

## Checklist:

- Cotton fabric or polycotton blend
- Removable filter: non-woven fabric or paper towel
- Scissors
- Tape for ties or elastic
- Pattern
- Pen, pencil or chalk to trace the pattern
- Pins
- Sewing cotton
- Needle or sewing machine

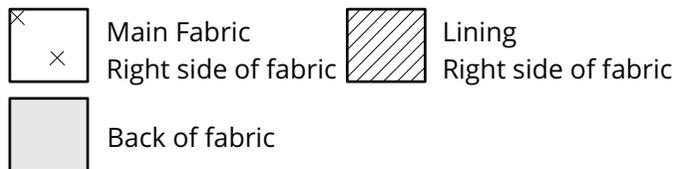
## Instructions:

1. Print out the right sized patten for your face and cut it out along the solid line:
  - Mens: pages 7-8
  - Ladies and Teenagers: page 9
  - Younger Childrens: page 10
  - Small Children: page 11

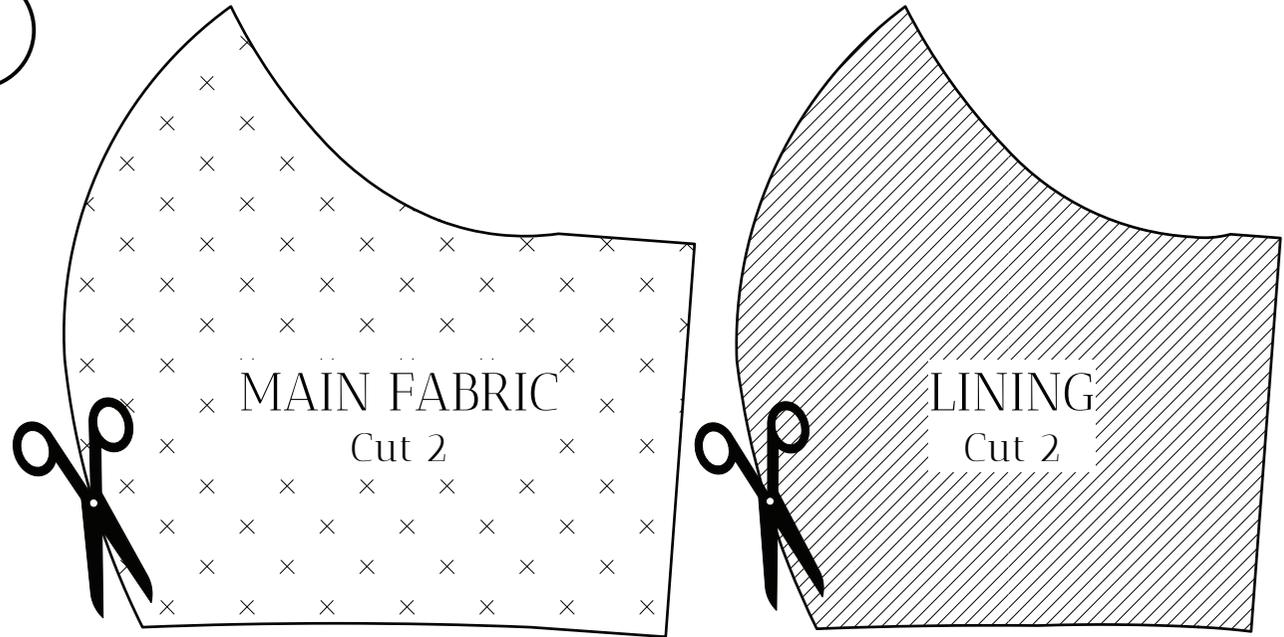
2. Fold both the main fabric and lining fabric in half, pin the pattern to the two layers of fabric and cut two of each the main fabric and the lining fabric

3. Once cut, place the right sides of the fabric together (the printed sides will be facing each other), sew 1cm (10mm) in from the edge along the front curve of the mask on both the main and lining fabric.

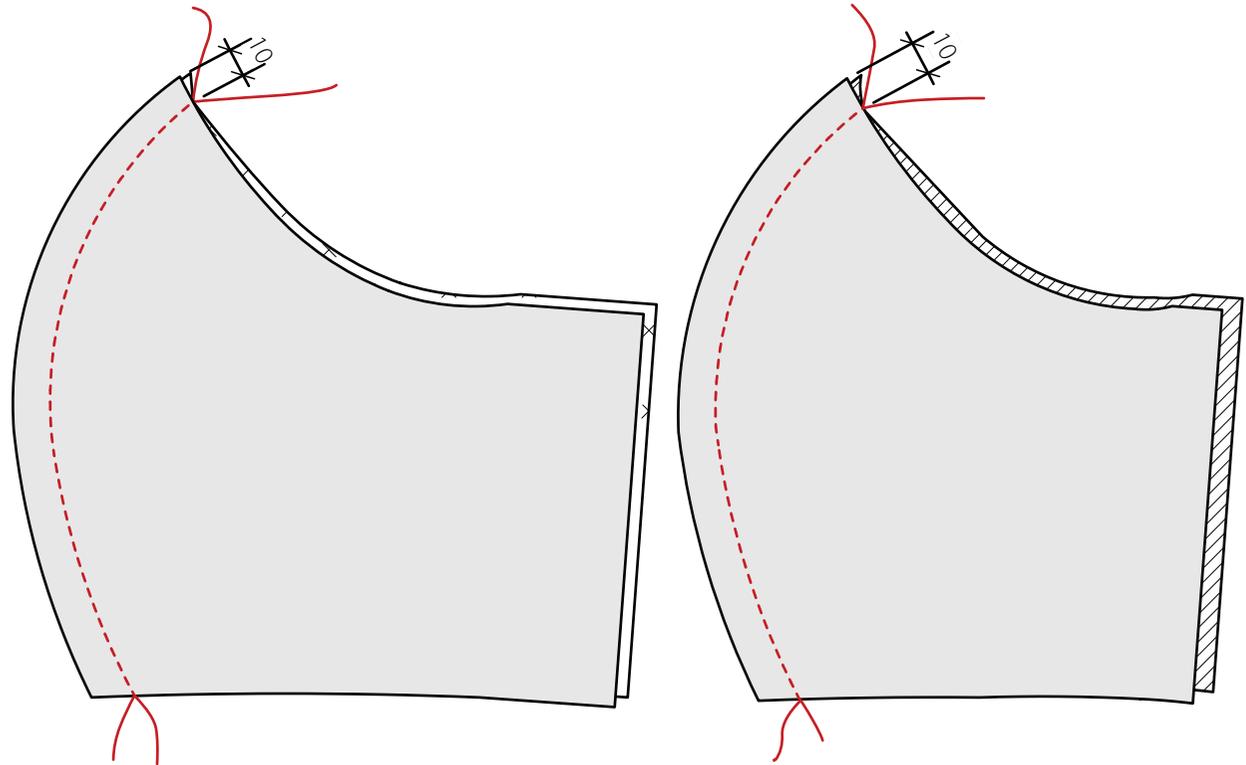
## Fabric Key:



2



3

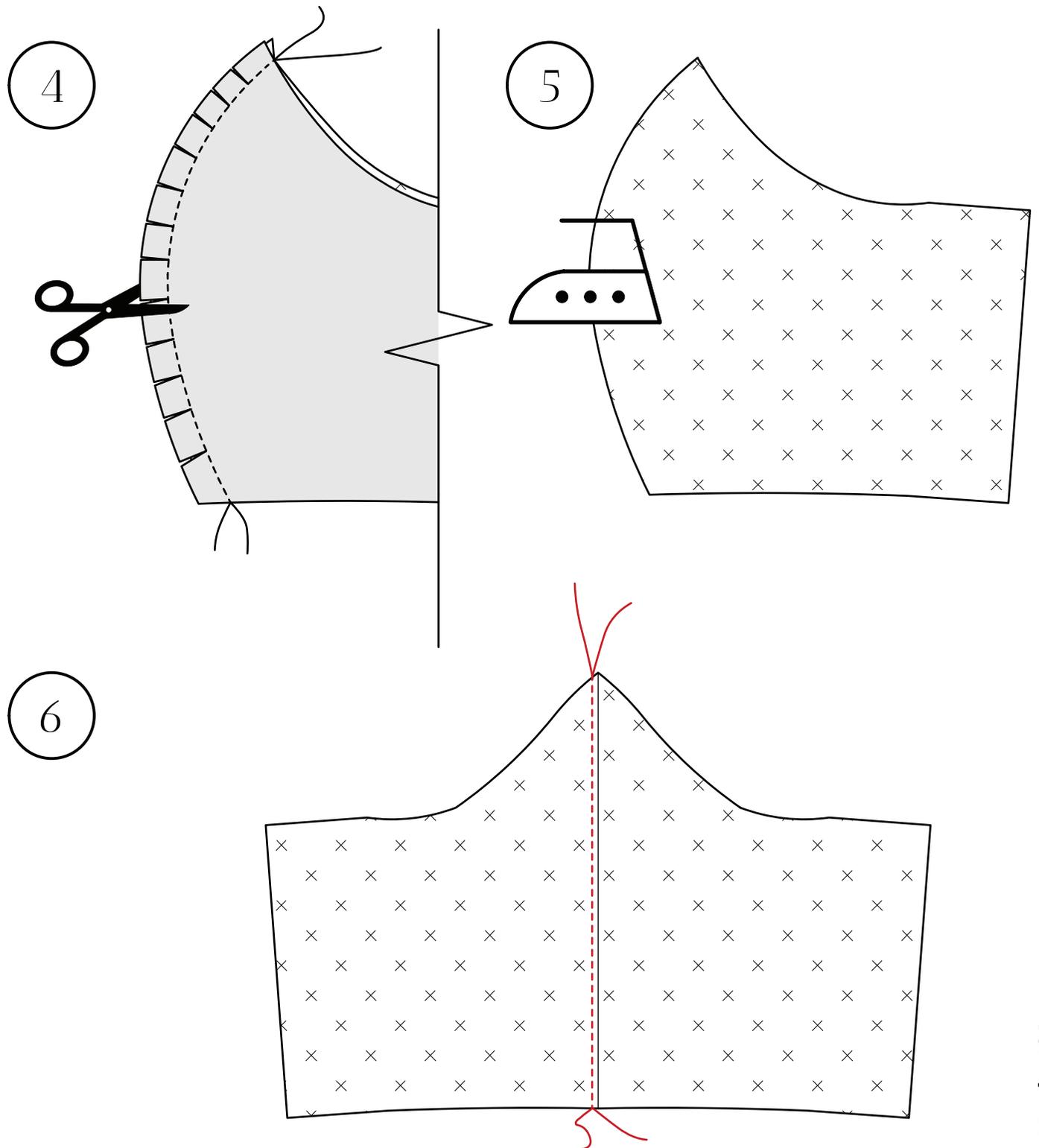


4. Clip the seam allowance along the front curve, be careful and don't accidentally clip the stitches.

5. Turn the masks the right way round and iron the seam allowance flat.

6. Topstitch, near to the centre seam line on the right side of the fabric, along the edge where the seam allowance is to hold it down.

(Apply the above three steps to both the main and lining fabric)



