This is a sewing tutorial for a DIY face protection mask made from cotton with a non-woven fabric filter.

Please remind that DIY Face Masks are NO genuine surgical masks!
You receive a sewing kit with all material included for sewing this type of mask.

**GENERAL PRECAUTIONS:**

a) Please wash your hands carefully before starting.
b) Please wear a mask while making the masks. This will prevent from any risk of contamination.
c) Please start washing the cotton tissue at 60°C. This is also to allow the washing of the ready sewn mask, without any further shrinking!
d) Iron the cotton tissue before starting making the masks. It makes cutting easier.

If you did not yet receive the pattern, it can be found at the end of the tutorial.

- Print the pattern one sided, deactivate «scale to fit».
- CONTROL the dimensions after printout!
- If they are not correct, please draw your own pattern based on the dimensions.

Place the pattern on the fabric, parallel to the edges of the fabric.

Trace the outline and cut the fabric.

**A seam allowance of about 0.8 cm is included in the pattern.**

Material for one mask:

- 1 non-woven fabric filter
- 2 stripes of jersey, about 1cm high and 30 cm long
- 1 cotton mask outside piece, to be cut from the cotton tissue
- 2 cotton mask inside pieces, to be cut from the cotton tissue
- 1 plastified iron reinforcement, about 12 cm long, to bend the mask around the nose

![Diagram of mask components: 1 plastified iron reinforcement, mask outside piece, filter, 2 mask inside pieces, 2 elastic straps]
1. Place both 2 mask inside pieces on top of each other. If you use fabric with a print, place with print sides touching.

2. Stitch on the top edge with a seam allowance of 0.8 cm. Leave about 10 cm in the center free.

3. Iron the seam allowance to each side.
4. Edge stitch in order to fix the seam allowance.

5. Place the outside piece on top of the inside piece, print sides together.

6. Stitch completely around. When you reach the corners, leave the needle in the fabric, pivot, and continue stitching.
7. Turn the inside out through the 10 cm filter opening you left free in step 2. Iron.

8. Sew a small tunnel at one edge of the mask, 6 cm long. Here you can now insert the plastified iron reinforcement to be able to form the mask around your nose later. Fold both ends of the plastified iron reinforcement about 1 cm inside. This is to facilitate the insertion.

9. Turn the mask inside out, and insert the reinforcement. Be careful not to sew over it afterwards. Otherwise insert the reinforcement at the end before the non-woven fabric (see point 20).
10. Fold the bottom 4.5 cm up and iron.

11. Fold the top 4.5 cm down and iron.

12. Fold both sides 2 cm inside and iron.
13. Fold the top part up again.

14. Slide the top part to the right below the side part. This opens the top part slightly to give a better fit around the nose. Pin.

15. Fold the bottom part down again, and slide it to the right below the side part. This opens the bottom part slightly to give a better fit around the chin. Pin.
16. Repeat for the left side.

17. Edgestitch on the side parts. Take care to stitch also through the folded top and bottom part.

18. Now you are ready to insert the elastic. Take a needle or a safety pin.

19. Make a knot in the elastic. Not to tight, so the user can adjust it later.
20. Turn the mask inside out and insert the plastified iron reinforcement in the tunnel, if not done in step 9. This can be a little difficult.


22. Hold one side of the fabric down with one hand, and slide the other side of the fabric inside the mask through the opening.
23. Turn and slide the other side of the fabric inside the mask. Adjust everything, and take care that the fabric will cover the nose later.

24. Place each mask inside a plastic pocket.

You are done! Congratulation!

Note: The mask (including filter) can be washed at 60°C and reused multiple times.

It is NOT A MEDICAL EQUIPMENT, NOR A CE CERTIFIED PERSONAL PROTECTION EQUIPMENT, but ...

... for sure ... it is a BETTER THAN NOTHING mask !!!!
Non-woven fabric:
15 cm x 15 cm
Cut 1 x
Cotton: 10.3 cm x 26 cm
Cut 2 x