

Free Face Mask Sewing Pattern

This mask pattern is designed with the least amount of cutting and piecing steps to make sewing faster. It features an opening in the top for you to insert filter material.

You can also insert an optional wire across the top edge to fit the mask tighter over your nose.

UPDATE #1 – Pattern now includes instructions for both elastic and ties to secure the mask to your head.

UPDATE #2 – This pattern now includes a child size, washing and filter instructions

Note – this mask is not intended to replace an N95 mask. It will not protect you at the same level, but it is better than nothing.



Materials to Make One ADULT Face Mask

Cut 1 – 9 x 15-inch rectangle of fabric – Please wash before cutting to preshrink the material

Cut 1 – 6-inch long pipe cleaner or twist tie or other thin, flexible wire (optional)

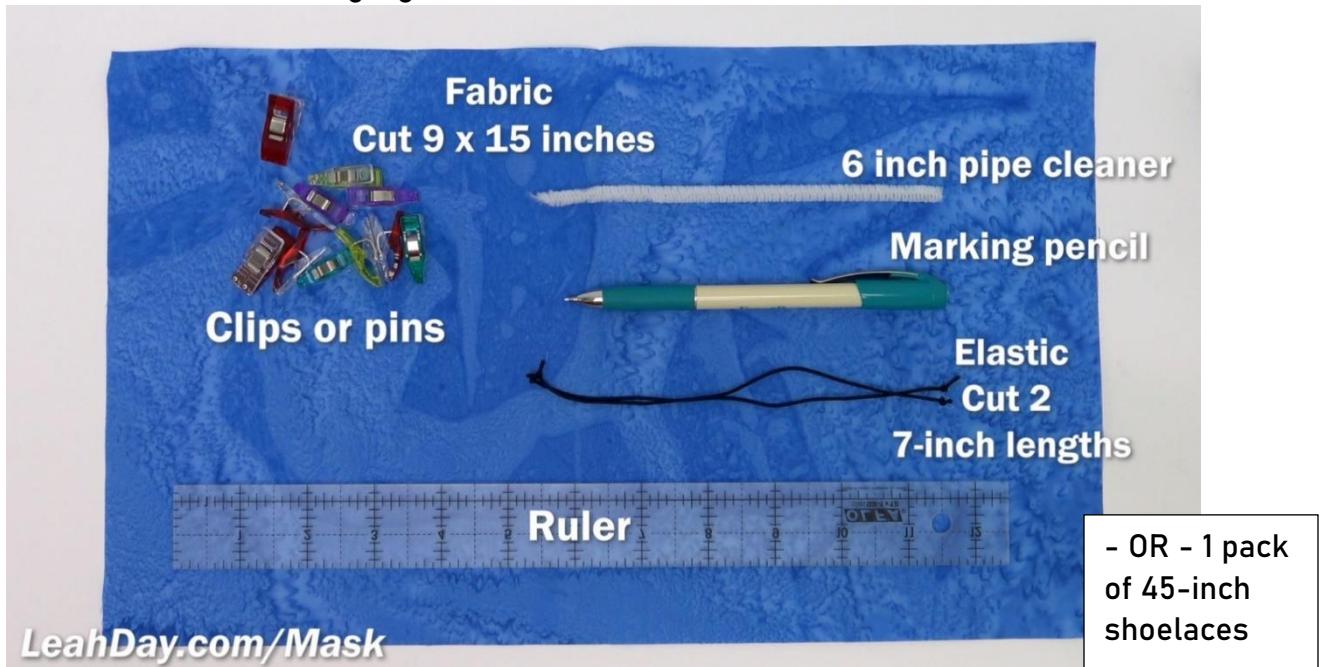
Cut 2 – 7-inch long pieces of thin elastic. Knot the ends if you are using round elastic.

