

burda Mask 1 Download

MASK 1 (S-XL) (DIY FACE MASK)



Size L

4 SIZES

S	Babies / Children (Small)
M	Children (Normal) / Adults (Small)
L	Adults (Normal)
XL	Adults (Large)

PLEASE NOTE:

These are instructions to sew a DIY protective face mask. The mask is not officially certified nor has it been officially tested. The production and use of the mask is therefore at your own responsibility.

PREPARE THE FABRIC

We recommend washing any fabric before cutting out pattern pieces. If possible, the fabric should be dried in a dryer. This will ensure that the finished item will not shrink after laundering and it will be free of undesirable additives. The fabric should then be ironed smooth to make cutting out the pieces easier.

The 'good' side of the fabric is used as the right side and faces outward when wearing the mask.



MATERIALS:

RECOMMENDED FABRICS:

- ▷ Tightly woven cotton fabric, about 40 x 40 cm (16" x 16")

NOTIONS:

- ▷ Elastic, 5 mm (3/16") wide: about 50 cm (20")
- ▷ 2 small safety pins
- ▷ Florist's wire or medium weight hobby wire, about 20 cm (8")
- ▷ Interchangeable filter layer:
 - e.g. paper kitchen towels or antibacterial fibre fleece (e.g. high-filter vacuum cleaner bag, antibacterial dish washing sponge cloth)

ALSO REQUIRED:

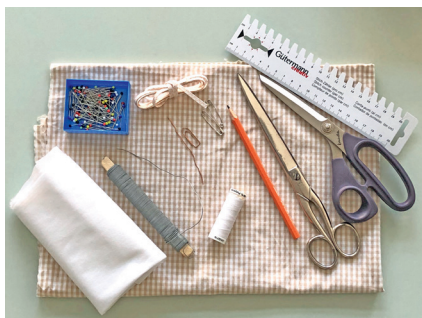
- ▷ Pencil, Paper scissors
- ▷ Tape measure or hand gauge
- ▷ Straight pins ▷ Tailor's chalk
- ▷ Fabric scissors and thread scissors
- ▷ Sewing thread, Sewing machine, machine needles
- ▷ Hand sewing needle

PATTERN PIECES:

piece 1	top fabric layer	1x
piece 2	lining and filter each	2x

CARE AND CLEANING

The mask should be stored in a dry place. After wearing, carefully remove the mask without touching the fabric. Wash the mask after use (at least once a day at a minimum of 60°C). Remove the filter layer before washing, leave to dry thoroughly.



1 PREPARE YOUR MATERIALS

Before you begin, gather all required supplies. A sewing machine would be ideal. With a little patience, however, the mask can also be sewn by hand. Cut out the paper pattern pieces in your size from pages 4 and 5. If you would like to sew different sizes, please use tracing paper or dressmaker's carbon paper to trace each size. The pattern pieces include 1 cm ($\frac{3}{8}$ ") seam allowance. You will also have to sew 1 cm ($\frac{3}{8}$ ") next to the edge.



2 CUT OUT THE PIECES FOR THE MASK

Fold the fabric in half, right side facing in. Pin paper pattern piece 1 to the double layer of fabric (printed side facing up) and use chalk or a pen to mark along the edge of the paper pattern piece. Cut out on the marked lines. Clip about 3 mm ($\frac{1}{8}$ ") into the seam allowances at the small markings. Use pattern piece 2 to cut out the lining and the filter. Trim the upper and lower edges of the pieces for the filter each by 1 cm ($\frac{3}{8}$ ") so that they better fit into the mask.



3 STITCH THE CENTRE SEAM

Remove the paper pattern pieces but leave the fabric pieces together. Stitch the pieces together along the curved centre seam spaced 1 cm ($\frac{3}{8}$ ") next to the edge. Then trim the seam allowances to 5 mm ($\frac{3}{16}$ "). The allowances can also be clipped toward the line of stitching along the curve. Important: Do not cut into the seam. Then press the allowances open. Stitch the seams on the lining and centre seam on the filter likewise.



4 TOPSTITCH THE CENTRE SEAM

Stitch to each side of the centre seam on all pieces (outer mask, lining and filter) spaced 2 mm (a scant ($\frac{1}{8}$ ")) next to the pressed open seam allowances. This will make the seam lie flat.

5 FINISH THE SIDE EDGES OF THE LINING

Neaten the allowances at the short edges of the lining with a narrow zigzag stitch or overlock stitch. Then press the allowances 1 cm ($\frac{3}{8}$ ") wide to the inside and stitch.

6 DOUBLE THE MASK

Lay the lining on the mask with right sides facing, e.g. the 'good' fabric sides are facing in. Pin the upper and lower edges of the mask and lining together (matching centre seams). Stitch these edges together 1 cm next to the edges. Turn the mask right side out (the 'good' fabric side is now facing out) and press the upper and lower edges flat. Also press the seam allowance not yet sewn at the end of both edges. Stitch 7 mm ($\frac{1}{4}$ ") wide along the upper edge (width of your machine's presser foot) from one side edge to the other.



