for printing:
this square is
1″ x 1″
(2,54cm)

1/2″ seam allowance

Center front, place pattern on fold along here

3/4″

1/2″

1″

1/2″

1″

1/2″

1 1/4″

1/2″

**CUT TWO Mask Template
FROM 100% COTTON FABRIC
(For front and inside lining)**

**CUT TWO
Binding Strips:
2″ x 42″**

**CUT ONE
Binding Strip:
2″ x 10″**
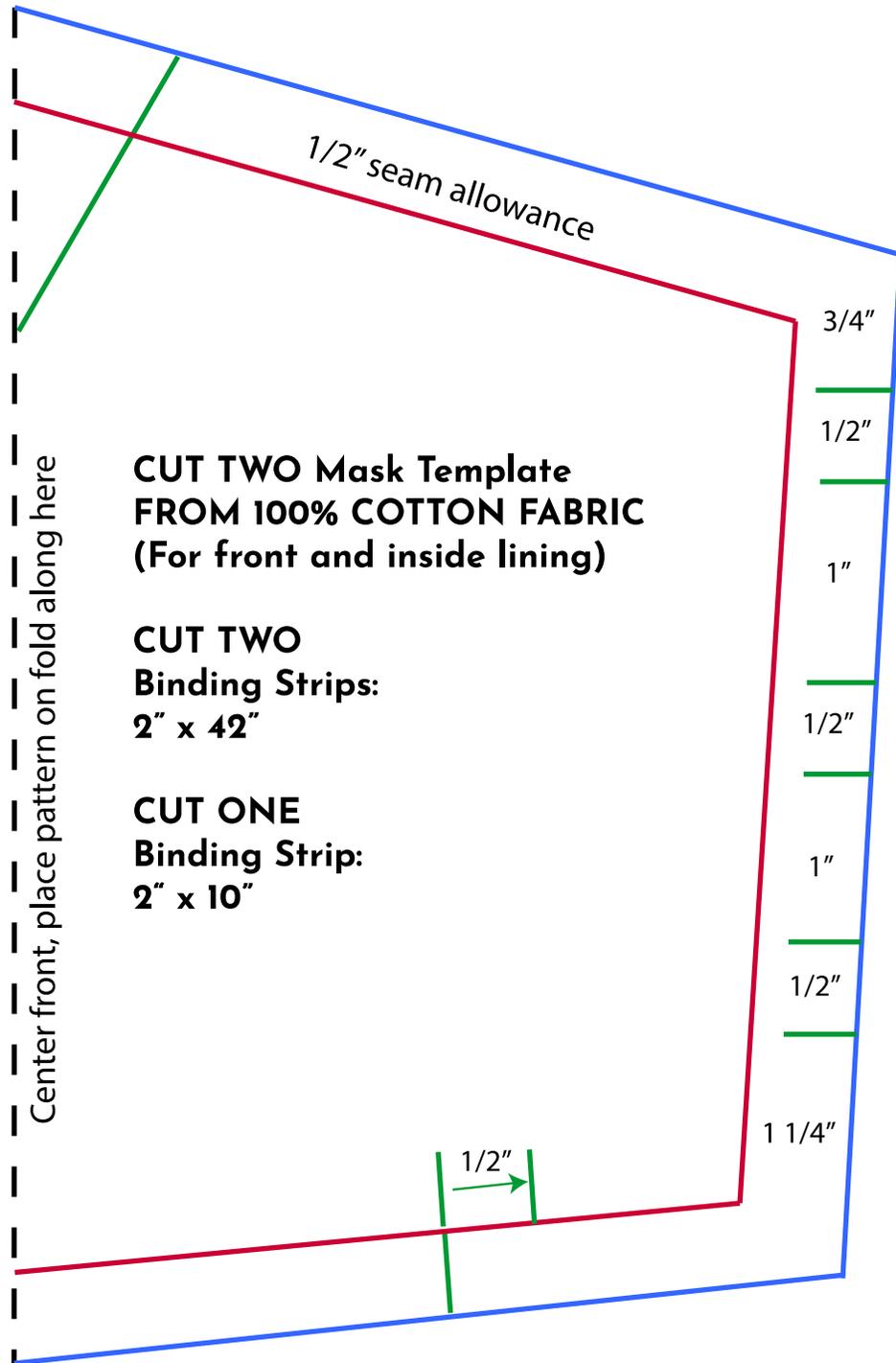
# PPE Fabric Mask Pattern
**Visit nursemade.co**
for walk-through instructions