- OR – 1 pack of 45-inch shoelaces

Marking pencil and Ruler

Clips or sewing pins

Sewing machine and standard zigzag foot



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Rules for this pattern

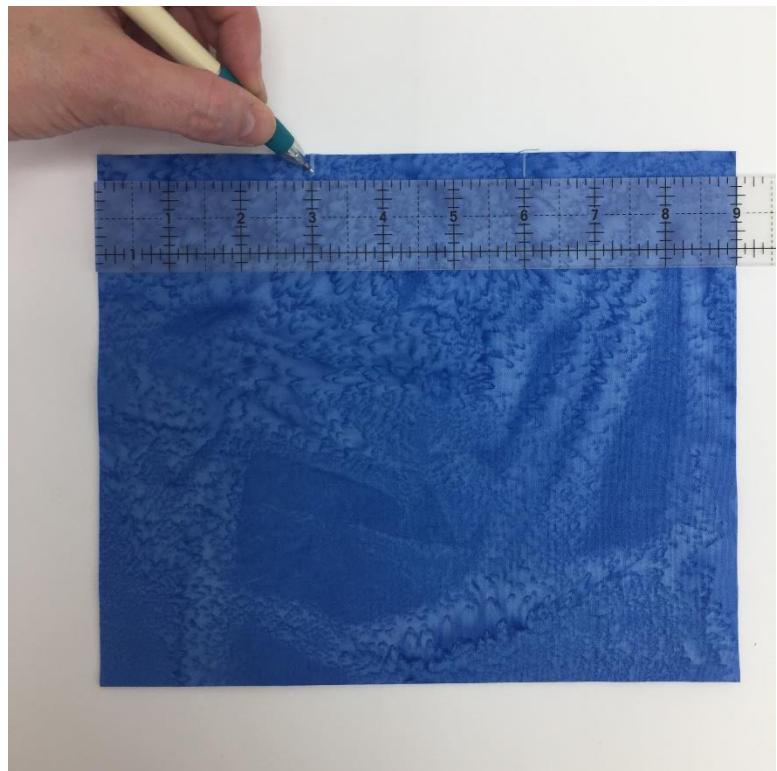
$\frac{1}{2}$ -inch seam allowance

Backstitch at the beginning and end of every seam

Wash fabric before cutting

Steps to Make One Face Mask

1. Fold the fabric in half lengthwise, right sides together.
2. Arrange the ruler over the short end and make a mark on the 3-inch line and 6-inch line.
3. Stitch from the edge to the 3-inch mark. Break thread. Stitch from the 6-inch mark to the opposite edge.
4. Press the seam open and flat. You should have a 3-inch opening in the top of the mask.
5. Fold the mask so the seam is $\frac{1}{2}$ -inch from the new top fold.



6. ELASTIC INSTRUCTIONS – Clip or pin one piece of elastic to the upper right corner, within the top fold.

Then pull the opposite end to the lower right corner and clip to the inside of the bottom fold.

Repeat on the left side with the second piece of elastic.



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6. SHOELACE TIE INSTRUCTIONS – Cut the shoelaces in thirds. This will create 6 pieces around 15 inches in length and four of the pieces will have the sealed shoelace ends.

Use a lighter to burn the ends of the two pieces that do not have sealed ends. You will use 4 ties per mask so save the rest for another mask.

Place the laces inside the mask. Align the unsealed ends with each of the four corners. Clip in place.

FROM THIS POINT THE MASK INSTRUCTIONS ARE THE SAME NO MATTER IF YOU USED ELASTIC OR TIES



7. Sew the sides of the mask, making sure to catch the elastic or shoelace ties only at the beginning and end of the seam.

