

Yield: 3 sizes - Small kids, Young Kids, Teenage & Adult

Face Mask Sewing Pattern

Free face mask sewing pattern & tutorial on how to sew double-layered mask. In 3 sizes, small kids, young kids and adult, with changeable elastic bands.

Active Time	Total Time	Difficulty
30 minutes	30 minutes	Easy

Estimated Cost

\$1 - \$5



Materials

- Material:
- Main Fabric (cotton), 13" x 7", prewash
- Lining Fabric (cotton or flannel), 12" x 7", prewash
- Elastic cord for ear loops 16", or, shoe lace/ribbon/cord with at least 44" length for head tie
- [Face Mask Sewing Patterns; Choose your option to download and print separately.](#)

Tools

- Sewing essential
- Sewing Machine or hand sew
- Iron
- Seamstress tracing wheel and paper
- Pencil or soluble fabric marker

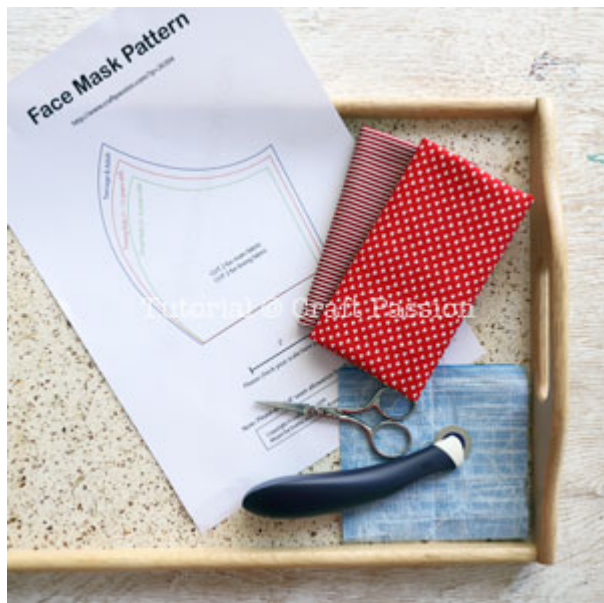
NOTE: We have truncated this PDF to make it clear which pattern is requested by Yale New Haven Hospital. The requested portion originally began on ~ page 11 depending on when you downloaded of the original (<https://www.craftpassion.com/wp-json/mv-create/v1/creations/19/print>), but is now shown starting on the following page. All MakeHaven's notes are shown this red text.

Instructions

1. Download and print out the [Face Mask Sewing Pattern](#) separately.
2. Pin the templates onto the fabric, trace and cut out the fabric pieces.
3. Sew, clip curve along on the seam allowance, turn face mask right-side out. Topstitch.
4. Sew ears to the face mask. Insert elastic cord to the ear-pocket.

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Face Mask With A Pocket For Filter Insert

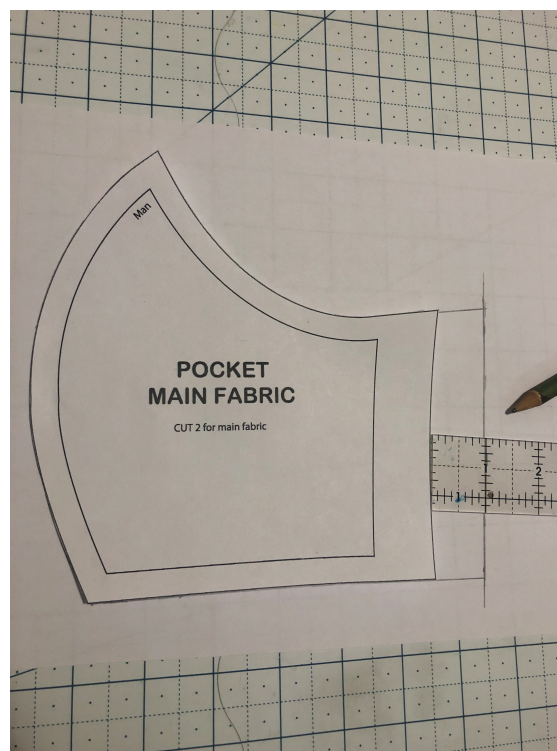


Note that we have inserted the YNHH recommended patterns (with seam allowance) on the following pages.

The following 2 pages are for the large "male" mask, and the next two are for the medium "female/teenage" mask. Those are the ones in greatest need at this time.

