

### **Step 1: Print the Pattern**

Print the pattern. - Make sure that you use a ruler to check that your printout measures according to the reference measurements and that your printer didn't do something to alter the sizing!

### **Step 2: Choose and Fold Fabric**

Choose your fabric piece at least 21 x 18 (Fat Quarter) in a tightly woven cotton (suggested 180 count quilters cotton) and iron out wrinkles.

Fold fabric right-side out with selvage edge touching - taco style. Square fabric.

### **Step 3: Cut Binding and Ties**

Cut 5 x 1.5 inch wide strips from the width of fabric. **Each strip should be around 20" in length.**

Or, if you are cutting out of longer fabric you could cut 2 (1.5" wide x 40" long) and 1 (1.5" wide x 20" long) and save yourself a step piecing the binding together later.

### **Step 4: Refold Fabric and Cut Mask Face**

Open up and refold leftover fabric. Fold width-wise - burrito style. So selvage on top, selvage on bottom - fold evenly. Pin pattern on upper half of folded fabric. Dotted line of pattern aligned with fold. Cut around edges of pattern. Cut out notches really precisely as they will become your pleat ironing lines.

Unpin pattern and move to lower half of folded fabric. Cut out second piece.

### **Step 5: Stack and Sew**

Stack the 2 face mask pieces, both pieces right side down. (Don't put wrong sides together because you want there to be a definite "outside" and "wrong side" so the mask always gets worn the same way!) Pin in place. (Some people are putting a layer of flannel between the two layers as well for extra filtration. this is the time if you want to do this)

Sew together using 1/2" seam around all four sides.

### **Step 6: Iron in Pleats**

Lay mask on your ironing board with pointed (top of mask) pointing away from you and right side of fabric facing down, bring bottom side of fabric up and over top side. The fold should be the imaginary line between the top notch on left to top notch on right. Press crease with hot iron.

Next, fold fabric back down. The fold should be imaginary line between 2nd notch on left and 2nd notch on right. Press crease with hot iron. (The pleats are 1/4 inch).

Repeat for 3rd and 4th notches. and then Repeat for 5th and 6th notches.

Once all six pleats are ironed in the edges of the mask should measure 3" - give or take.

### **Step 7: Sew Pleats in Place**

Sew pleats into place using a 1/2" seam on both the Left and Right sides of mask face.

### **Step 8: Mark and Sew Darts**

Fold mask face in half at the center fold with right side of fabric together and mark top and bottom darts with a pin or chalk (lay your paper pattern on it to transfer the markings)

Sew along the two lines to create fitting darts - I went over it twice for good measure.

### **Step 9: Trim Excess**

Trim all seams to 1/4 inch.

Now time to bind!

### **Step 10: Prepare the Binding**

Take 2 strips and pin at 90 degree angles. Repeat with 2 more strips.

Sew strips together at 45 degree angle. Trim seams at 1/4 inch and press with iron. Now you have two approximately 40 inch long strips (If you cut longer strips out of larger fabric, you can skip this piecing step as noted above)

Take 5th strip and cut in half to create two ten inch strips for the mask sides and attach these as follows.

### **Step 11: Attach Side Binding**

With mask facing down - right side of fabric facing away, wrong side of fabric facing towards you - pin 1.5" binding to left and right side of mask. Binding should be right side facing down with edge of binding aligned with outermost edge of mask.

Sew in place, starting just above top of mask and stopping just below bottom of mask, using **1/4 inch** seam.

Press seam open with iron.

### **Step 12: Finish Side Binding**

Flip mask over. Right side of fabric facing you.

Fold 1/4 inch seam towards you from outside edge of binding. Wrap folded edge around side edge of mask.

Pin in place then sew along edge of binding. Repeat on other side. Trim excess.

### **Step 13: Attach Top/Bottom Binding**

With mask right side down and wrong side of fabric facing you, pin the remaining 1.5 inch binding strips along top and bottom edges. Again, binding should be right side facing down with edge of binding aligned with outermost edge of mask.

Sew in place using **1/4 inch seams**. Start sewing just above one side of mask face and end just after opposite side of mask face.

Press open with iron. (but don't wrap the binding towards the front and sew just yet, follow Step 14 first!)

### **Step 14: Finish Top/Bottom Binding and Ties**

Trim ties even on both sides of mask.