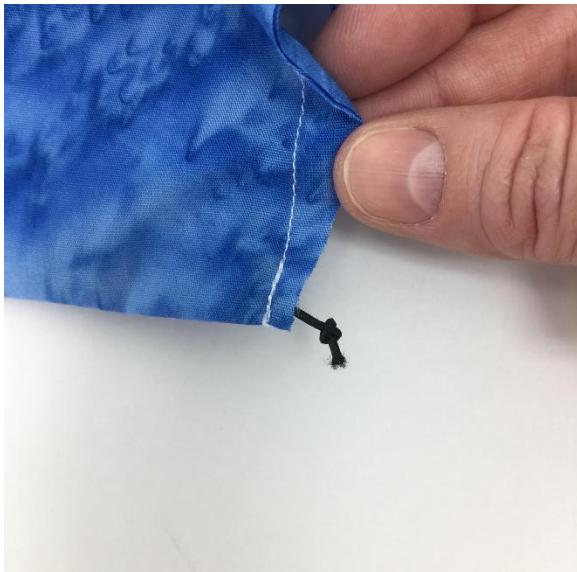


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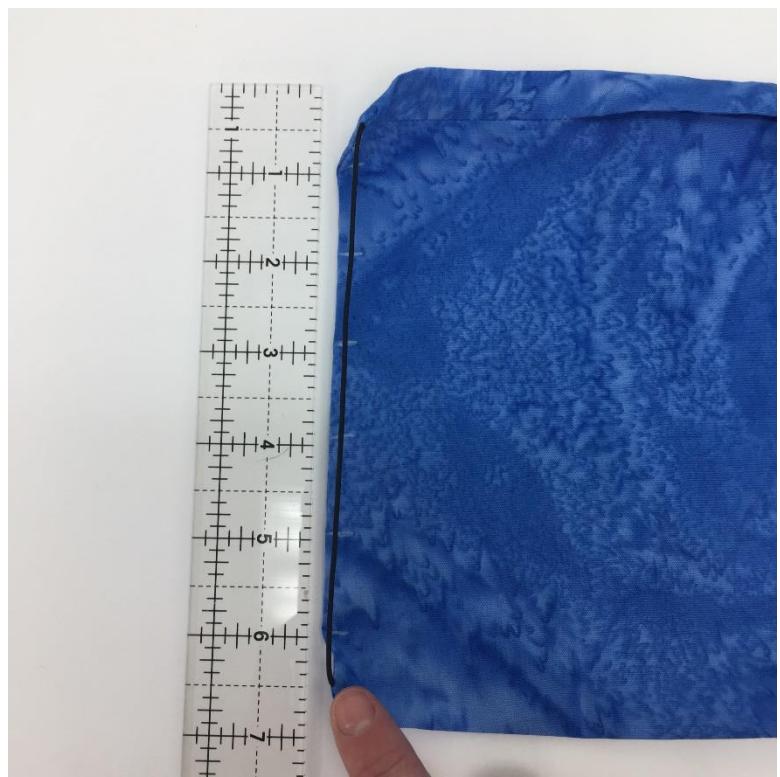
8. Trim the corners, but be careful not to cut off the knots if you are using round elastic.

9. Turn the mask right side out through the opening at the top.



10. Mark the left and right sides of the mask for your pleats.

Measure down from the top 1 inch and make a mark every inch for a total of 6 marks.



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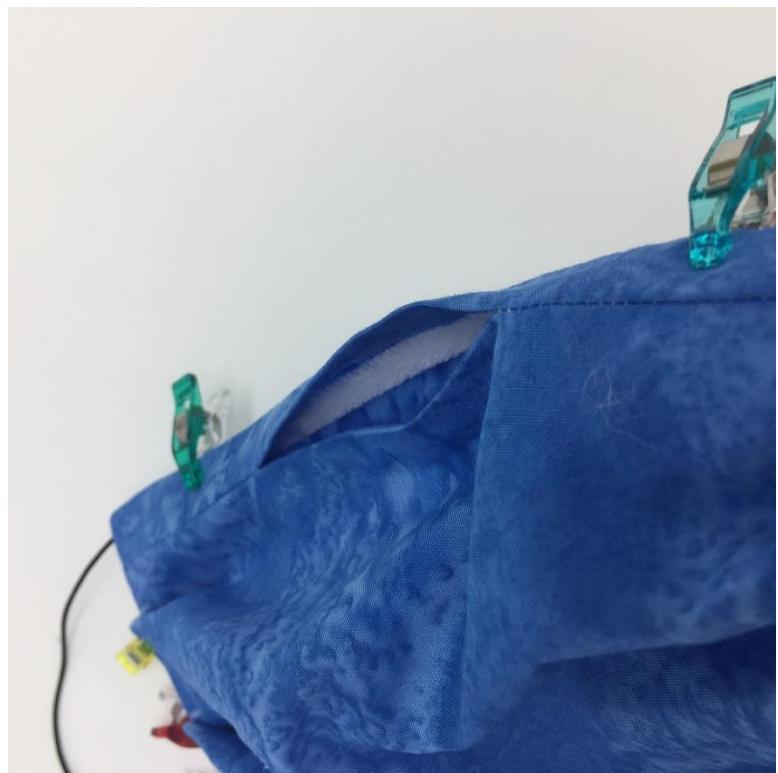
11. Fold the bottom (6th) mark up to the 5th mark, clip. Fold the 4th mark up to the 3rd mark, clip. Fold the 2nd mark up to the 1st mark, clip.