Get ready for all the materials as stated in the material list above.

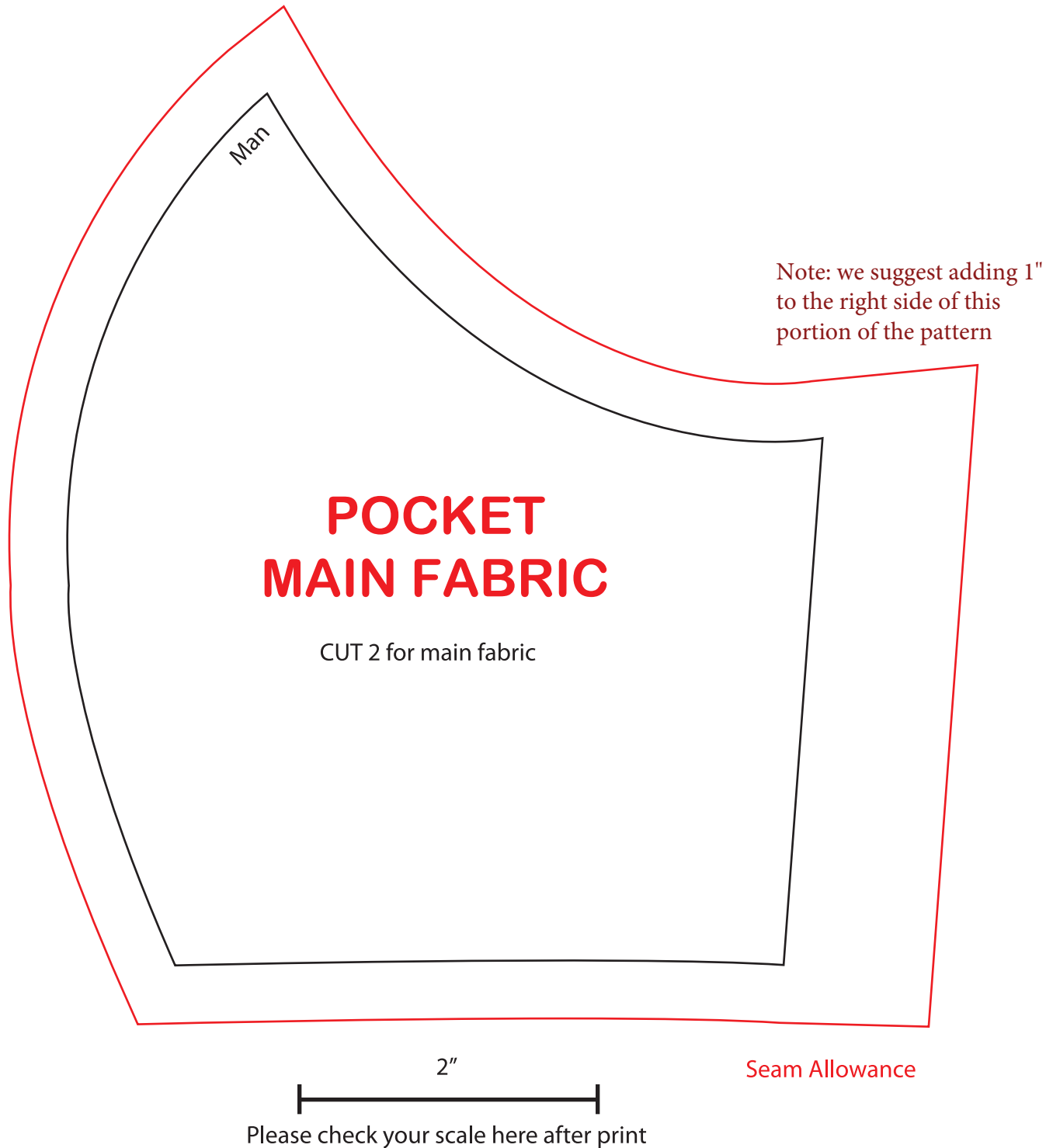
IMPORTANT NOTE: We have found that modifying the original pattern to extend the right side (which will become the casing tube for the elastic) makes the elastic fit better. We suggest adding 1" to the main fabric and 1/2" to the lining fabric. See the photo to the right.