### Top Tip:

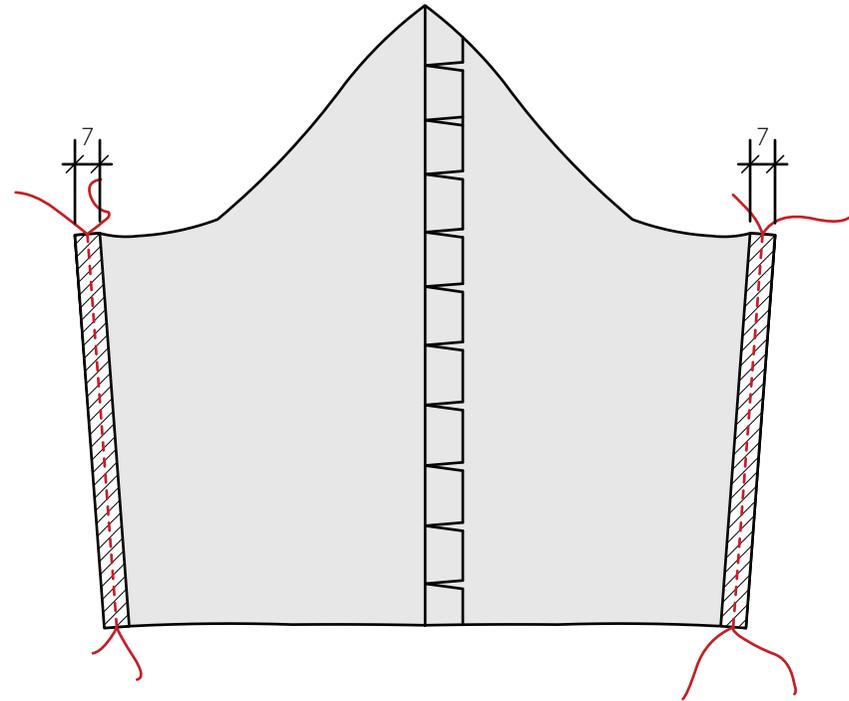
Use two different coloured or patterned fabrics, the main and the lining fabric, so that wearers can know which side faces their mouth (lining) and which fabric faces the outside (main)

7. Fold in 7mm along the two raw edges of the lining of the mask, iron and sew in place.

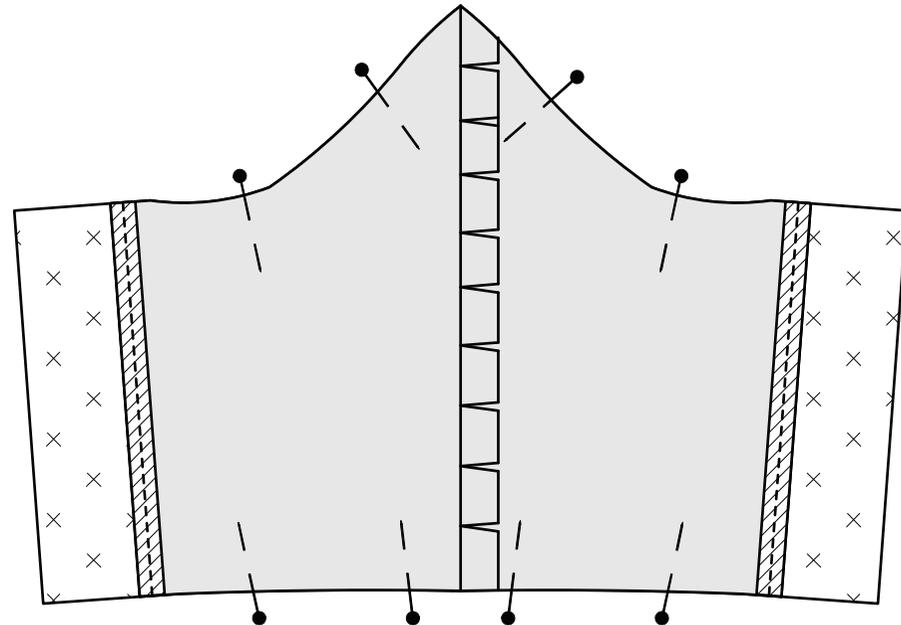
### Assembly:

