

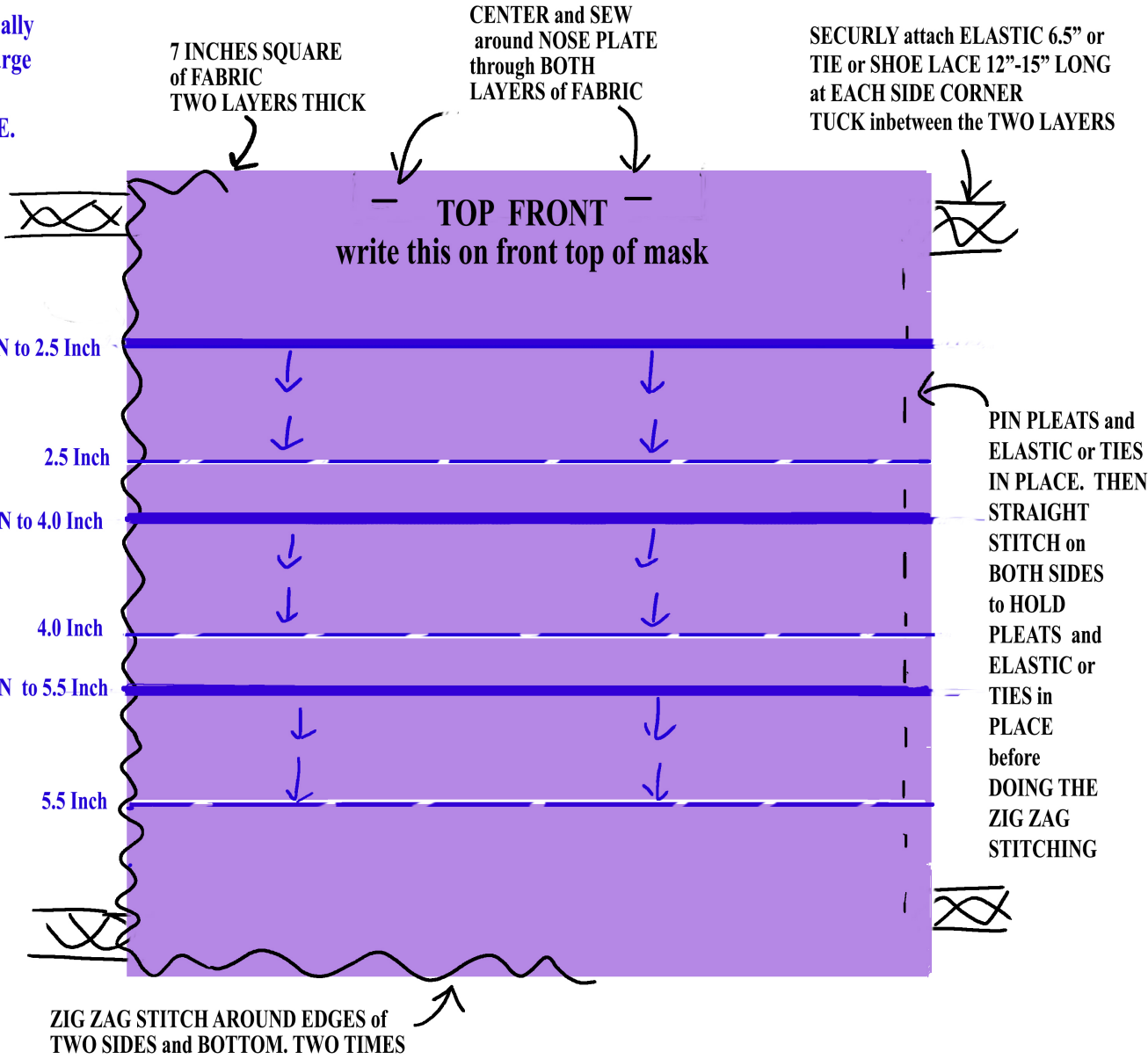


DIY

FACE MASKS

3 PLEAT FACE MASK DIY

This purple pattern is actually 7 INCHES WIDE. So enlarge image until the fabric measures 7 INCHES WIDE.



This is a DIY facemask pattern derived from masks worn by a local nursing home. It is no means is going to guarantee you or the people around you will remain virus free. But it should help. WHO.int highly recommended we wear DIY masks as much as possible to help stop the constant spread of the virus by symptom free people. And thus leaving the better masks for our medical staff. And thus FLATTEN THE CURVE as much as possible. And stay at least 6 FT away from EVERYONE ELSE

WASHING YOUR HANDS FOR 20 SECONDS WITH WARM WATER AND SOAP IS BEST WAY TO STAY SAFE.

BH 3 FOLDS FACE MASK

Use any available cotton material: like a t-shirt or a pillow case with a very tight weave. Wash and dry it on HOT.

Cut out two squares 7 x 7 or one 7 x 14

Sew two pieces together, right sides inside to make the one 7 x 14

At the fold or seam, add a nose piece that easily bends: pipe cleaner, several wire strands, thin piece of metal and center it and sew it in place on the front side of the mask through both sides.

Mark locations for pleats, fold both sides as one, and make them all going the same way!

Hold in place with steam iron and then with pins.

Pin in place: ties or shoe laces 12 -15 inches long, on all four corners. Or use two pieces of 1/4 Inch elastic 6.5 Inches in a semi circle to make elastic to go around ears. (Measure this to see what size you need)

Straight stitch both sides to hold elastic or ties and pleats in place.

Then zig zag around the two sides and bottom twice.

Be sure by stitching backwards and forwards to reinforce elastic or ties. Snip off extra threads.

Try on mask. Make adjustments as needed.

Write TOP FRONT on it so you will know which way to put it on.

Wash again in HOT water/soap and dry in HOT dryer singing "Happy Birthday" two times!

Wash your hands before you take out dry mask.

Wear it for one day or less. Be VERY CAREFUL when you take it off, so you DO NOT TOUCH the front of the mask where potential virus maybe hanging out! Put mask into hot washer and hot dryer.

Wash your hands before removing dry mask.

ALWAYS REMEMBER WHERE YOUR HANDS HAVE BEEN AND THEN WASH THEM AGAIN.

These masks will prevent some of the of virus from spreading from your face onto other people around you. As we can understand, it takes from 2-10 days remaining symptom free that you will spread the virus. So please wear your mask if you are going to be around other people.