POCKET Face Mask Pattern

(version 2)

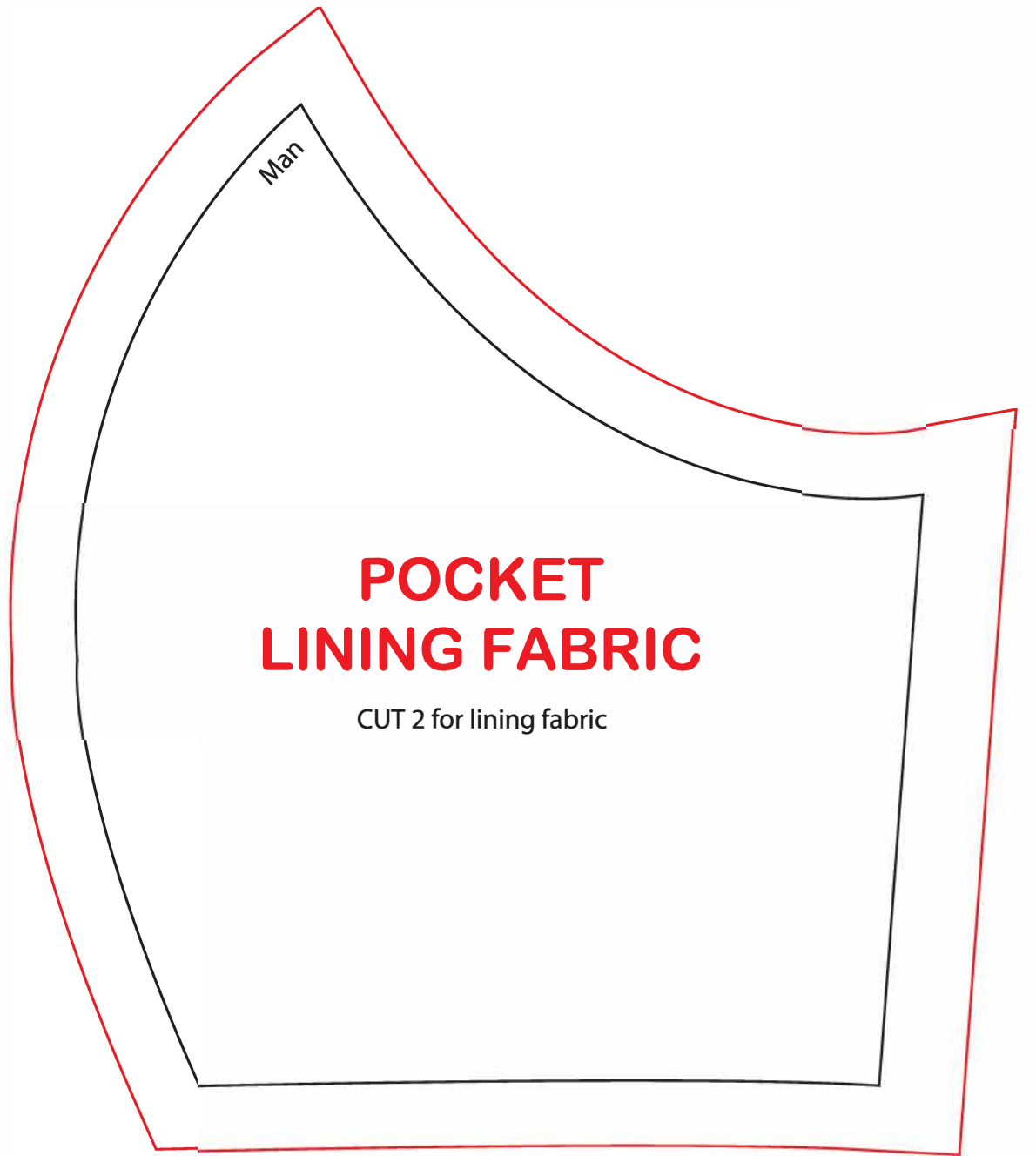
<http://www.craftpassion.com/?p=26304>



POCKET Face Mask Pattern

(version 2)

<http://www.craftpassion.com/?p=26304>



2"