8. Pin the two sides of the mask together with the right sides facing each other.

7



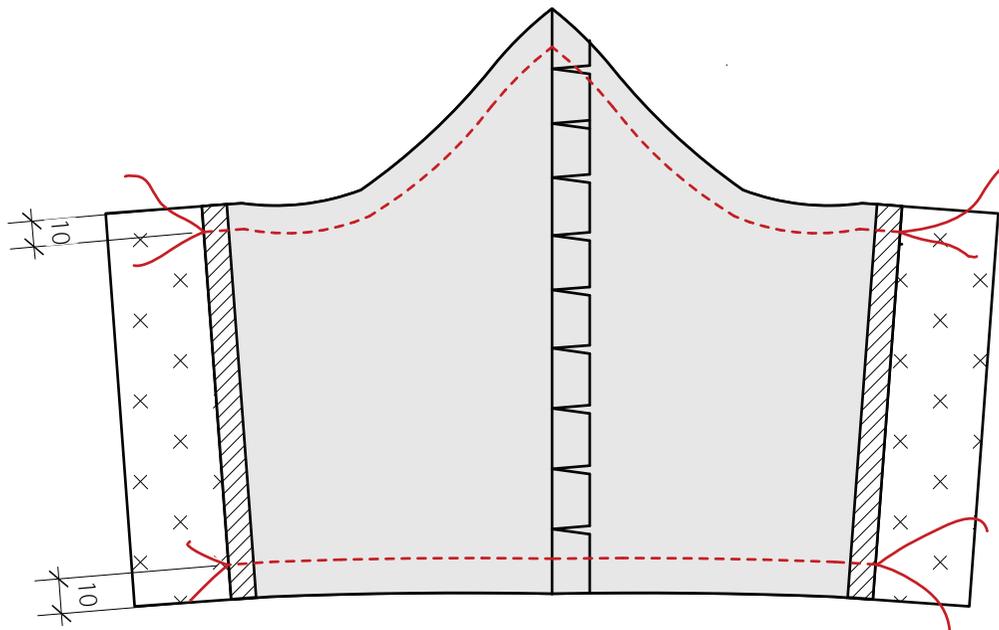
8



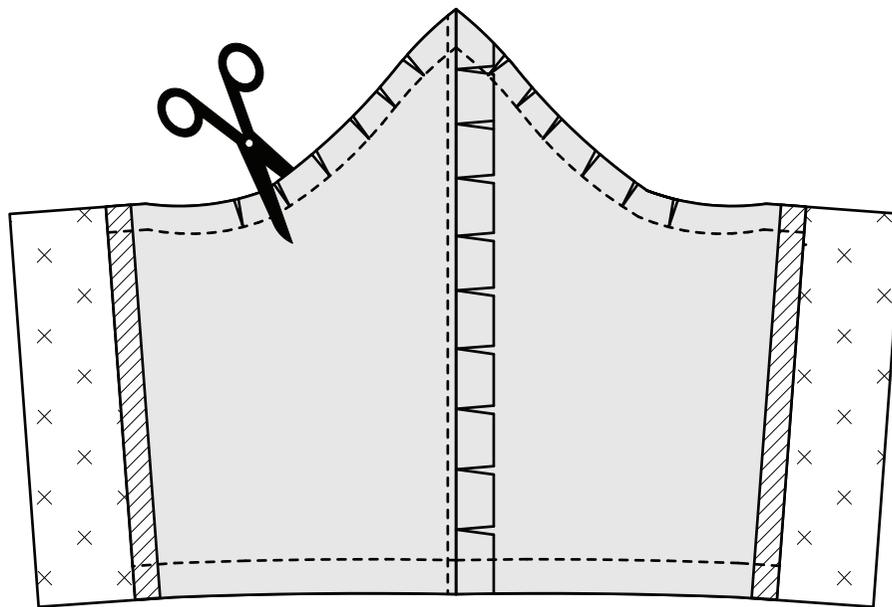
9. Sew the two sides of the mask together with 1cm seam allowance.

10. Clip along the curved edge.  
You will notice the main fabric is longer than the lining, these sides will be folded in for the elastic or tape ties to be threaded through.

9



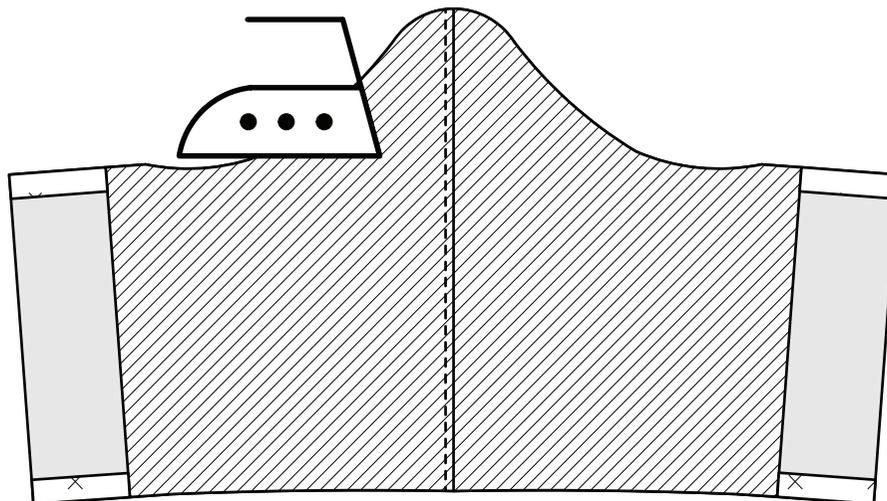
10



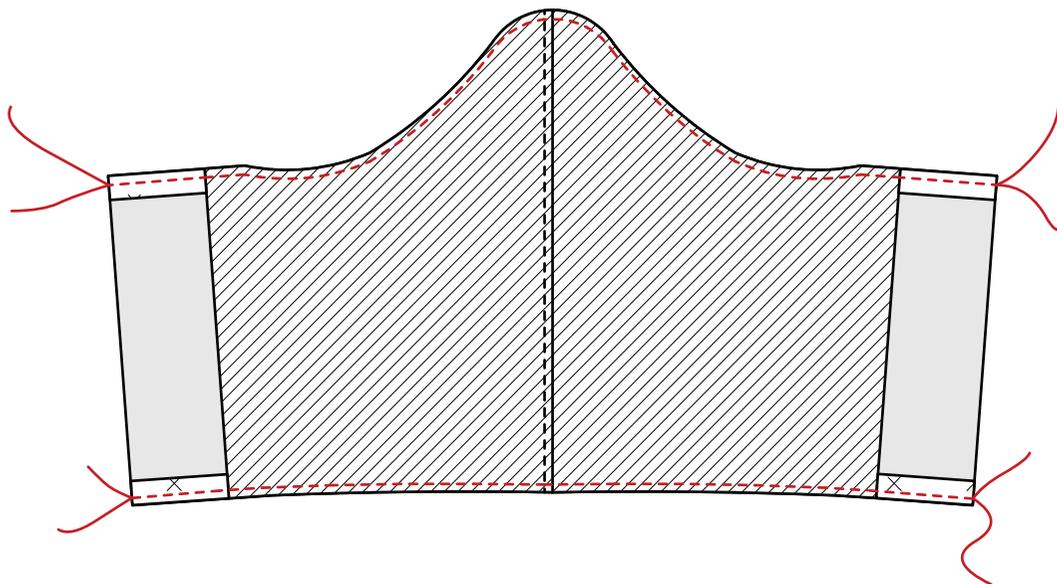
11. Turn the mask the right way round and iron the seams flat.

12. Topstitch near the edge of the mask as shown in picture, along the top and bottom of the mask.

11



12



### Top Tip:

Cut out a piece of non-woven fabric or paper towel to the same size as the finished mask and place it between the two fabric layers as a removable filter.