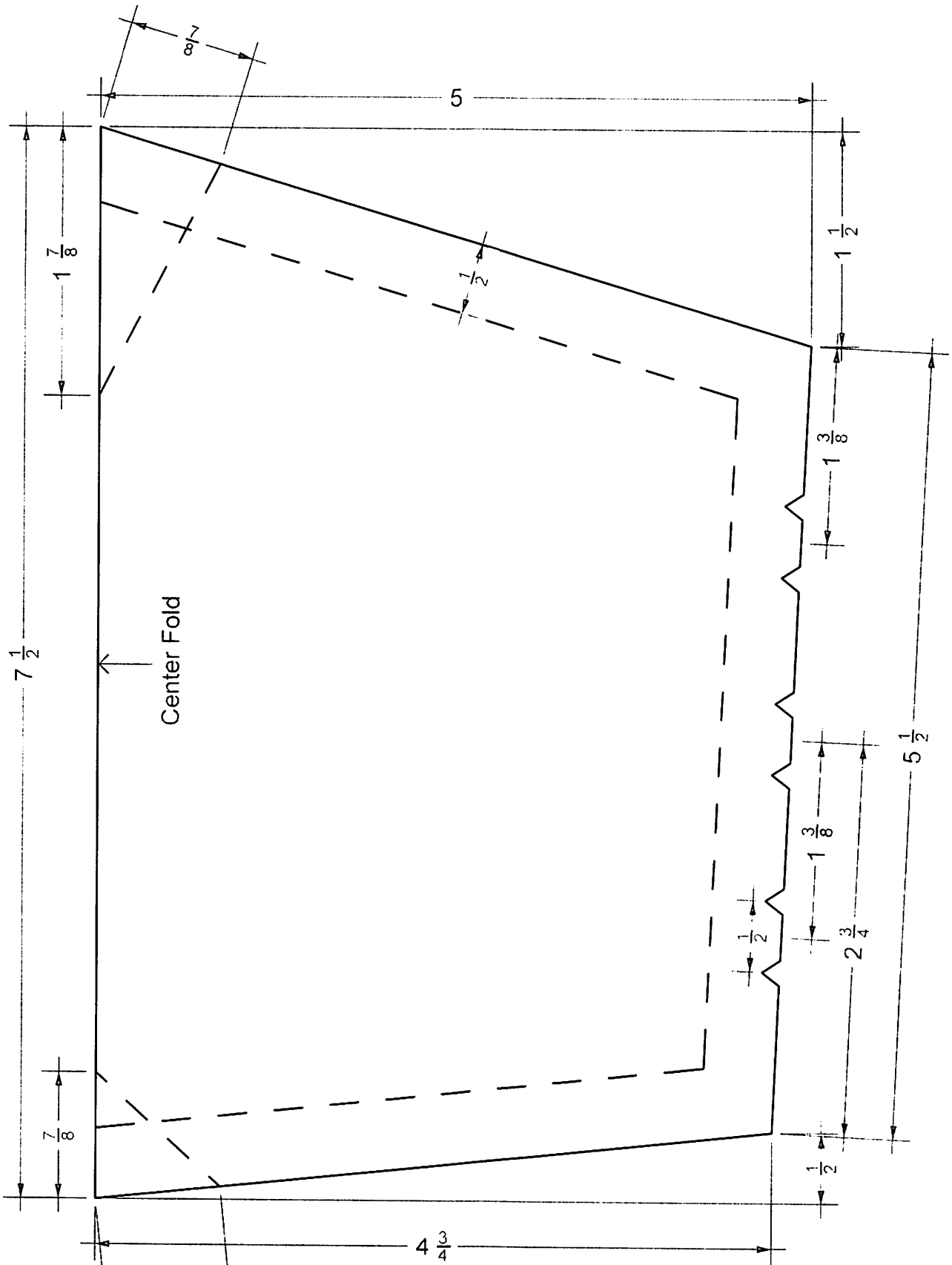
Iron in 1/4 inch seam on top and bottom of mask ties.

Iron in 1/4 inch seam on end of mask ties (so they will be "hemmed").

Fold ties in half and pin in place.

Sew Binding and Ties in one long continuous seam for the top edge and again on the bottom edge.

### **Step 15: Done and Done!**



Center Fold

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<https://www.instructables.com/id/AB-Mask-for-a-Nurse-by-a-Nurse/>