Note: The pleats are folded on the **WRONG** side of the mask.

When you flip the mask over to the right side, the pleats are pointing **DOWN**.

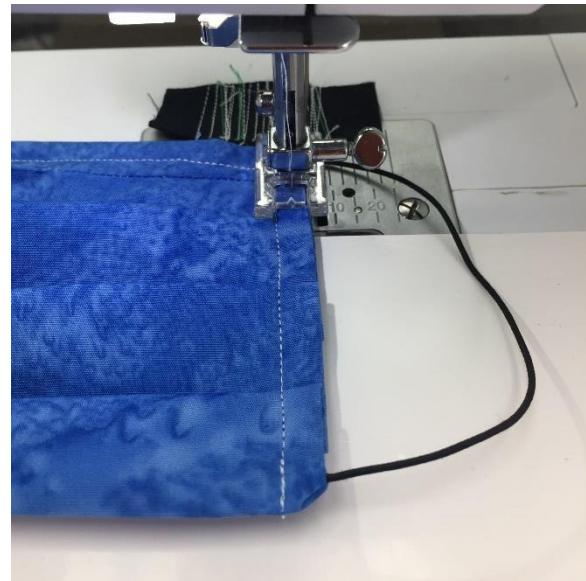
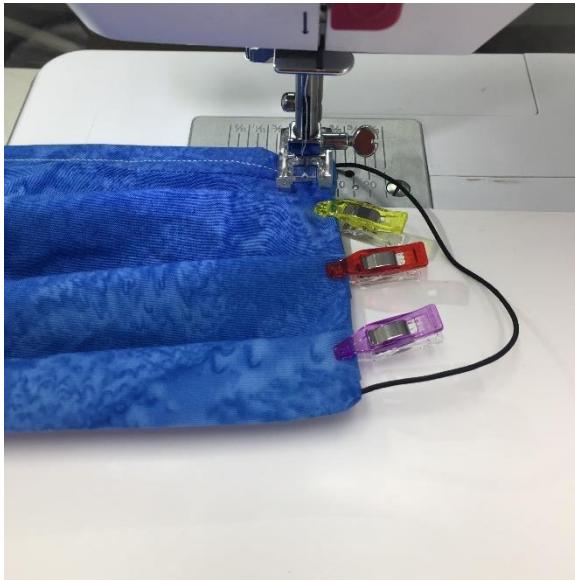
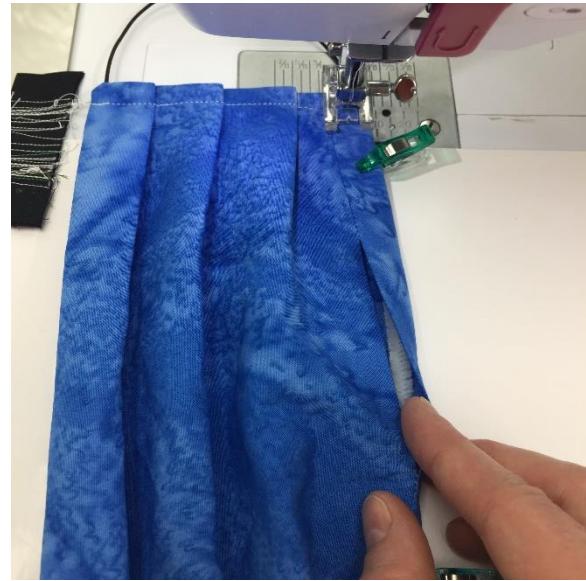
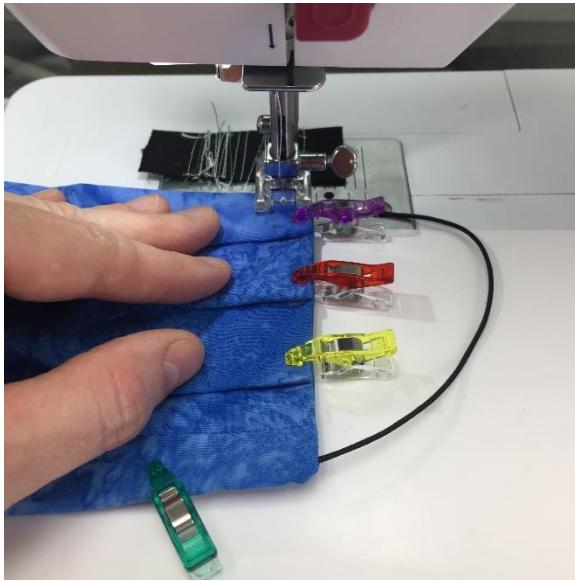
12. Optional Wire – Bend the ends of the wire over $\frac{1}{4}$ -inch on both ends. This will reduce the chance the wire will poke through the fabric during washing. Open up the mask and insert the wire in the top fold and clip it in place.



