, Stitch a healthy 1/8" from these folded edges at the top and the bottom (or whatever width will accommodate the wire) twistie or pipe cleaner, you are using.



12. Insert the wire, centering it in the casing between the stitching and the fold at both the top and bottom edges. The ends should be 2" from each side edge so that they don't get caught in the side elastic casings.

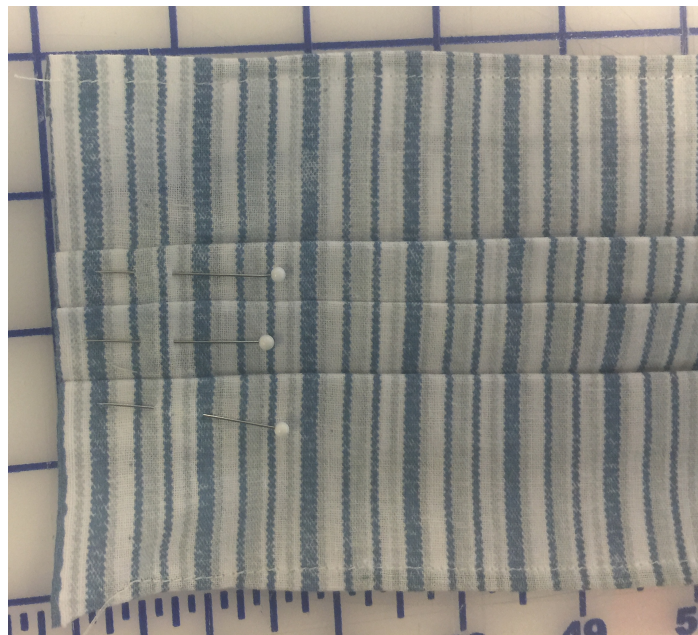
TUCK SIDES OF THE MASK

13. Tuck each short side edge of the Mask with 3 tucks. I did this with the inside, (side of the Mask with the open pocket slot) up as I worked.

* At the bottom, fold at 1.5", and make a .5 (1/2") fold the fabric UPWARDS and secure with a pin. This makes the Lower Tuck.

* At the top edge, mark 1.5" down. Go down 1" more and fold the fabric in a 1/2" tuck to meet this top mark. That makes the Upper Tuck.

*At the center, arrange another 1/2" deep Tuck so that the side measures 4".



REPEAT FOR THE OTHER SIDE of the Mask. *These tucks don't need to be precise - don't labor over it. They just allow for expansion of the Mask over your nose and mouth, and the way our faces stick out in the front.*

14. Stitch close to the raw edges at both sides to hold the Tucks in place.

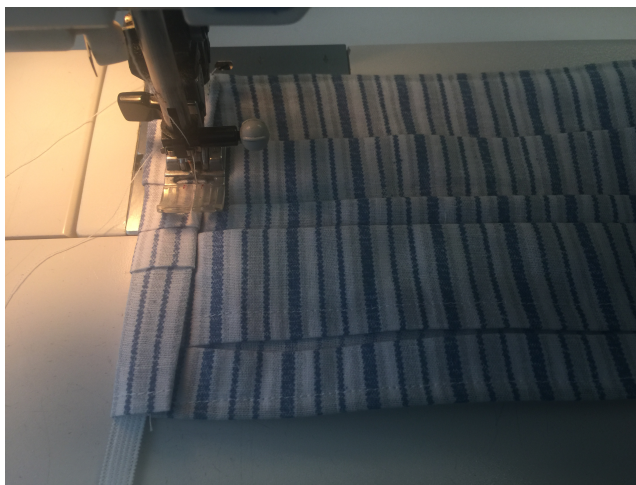


PRESS IN CASINGS AT SIDES & INSERT ELASTIC

15. Press the raw side edges in to meet the inside edge of fabric on both sides (ends) of the mask as shown above.

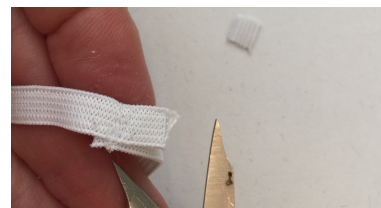
16. Press in AGAIN so that the first folded edge overlaps the edge that was cut smaller back in Step 7.

17. Unfold this last fold and center the 10" piece of 1/4" wide elastic, then refold and stitch very close to the innermost folded edge BUT BE CAREFUL TO NOT STITCH THROUGH THE ELASTIC!



It will be easier to situate your work so that you are stitching 'down the tucks' as shown in the photo below.

