

## Face Masks

The cloth face cover is not a substitute for social distancing. Cloth covering should **not** be placed on a child under age 2, anyone who has trouble breathing, is unconscious, or otherwise unable to remove the mask without assistance.

**Sew Frenzy Face Mask** No wire nose bridge, but easy directions and patterns for a shaped masks .  
<https://freeseewing.org/blog/facemask-frenzy/>

### Craft Passion Face Masks

Written tutorial, along with a video tutorial and a drawstring tie option, along with elastics. Also, uses a wire at the bridge of the nose to ensure a good seal. Sizes include:  
Men, Women/Teen, Child 7 – 12, Child 3 – 6.  
The mask patterns can be cut the Circuit cutting machine (AVG) and Silloutte cutter (studio 3 files)

- <https://www.craftpassion.com/face-mask-sewing-pattern/#face-mask-pattern>

### Oslen Face Masks

Written Online Tutorial at Sew She Can

- <https://www.sewcanshe.com/blog/simple-step-by-step-tutorial-for-the-olson-mask-pattern>

Adult-sized Pattern – comes with a tutorial

- [https://www.regmedctr.org/webres/File/OlsonMask\\_wPattern\\_v3-USE%20THIS%20ONE.pdf](https://www.regmedctr.org/webres/File/OlsonMask_wPattern_v3-USE%20THIS%20ONE.pdf)

Child-sized Pattern

- <https://static1.squarespace.com/static/50757389e4b01e64d214325b/t/5e8bceff619fd83f67553725/1586220>

## What are the best materials for a face mask

Written By Tara Parker-Pope

In this article Pope speaks with various researchers on testing assorted fabrics/hepa and coffee filters. Insight into how the coronavirus works and how we can best protect ourselves.

- <https://www.nytimes.com/article/coronavirus-homemade-mask-material-DIY-face-mask-ppe.html>

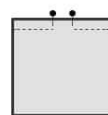
**According to this article:** “If you are lucky enough to know a quilter, ask them to make you a mask. Tests performed at the Wake Forest Institute for Regenerative Medicine in Winston-Salem, N.C., showed good results for homemade masks using quilting fabric. Dr. Segal, of Wake Forest Baptist Health, who led the study, noted that quilters tend to use high-quality, high-thread count cotton. The best homemade masks in his study were as good as surgical masks or slightly better, testing in the range of 70 to 79 percent filtration. Homemade masks that used flimsier fabric tested as low as 1 percent filtration, Dr. Segal said. The best-performing designs were a mask constructed of two layers of high-quality, heavyweight “quilter’s cotton,” a two-layer mask made with thick batik fabric, and a double-layer mask with an inner layer of flannel and outer layer of cotton.”

## Pleated Mask Design

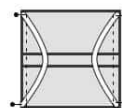
Note: To fold even pleats, press **sewn** mask, in half. Then bring the sides into the center – pressing as you go. Four ties measuring 18” to 20” will work in place of the elastic.  
Be sure to wear the mask with the pleats facing down



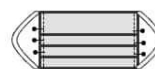
Cut one cotton rectangle, 8.5” wide by 16” long. Cut two 7” pieces of elastic or four 18” fabric ties.



Fold in half and sew along the top edge, leaving a 3” opening for the pocket.



Sandwich the elastic or fabric ties between the layers of the mask. Pin in place at the corners, and sew along each side.



Turn the mask right side out. Fold 3 evenly-spaced 1/2” pleats. Pin in place, and sew to secure.

### **Cloth face coverings should—**

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- laundered and machine dried without damage or change to shape

### **How does one safely remove a used cloth face covering?**

- Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing