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13. Stitch from the lower left side of the mask, over the pleats. Turn and stitch across the top, keeping the wire to the right of the stitching line. Then stitch down the right side of the mask.



14. To reinforce the pleats, stitch along the sides again, 1/8-inch from the edges.

15. Your face mask is complete! Insert your desired non-woven filter material inside through the opening at the top.

Wash your mask and change the filter material as often as you need to. More on washing on page 10. Learn about filter material on page 11.

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Materials to Make One CHILD SIZED Face Mask

Cut 1 – 8 x 11-inch rectangle of fabric – Please wash before cutting to preshrink the material

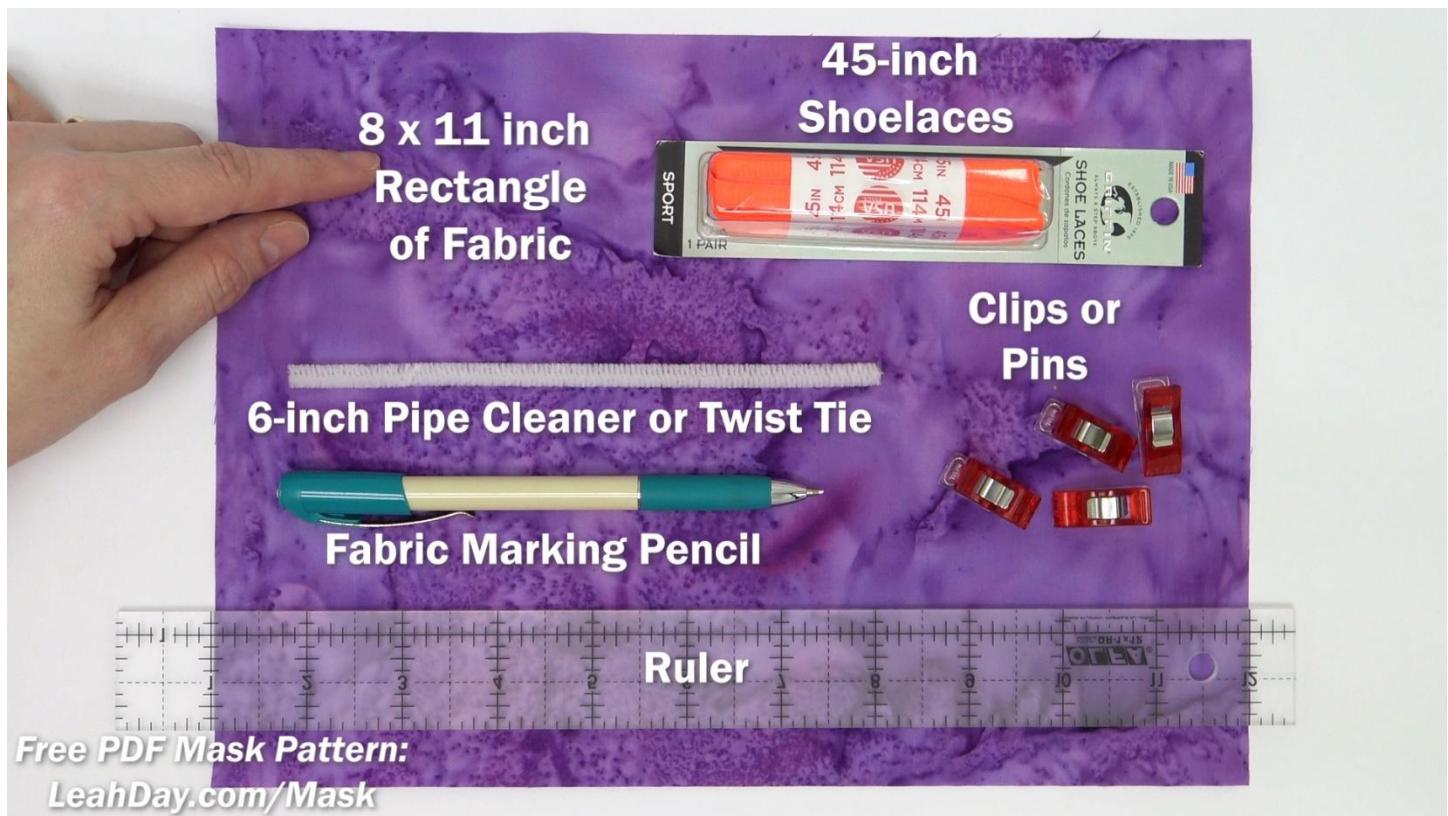
Cut 1 – 6-inch long pipe cleaner or twist tie or other thin, flexible wire (optional)