13. To make the pockets for the elastic or fabric ties, fold in the raw edge by 7mm, iron flat.

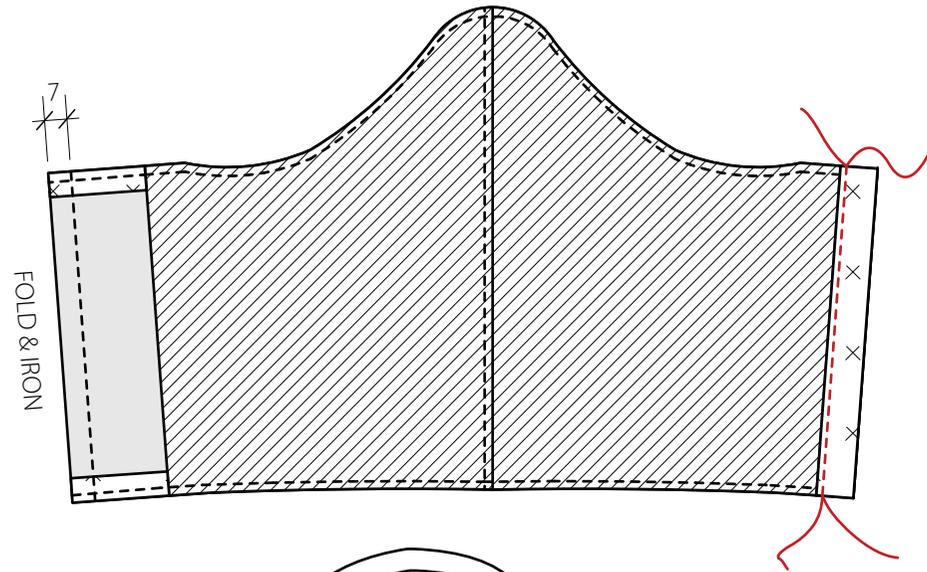
14. Then fold in the ironed edge until it meets the lining edge, sew in place. Apply this to both sides.

15. Cut a 70cm length of 6mm elastic. Using a safety pin to thread the elastic through the pockets. Tie a knot with the two ends of elastic and conceal it in the pockets.

We hope you enjoyed making your mask, now make more for your family, friends and neighbours.

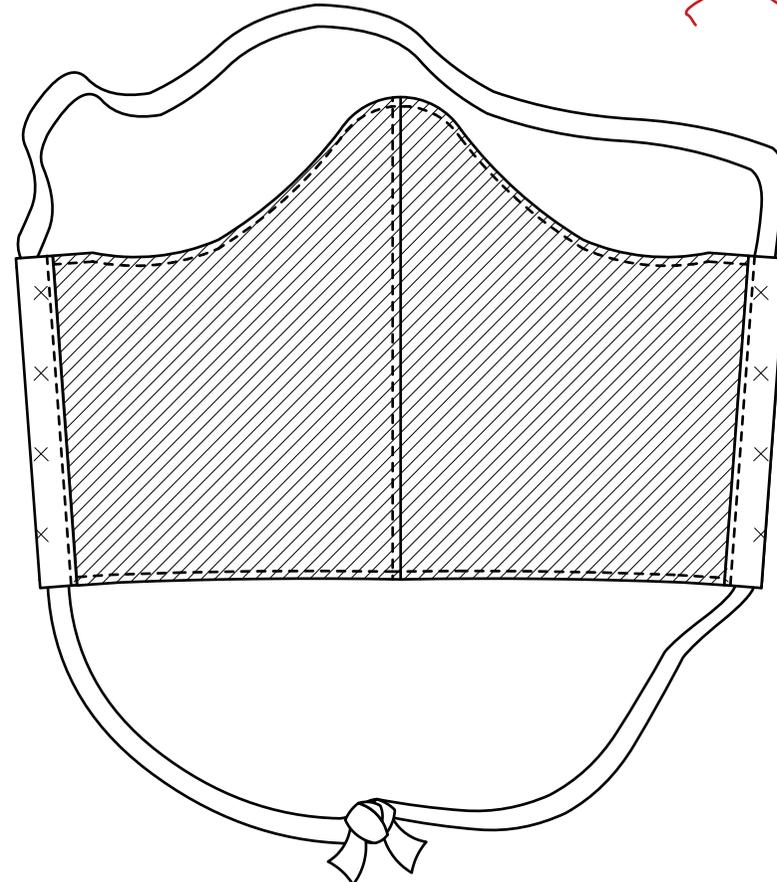
Happy Sewing!

13



14

15



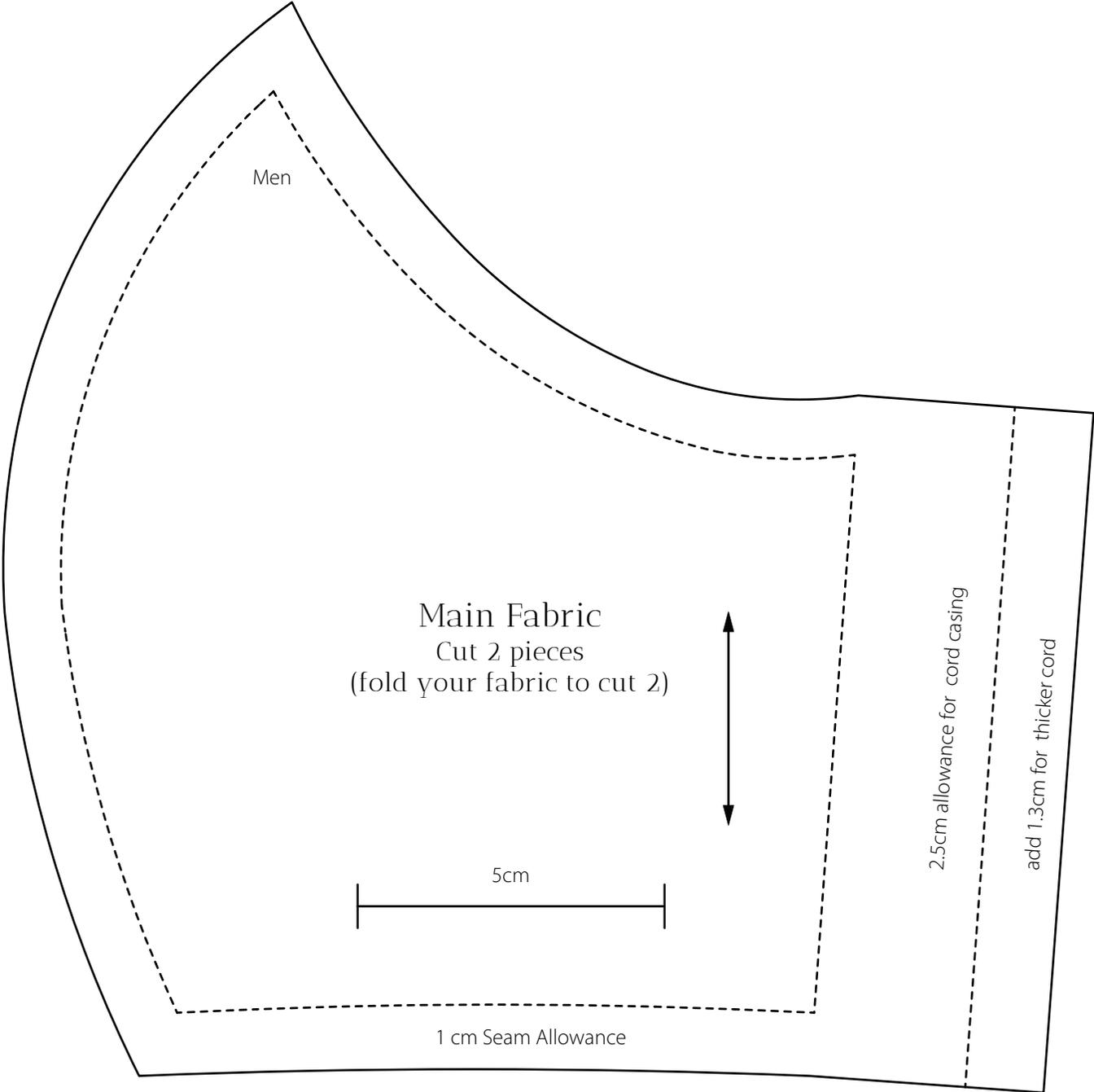
Let us know how many masks you have made so we can add them to our mask counter on