18. Without twisting the elastic, pull ends together and stitch SECURELY. Trim any excess ends beyond the stitching.



19. Rotate the elastic around through the casing until the elastic joining is within the casing.

YOU ARE DONE!!!!

Even use of this double layer fabric mask will be of some protection.

This or any inside 'filter' should be DISPOSABLE, and should be THROWN AWAY after each use!!!!

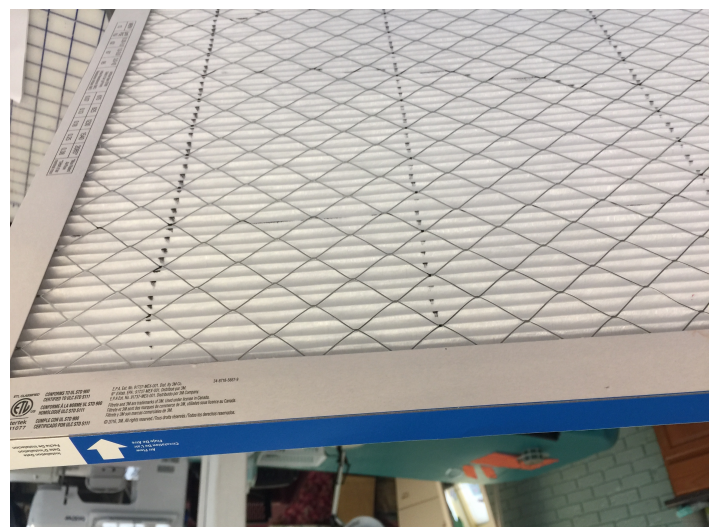
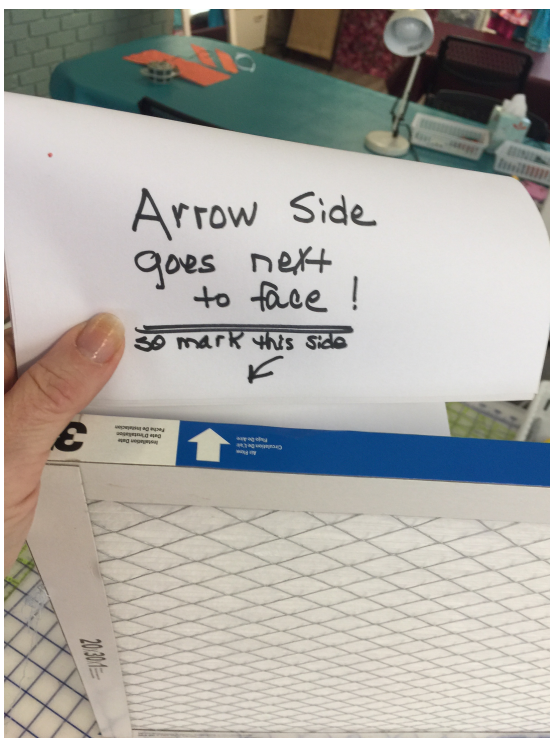


DISPOSABLE FILTER INSERT

I used a 20" x 30" FILTRETE 1900 grade furnace filter as found at Lowe's Home Improvement.

1. It is vitally important to mark AND USE the correct side of the Disposable Filter TOWARD the face. Calling upon the expert knowledge of my carpenter-trained son-in-law, the side of the filter that the ARROW on the cardboard side of the filter is the side that should face the skin when used.

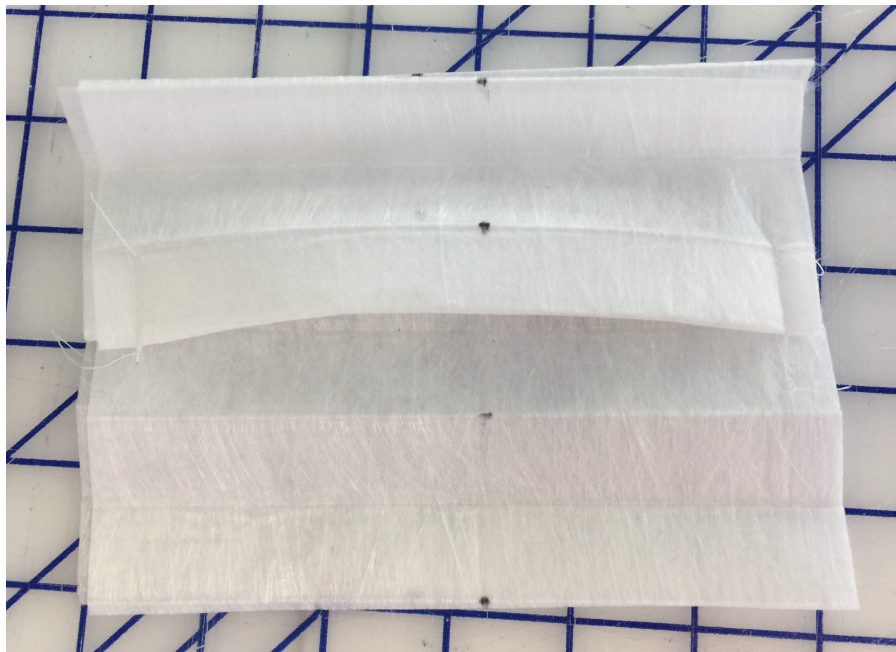
Since both sides of the filter look the same to me, I decided to use a black marker to mark this side of the filter quite thoroughly BEFORE removing the cardboard sides and the metal grid.