1 pack of 45-inch shoelaces

Marking pencil and Ruler

Clips or sewing pins

Sewing machine and standard zigzag foot



Rules for this pattern

½-inch seam allowance

Backstitch at the beginning and end of every seam

Wash fabric before cutting

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Steps to Make One Face Mask

1. Fold the fabric in half lengthwise, right sides together.
2. Arrange the ruler over the short end and make a mark on the $2\frac{1}{2}$ -inch line and $5\frac{1}{2}$ -inch line.



3. Stitch from the edge to the first mark. Break thread. Stitch from the $5\frac{1}{2}$ -inch mark to the opposite edge.
4. Press the seam open and flat. You should have a 3-inch opening in the top of the mask.
5. Fold the mask so the seam is $\frac{1}{2}$ -inch from the new top fold.



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6. Cut the shoelaces in thirds. This will create 6 pieces around 15 inches in length and four of the pieces will have the sealed shoelace ends.

Use a lighter to burn the ends of the two pieces that do not have sealed ends. You will use 4 ties per mask so save the rest for another mask.

Place the laces inside the mask. Align the unsealed ends with each of the four corners. Clip in place.



Note – Elastic is not recommended for child sized masks because of the wide variation in face sizes. Ties can be tied to fit anyone snugly so this is a much better option for kids.



7. Sew the sides of the mask, making sure to catch the shoelace ties only at the beginning and end of the seam.

8. Trim the corners.

9. Turn the mask right side out through the opening at the top. Flatten out the mask with your hands.

10. With the mask **WRONG** side up, mark the left and right sides of the mask for your pleats.

Measure down from the top 1 inch and make a mark every inch for a total of 4 marks.



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11. Fold the bottom (4th) mark up to the 3rd mark, clip. Fold the 2nd mark up to the 1st mark, clip.



Note: The pleats are folded on the **WRONG** side of the mask.