7 CONSTRUCT A CASING FOR THE ELASTIC

Press the allowances at the side edges of the mask 1.5 cm ($\frac{3}{8}$ ") wide to inside (the small clippings indicate the width), and stitch the allowances 1 cm ($\frac{3}{8}$ ") next to the edges.



8 INSERT THE ELASTIC

Cut the elastic into two equal pieces. Use a safety pin as a bodkin to insert the elastic through the side casings. Overlap the ends of the elastic for a proper fit and use a safety pin to secure each end. The elastic can then be removed before washing the mask.



9 INSERT THE WIRE

Cut a piece of wire about 16 cm ($6\frac{1}{2}$ ") long. Bend over the ends of the wire and slip it into the casing at the upper edge (space between upper edge and stitched seam). Press the wire to your face when you put on the mask. This will ensure an optimal fit. Insert the filter layer between the outer mask and the inside lining from the side. The elastic, wire and filter can be removed before washing the mask.

TEST SQUARE 10 X 10 CM (4" X 4")

PRINTER SETTINGS

The test square must measure exactly 10 x 10 cm (4" x 4"). If not, please check the settings of your printer. Important: Scale 100 %

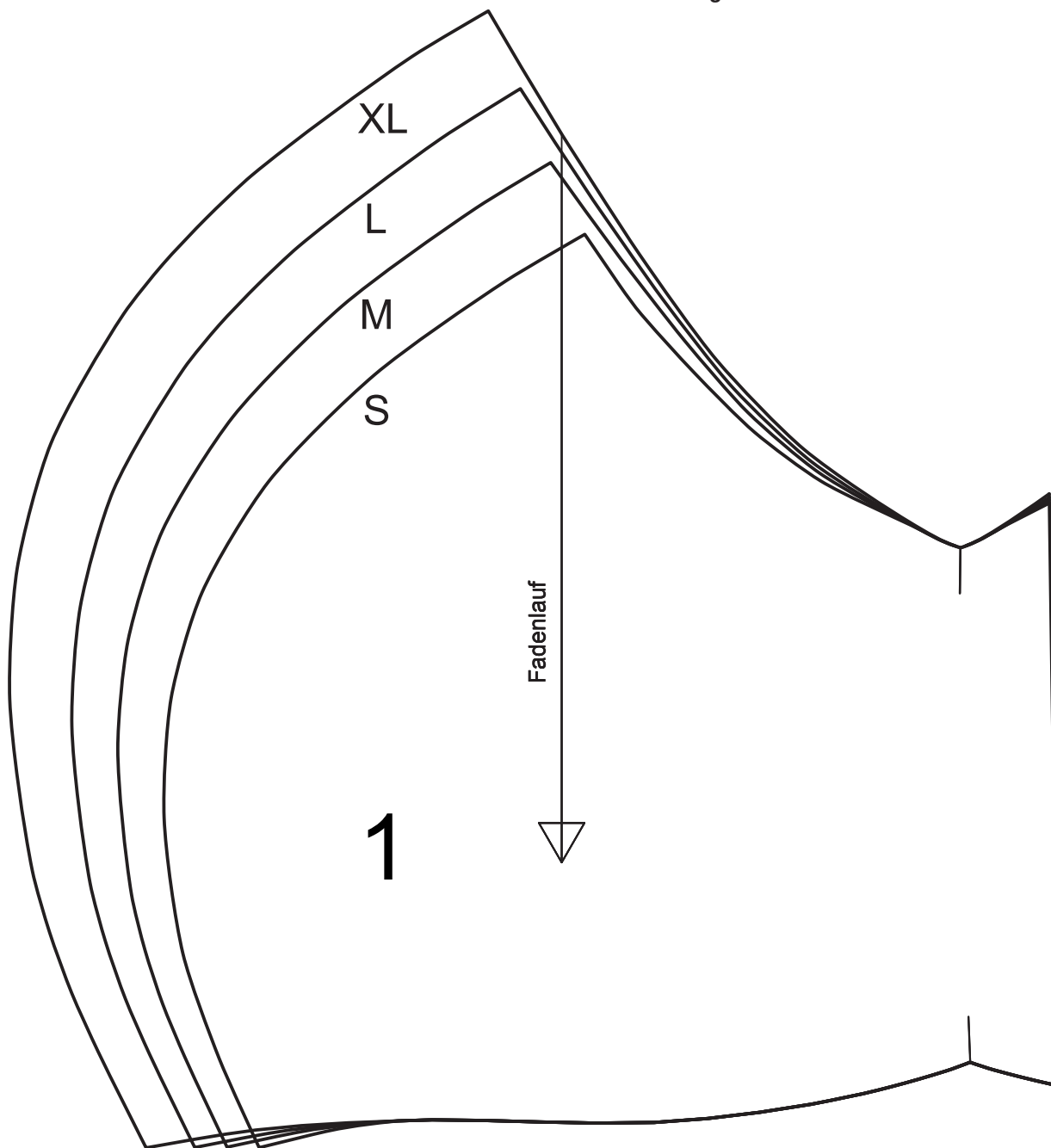
You may need to deactivate the function "automatically fit to page"