Seam Allowance

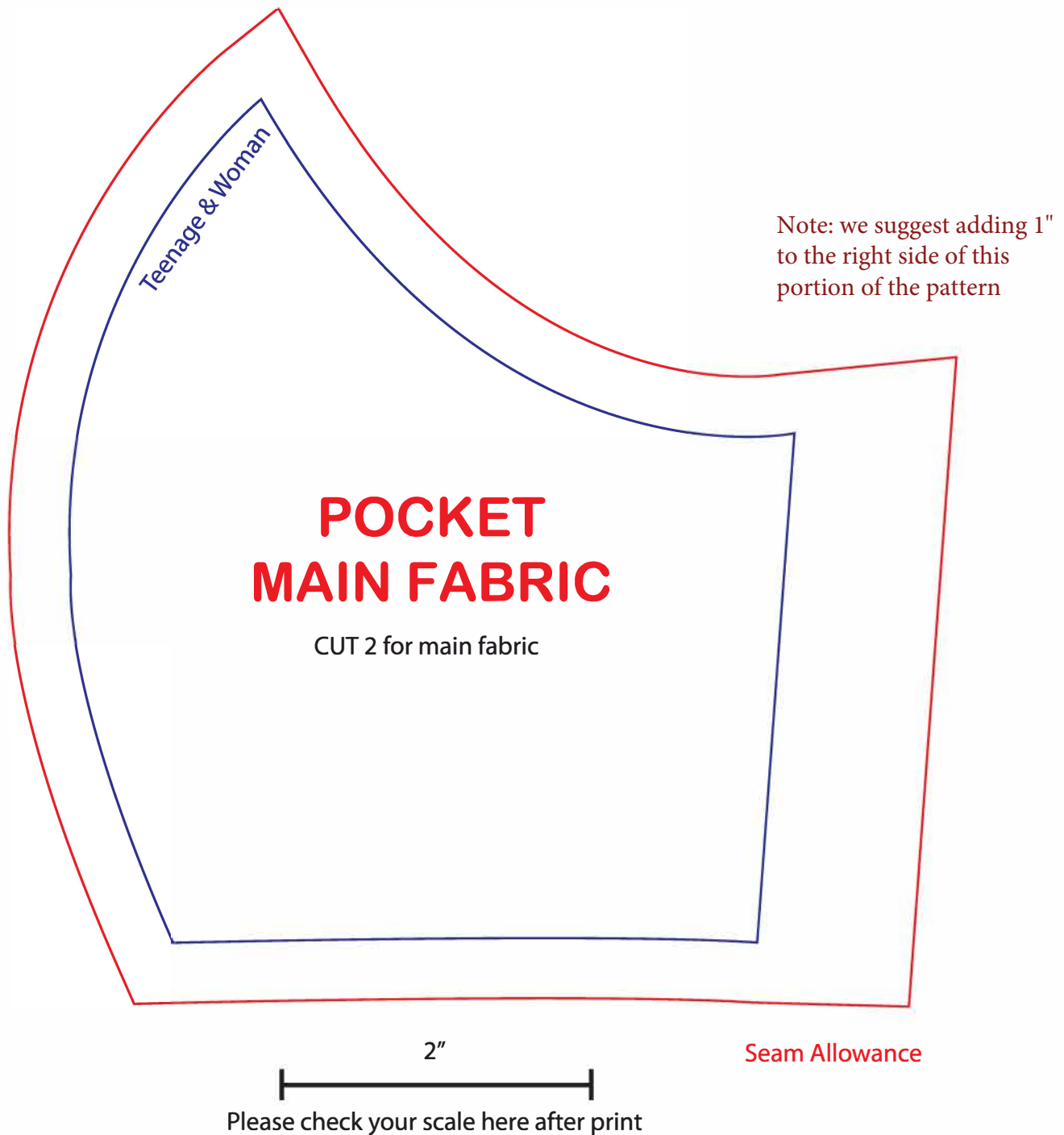
Please check your scale here after print

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POCKET Face Mask Pattern

(version 2)