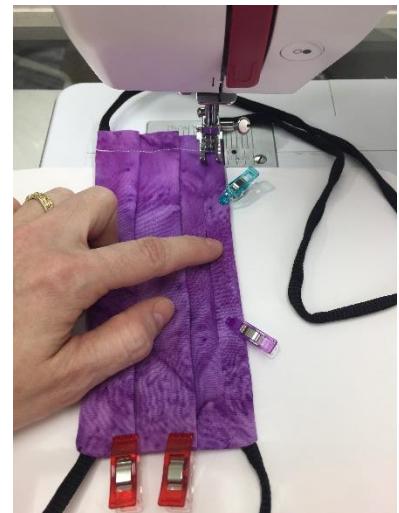
When you flip the mask over to the right side, the pleats are pointing DOWN.

12. Optional Wire – Bend the ends of the wire over $\frac{1}{8}$ -inch on both ends. This will reduce the chance the wire will poke through the fabric during washing. Open up the mask and insert the wire in the top fold and clip it in place.

13. Stitch from the lower left side of the mask, over the pleats. Turn and stitch across the top, keeping the wire to the right of the stitching line. Then stitch down the right side of the mask.

14. To reinforce the pleats, stitch along the sides again, 1/8-inch from the edges.

15. Your child sized face mask is complete!



MASK WASHING TIPS

I wash my masks in the washing machine along with my clothes – normal wash and dry in the dryer.

You will need to flatten out the wire after washing. Bend it with your fingers or run it over the edge of a clean table to flatten out the wire inside the mask.

Press the mask with a hot, dry iron to remove wrinkles if desired.

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FILTER TIPS

I learned a lot about filter materials to use in homemade masks from this article - <https://smartairfilters.com/en/blog/best-materials-make-diy-face-mask-virus/>

I have used 100% cotton flannel and a furnace filter inside my masks. All of these worked well for me. Please test different materials to find what works best for you.

For adult-sized mask cut the filter 5 inches square.

For child-sized masks cut the filter 3 ½ inches square.

To insert the filter, flatten the pleats in the mask. Place your thumb in the middle of the filter.



Press the filter inside through the opening. Wiggle your fingers until the filter square lays flat. Tug on the short ends of the mask and the pleats will re-form.

Frequently Asked Questions / Suggestions

I've received many questions / suggestions and will be sharing a new video with more information soon. Here are answers to the most frequent questions I've received:

What fabric should I use for the mask?

I made my masks from 100% woven cotton fabric. This is often sold as "quilting cotton" or "batik fabric." A cheaper alternative that I believe will be just as effective is high thread count (300 or higher) 100% cotton bed sheets.

Bed sheets can be tricky to work with because that is a LOT of fabric to work with at once. Here are some tips - wash and dry the sheet, then rip off all hems from the edges.

Measure and rip the sheets into strips - 17 inch for adults, 13 inch for kids. You should rip wider than needed because ripping will cause the edges of the fabric to fray and distort.

Fold the fabric so it's easy to cut into the rectangles you need for the mask.

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You should make masks with two different fabrics so you can tell the back from the front.

No, this is neither fast nor easy and certainly not efficient. Making a mask with two pieces of fabric DOUBLES the amount of time needed to prepare the fabric.

Fabric must be washed, starched and pressed before cutting. Using two different fabrics (example: blue on the front, white on the back) also DOUBLES the cutting time.

It is far more efficient to make the back more obvious.

Use a marker to write the word BACK on the back of the mask.

If this is not enough of a sign of the wrong side, color the back with dots, lines or dashes. Be creative and have fun making the back of your mask very different from the front.

Is this mask actually effective? Will this protect anyone from the virus?

I have found many conflicting opinions on this. I found this video with Dr. David Price from NYC to be very informative and comforting –

<https://vimeo.com/399733860>



In this video I learned this virus is being transmitted from hands to mouth, nose, or eyes. Based on this information, I now always wear a mask when I leave the house.

I believe this is helpful and will continue to wear a mask because it reminds me not to touch my face when I'm out in public. This is my opinion only and based on what I have read and learned. This is not medical advice.

Please inform yourself and make the best decisions to protect yourself and your family.

Let's go sew!

Leah Day

Thank you for using this free mask pattern. Please share this document freely with anyone that can use this pattern to make masks.

A bit about me – I've been teaching quilting online since 2009. I run an online quilt shop out of my home with my family. If you'd like to help support us, please check out our online classes, quilting tools, sewing machines and more at <https://leahday.com/>