[www.masks4sa.co.za](http://www.masks4sa.co.za)

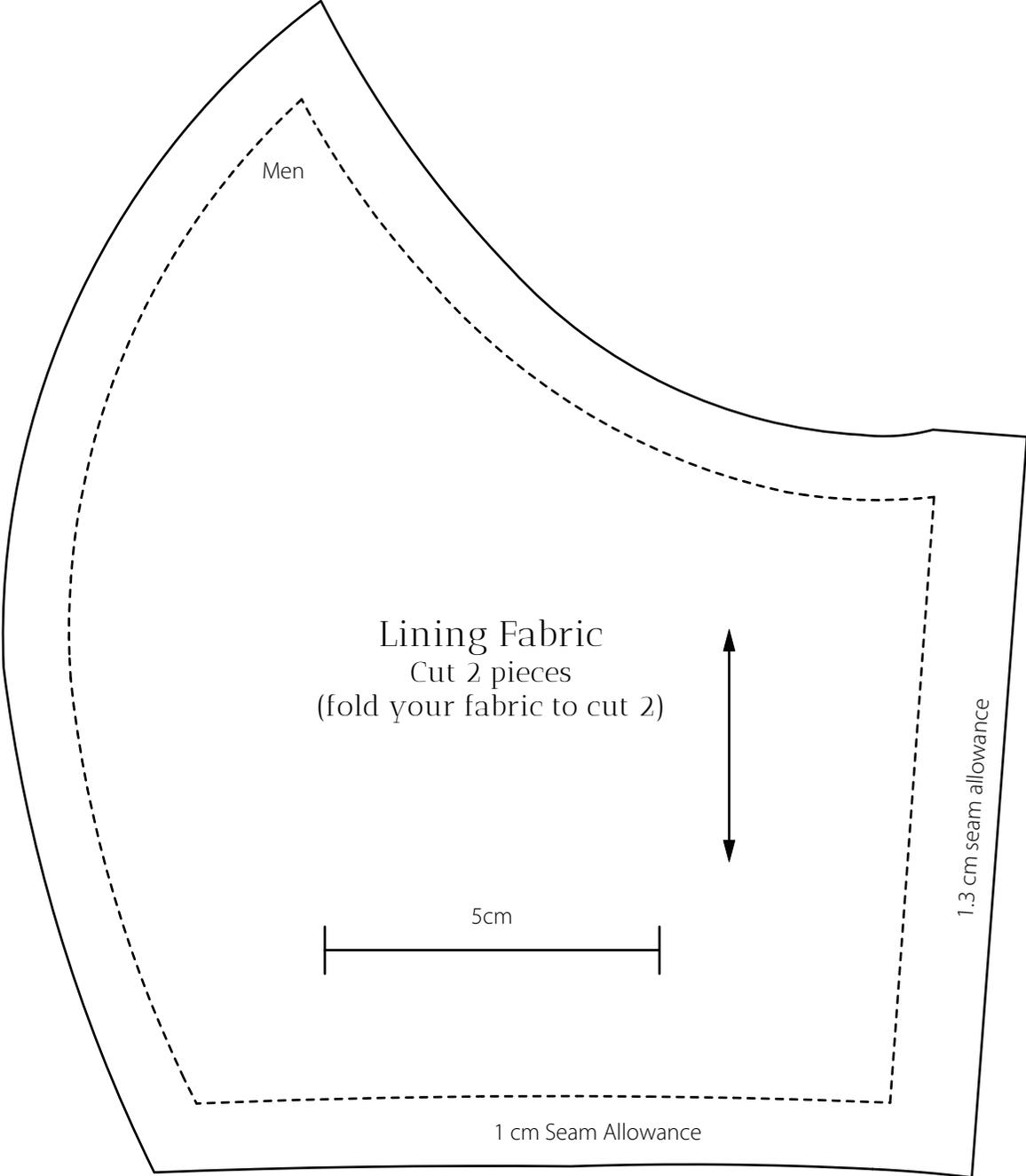
Find us on Instagram & Facebook @Masks4SA

# Pattern

## Contour Face Mask for Men

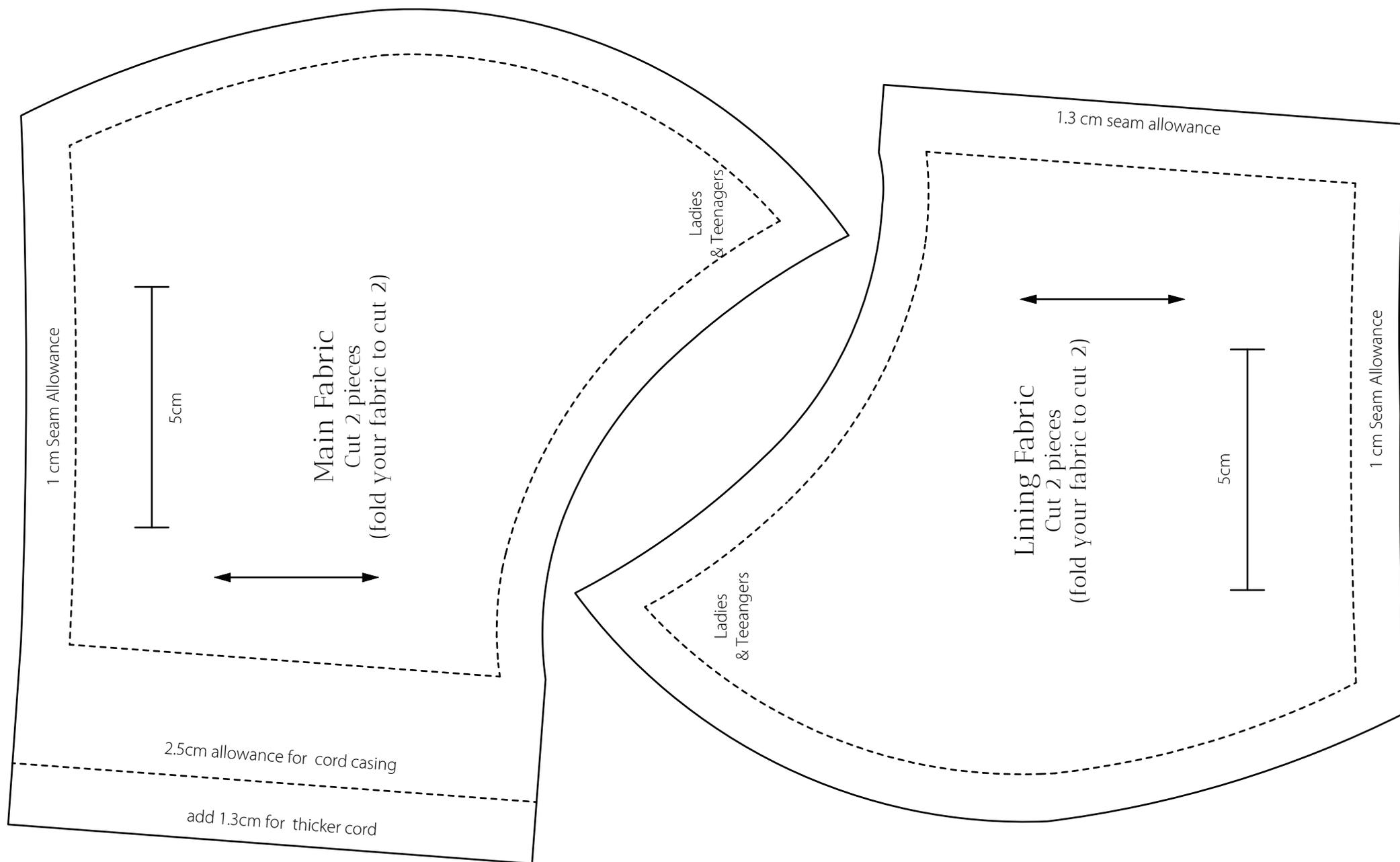


Pattern  
Contour Face Mask for Men



# Pattern

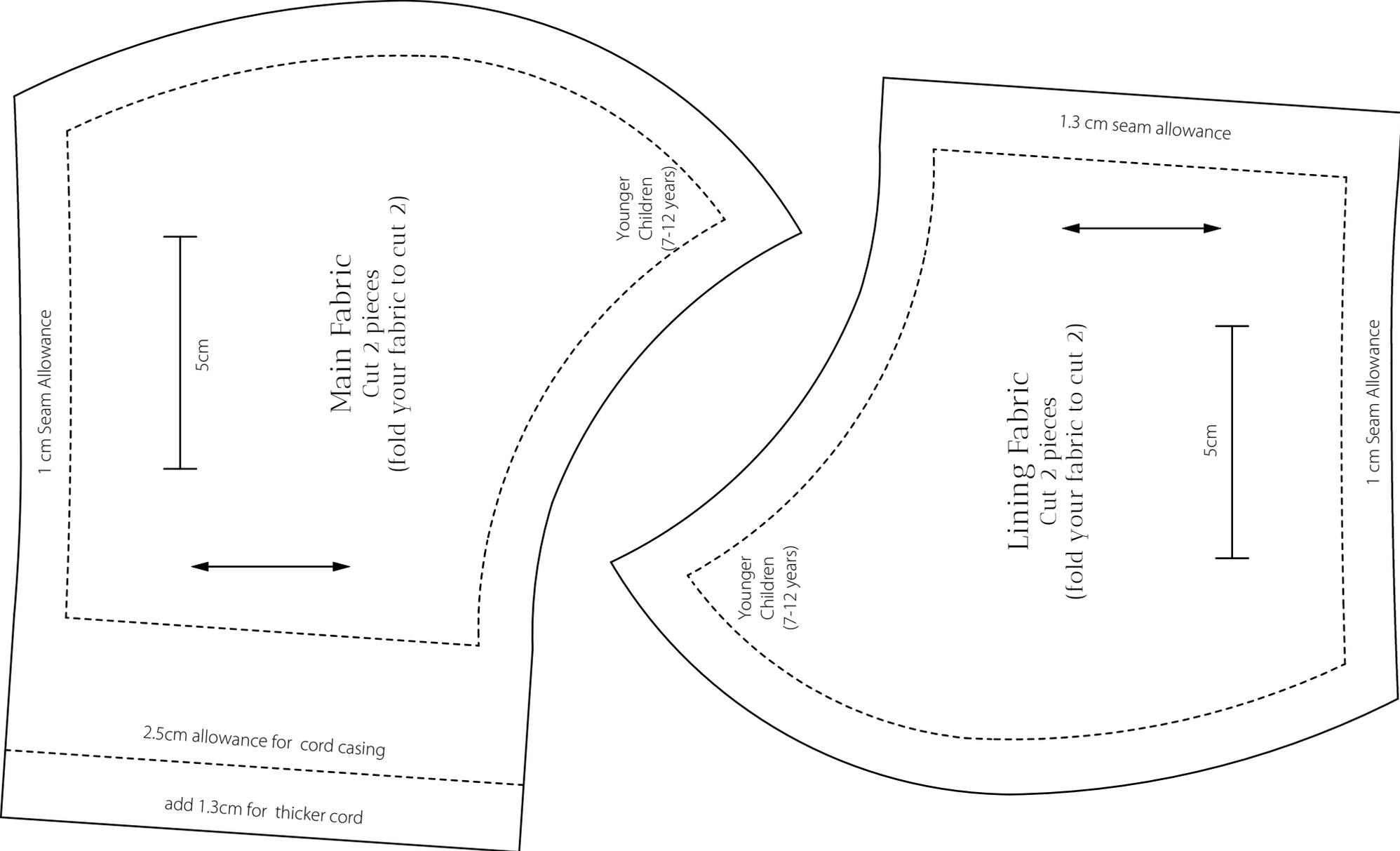
## Contour Face Mask for Ladies and Teenagers