On Apple-Macintosh-Computers, you may receive notice that the page is too large for the print area. Choose the command "crop" to keep the scale at 100 %

4 SIZES:

S	BABIES / CHILDREN (SMALL)
M	CHILDREN (NORMAL) / ADULTS (SMALL)
L	ADULTS (NORMAL)
XL	ADULTS (LARGE)

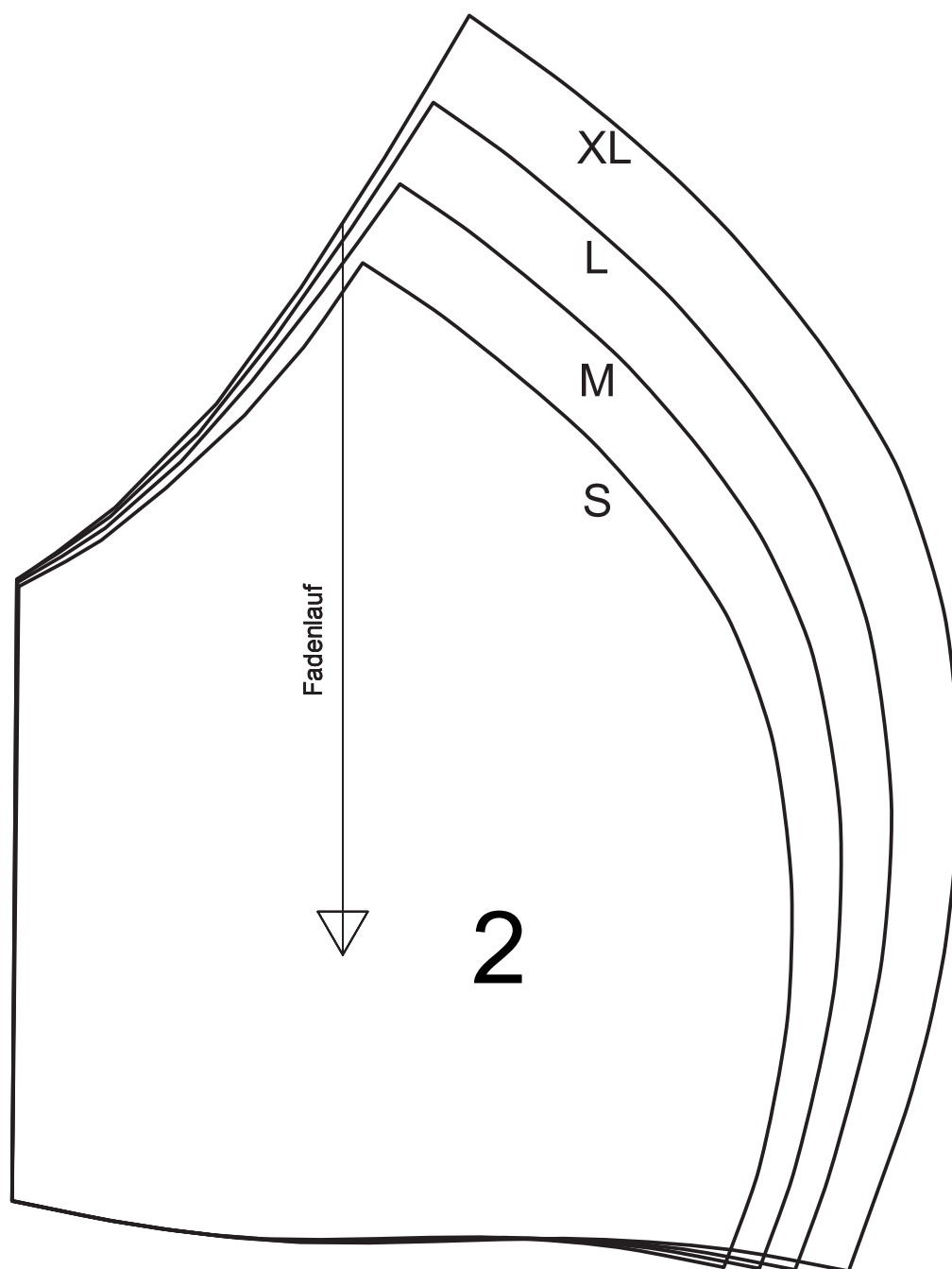
Fadenlauf = grain line



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