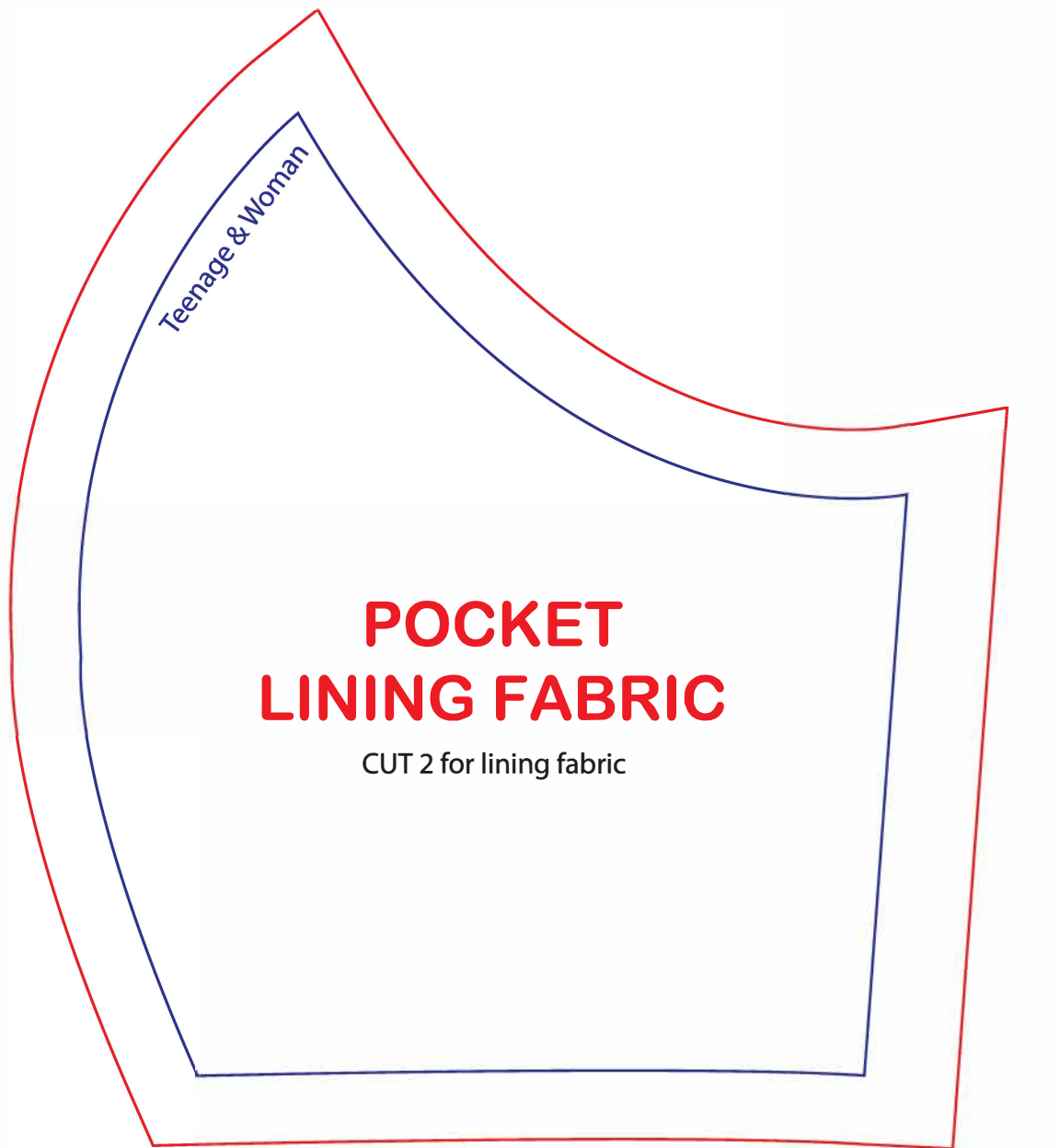
<http://www.craftpassion.com/?p=26304>



POCKET Face Mask Pattern

(version 2)

<http://www.craftpassion.com/?p=26304>



2"

Seam Allowance

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We updated the original photo with one of our own photos here.

Fold the fabric with the wrong side facing each other, place the paper template on it, pin.

Cut the fabric out, Trace the sewing lines with the tracing paper and tracing wheel.



Turn the pieces over and pin the pair together with the right side facing each other. Sew the curved lines as shown in the picture.

Draw a line $\frac{1}{4}$ " from the original side sewing line of the inner layer, do the same to the other side of the inner layer.



Clip the seam allowance about ½” apart. This will let the fabric’s raw edge to stretch without pulling the seam when you turn it right side out. Repeat this on both the outer layer and the inner layer.



Turn the pieces right side out, press the seam allowance to one side, topstitch near the seam line. Repeat the same to the inner layer.





Fold the side at the second line drawn next to the original sewing line of the inner layer. Fold the raw edge and hide inside the fold. Topstitch to sew it on. Repeat on both sides of the inner layer.

At this point, add in the nose piece. We moved this step here (when it happens) rather than having it at the end of the pattern.