# Pattern

## Contour Face Mask for Younger Children

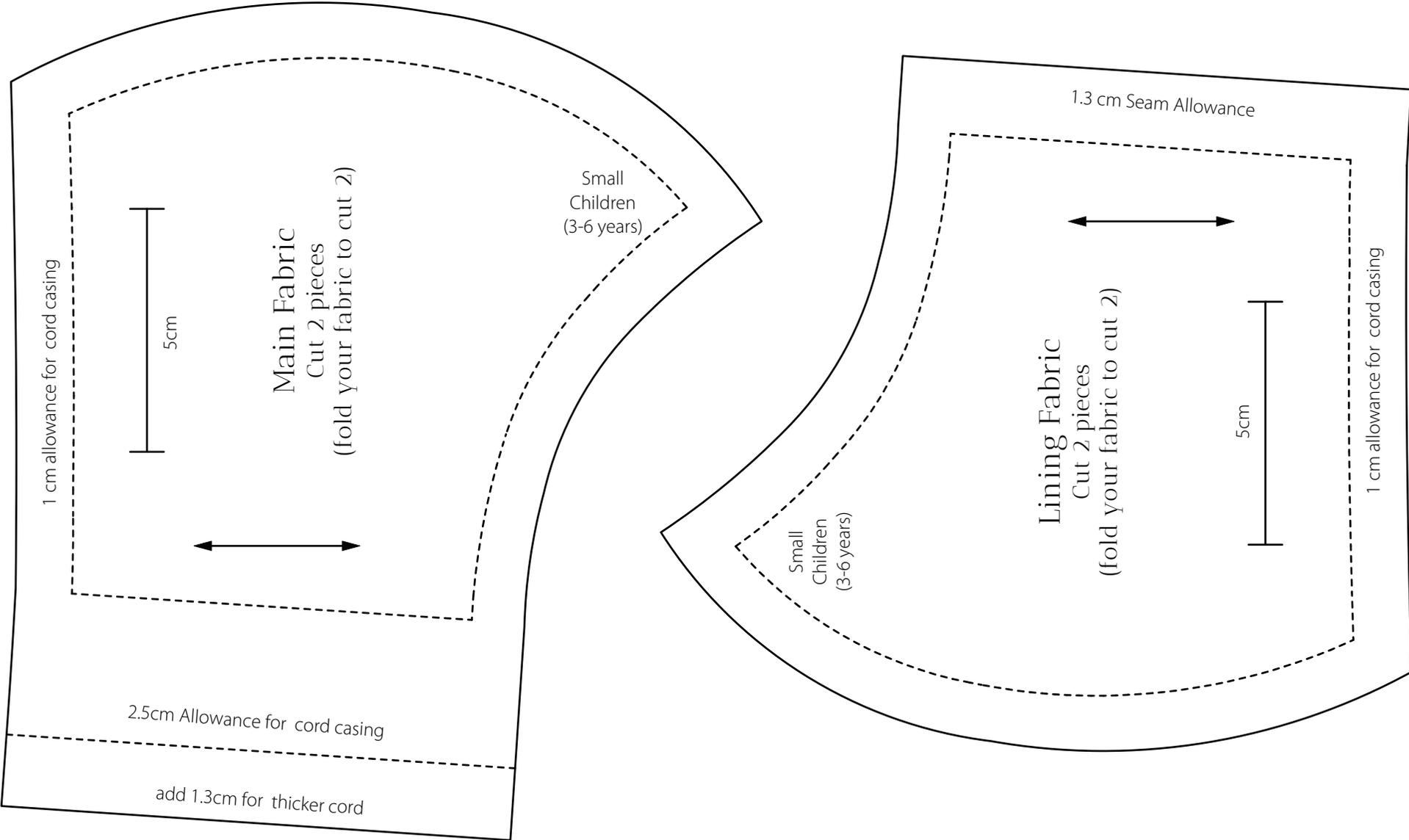
7-12 years



# Pattern

## Contour Face Mask for Small Children

3-6 years



MASKS FOR  
SOUTH AFRICA  
#masksforssa

Face masks alone will not stop the spread of Coronavirus and should be used along with all other preventative practices recommended by government.

I protect you, you protect me

By wearing a mask you are partially reducing the chances of you catching COVID-19 and you are making it socially acceptable to wear masks in public. You are also preventing the spread of coronavirus if you have unknowingly contracted it.

### Use instructions

Before putting on the mask wash your hands thoroughly with soap and water

Cover mouth and nose with mask and make sure there are no gaps between your face and the mask

Avoid touching the mask while using it. If you do wash your hands thoroughly with soap and water.

After wearing your mask you should consider it to be contaminated and treat as such. Take it off and wash it in water above 60°.

You should then go wash your hands thoroughly before touching you face or anything else in your home and safe zone.

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# Please take a free face mask

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## **I protect you, you protect me**

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**MASKS FOR  
SOUTH AFRICA**

@masks4sa

#masks4all

#masks4sa

### **Use instructions**

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