### Print pattern.
Printer setting should be "Print to Scale 100%".
Make sure all "scale to fit" option remains unchecked.
When printed correctly, print box in upper right hand
corner of pattern, will measure 1"x1".

*Print at 85% for smaller faces and older children (Mask
should NEVER be placed on children under 3 years of age)*

### Cut out Mask Face Pattern x2
Fold Fabric in half and cut out Mask Face Pattern template x2
from 100% cotton. (Outward-facing fabric and inside-lining
fabric). Cut out interfacing (optional).

Iron non-woven fusible interfacing onto the
wrong side of inside-lining fabric (optional).

### Cut out Side-binding & Ties.

2 strips of fabric, 2" x 42".
1 strip of fabric, 2" x10".

### Mark Top Darts
Mark top darts with pencil on the
wrong sides of 2 mask face pieces.

### Press & Sew Horizontal Pleats

Mark and Press Mask Face

Cut/mark notches for pleats and folds along the left side,
right side, and bottom. These pleats and folds make the mask
stretch and shape your mask and help to create a snug seal
with the wearers face.

With 2 mask face pieces on top of each other, right side out,
inside lining fabric towards you and outside fabric facing the
ironing board. Top of the mask pointing away from you.

### Step One:
Fold a straight line between 1st notches on the left and right
side. You should fold the top side of the mask towards you.
Press in place.

### Step Two:
Flip mask face over. Outside fabric facing towards you and
lining fabric facing the ironing board. Same as above, but with
2nd notches on the left and the right side. Again, fold the top
side of the mask towards you.  Press in place.

### Congratulations!

You have made a pleat! Press with hot iron.

Repeat Step One above with the 3rd notches and
Step Two with the 4th notches. Press second pleat.

Repeat Step One for a final time with the 5th notches
and Step Two with the 6th notches. Press the third pleat.

Stitch pleats in place using a 1/2" seam allowance.
Trim side edges to ¼ inch.

### Dart, Hem & Fold

Flip the mask inside out

Pin in darts and inner pocket hem.

Stitch in darts. Stitch in pocket hem.

Flip mask right side out.

Nest top darts together and pin at midline.

Pin folds. With the outside of the mask facing away from you,
and the bottom edge of the mask facing up, create ½" fold
along markings. Pin and stitch folds in place.

### Press Binding

Get your binding

Set the mask face aside.

Get your 2" strips (2x42" and 1x10") and your iron.

Fold and press 1/4" hem on both sides lengthwise of binding.

Fold in half, hems facing towards each other, and press again.

*Call your friend with a 3D printer and ask them
to print you a bias tape maker.*

## Bind Mask

Bind Sides

Get mask face

Pin left and right side binding in place.

Sew binding using a ⅜" seam allowance.

Trim binding at top and bottom,
following curve of mask edge.


## Bind Bottom

Pin middle of bottom tie to middle
of bottom edge of mask.

Sew binding using a 3/8" seam allowance.

Back stitch where bottom binding crosses side binding.

Tuck and hem binding ends.


## Bind Top

Pin middle of top tie to middle of top edge of mask.

Sew binding using a 3/8" seam allowance.

Back stitch where top binding crosses the side binding.

Once you have reached the mask face, stop and insert 4" strip
of ¼" aluminum flat wire. The flat wire should sandwich between
the front of the mask face and binding layer.

Stitch in aluminum flat wire in place.

Continue to sew binding, back stitching where
top binding crosses the side binding.

Tuck and hem binding ends.


Sew 1/4" vertical stitches to the left and right sides
of aluminum flat wire to keep it centered in the mask.


**You did it!**
**Rock out in your new mask**