2. Tear/cut off the cardboard sides of the filter. I wore 'Klutz Gloves' to protect my hands while doing this and then the even harder part - carefully removing the wire grid from both sides of the filter. Scrunch up and carefully dispose of these sticky wire grids.

3. Spread out the pleated filter. My 20 x 30" filter spread out to 20" x 103" long! Cut 6" x 6" squares, ***making sure that you have the 'face side' markings on each piece.***

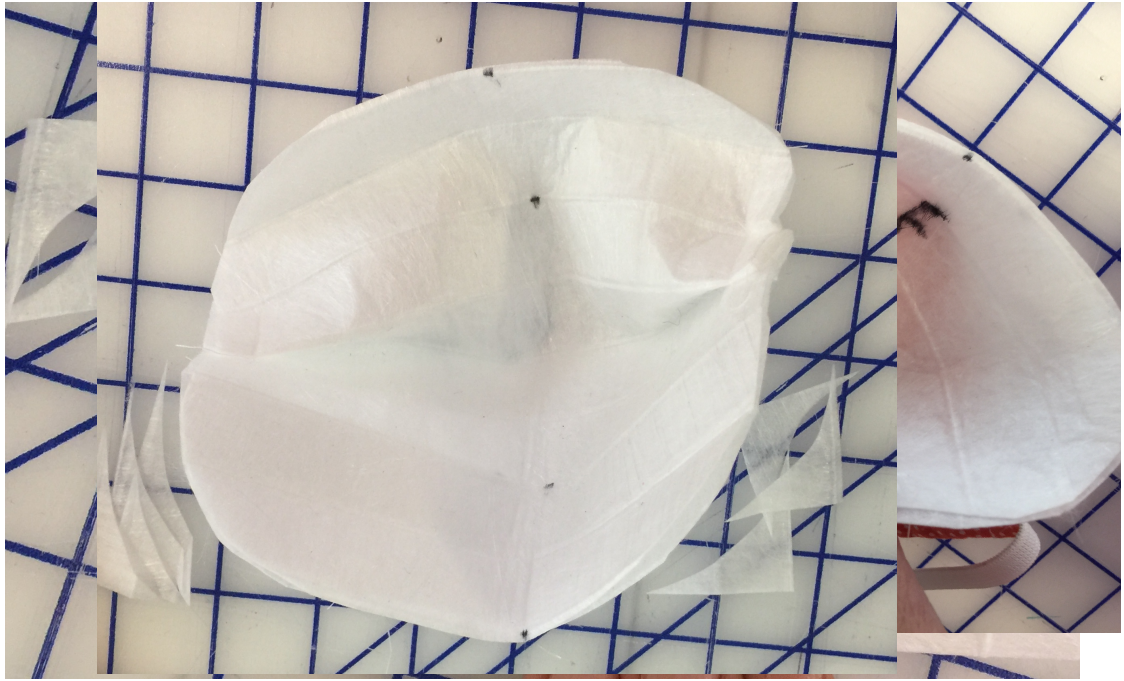
4. Lay 2 layers, 'face side' of both upwards. I found it easy to align the pre-formed pleats of the filter as shown. Pin a tuck into each side, so that the original pleats are going side to side as shown. Stitch to hold tucks in place.



5. Fold in half and round off the corners so that it is an oval shape - making it easier to insert into the Mask.

6. Mark the 'Face Side' of the Disposable Filter. Insert into the Mask.

Distribute to health care and nursing homes as you desire emphasizing that they are NOT n95 quality. Health care professionals tell me that smaller community rural facilities will likely be in the most need.



FREELY share these directions.

If you have any input/constructive suggestions please email them to me at:
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