Cut a bias strip of 2" wide and 6" long or use store-bought bias tape if you can find it from the shelf. How to cut bias strip:

Fold the fabric diagonally, draw a line along the crease of the fold, measure 2" from the line and draw a line parallel to it. Cut the strip into 6" length.





Fold ¼” from the 2” ends.



Fold the strip into half, lengthwise.



Stitch up both ends.



Align the bias tape along the front top edge of the lining.

Topstitch at the bottom edge of the bias tape.

Do not remove the pins until you pin the main piece to this lining piece.

NOTE: We have received some feedback from hospital staff that they prefer the nose wire sleeve on the OUTSIDE of the mask (less rubbing on skin, even with the sleeve.) YNHH will take either on the inside outside.



We now return to our regularly scheduled pattern, but you should have the nose wire sleeve attached. When you sew the pieces together the seam will catch the top of the nose wire sleeve.

Place the inner layer on top of the outer layer, with the right side facing each other.

Sew the top and bottom seam lines.

You may notice that the edge of the inner layer is now $\frac{1}{4}$ " away from the sewing line of the outer layer. If it is not the case, please check if you sewing it correctly in the previous step.



Clip curve on the seam allowance where the 2 layers meet. Leave about 1/2" from the ends un-clip.

Turn the face mask right side out. Press seam flat.



Double fold the top and bottom raw edges of the outer layer (both sides). Topstitch near the edge as shown in the picture. Repeat the same to the bottom seam line.

To make the pocket for the elastic band, fold the side raw edge 1/4" from the edge, then fold again so that the edge meets the edge of the inner layer.





Topstitch a vertical line to sew it on. The top and bottom have an opening for you to insert your elastic band.

I added my label while sewing it.



This is the opening for the filter insert.





Add elastic bands to the pocket face mask the way you like and it is really to be worn.

See following pages for elastic options.



Fold in 1/4" at the raw edge of the side ear, fold again so that the first fold edge is 1/4" from the lining raw edge.

Sew a straight line down, don't forget to perform a few back stitches to lock the thread end.



NOTE: If you have enough cord elastic to do the full loop (below) to prevent ear strain, that's great! We have found it takes anywhere from 20" - 30" of corded elastic, depending on the tightness of your elastic. Flat elastic generally takes less, cord is tighter and often needs closer to 30". Do a test.

If you are making ear loops, try to use thinner elastic, 1/8" or so, and nothing thicker than 1/4" if you can.

Measure and cut the length of the elastic band needed (usually around 6"-8" depending on the size of the face).

Insert the elastic band through the pocket and tie a dead knot to the ends.



Repeat the same to the other side. Pull the elastic band until the knots are hidden in the pocket.

Wear and breathe normally!

UPDATE: A different way to wear the elastic band that will put less stress on the ears.



Instead of splitting the elastic band into 2, use the full length and insert through the pockets as shown in the picture, tie a knot and hide the knot in the pocket.



Wear the face mask with the elastic band sits at the back of the head.



No more stress on the ears with this method.

How to add the nose piece in to the sleeve:



Cut a piece of pipe cleaner about 6” long, bend the ends in to make the pipe cleaner slightly shorter than the nose wire sleeve. Insert it into the sleeve. Remove the wire before washing the face mask.

Other options of nose wire are twist tie, florist wire, garden bonsai wire, aluminum or other hardware wires as long as it can be bent and stays there. If the wire is too thin or soft, twist multiple pieces of them to make a thicker nose wire.



Note that Yale New Haven Hospital will provide the surgical mask. They just need the sewn mask with the pocket.

Insert a surgical mask if you are using the face mask as a cover.

Insert a non-woven fabric if you can't find any surgical mask in the market. I air-dried a piece of the anti-bacteria wet wipe as the filter insert. Throw away the filter correctly and wash the face mask every day.

Disclaimer: this face mask is not meant to replace the surgical face mask.

Notes

This pattern will be updated once we have new resources or ideas coming in. If you get the pattern in pdf file, please check the original pattern for the latest update <https://www.craftpassion.com/face-mask-sewing-pattern/>

Huge thanks to craftpassion for providing this original pattern!

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

Project Type: Sewing / Category: Sew | Stitch

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Insert the medium into the pocket from both openings of the face mask. Adjust it nicely so that the medium doesn't crumple up.



After the surgical mask is fully inside the cover, push the nose wire of the surgical mask to the tip of the cover, bend the wire a little to follow the curve.

