INCLUDES 1/4"
SEAM ALLOWANCE
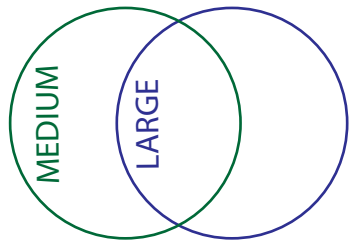
For TRIM
CUT 2
10" x 1" Strips
of felt, fleece,
or wool.

For Straps
24" Elastic
(1/4" or 3/8")
OR
36" ribbon
(non-satin)

For Breathe Port Mask
CUT 2 of A & B
100% Cotton
(NON-STRETCH)
CUT 1 of A & B
Heavy Cotton or
Cotton/Poly
(Denim, Suiting, Canvas)

For Standard Mask
CUT 3 of A & B
100% Cotton
(NON-STRETCH)

MEDIUM
LARGE

(stitch line for pocket)

(stitch line for pocket)

**DO NOT CUT CIRCLES
IN POCKET LAYER**

MEDIUM

LARGE

LARGE
MEDIUM

A

B

To determine size, measure jawline under chin.

9-10 inches = Medium
11-12 inches = Large

**See sewing instructions for
modification for child sizes.**

THIS PAGE IS
PROVIDED FOR
REFERENCE, AND
MAY NOT PRINT
AT THE CORRECT
SIZE ON SOME
PRINTERS.

AT THE CORRECT
SIZE, THE TOP AND
BOTTOM EDGES OF
THE PATTERN WILL
LINE UP WITH THE
TOP AND BOTTOM
EDGES OF AN
8.5"X11" PIECE
OF PAPER

(stitch line for pocket)

(stitch line
for pocket)

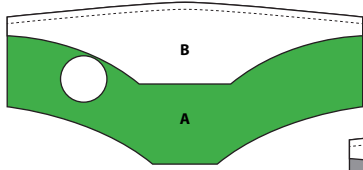(cut for pocket)

(cut for
pocket)

MEDIUM
LARGE

"Breathe Easy"
Face Mask Pattern
by Katie Bair
www.pettingzoowigs.com

FREE FOR DISTRIBUTION

**NOT FOR PROFESSIONAL
MEDICAL USE**
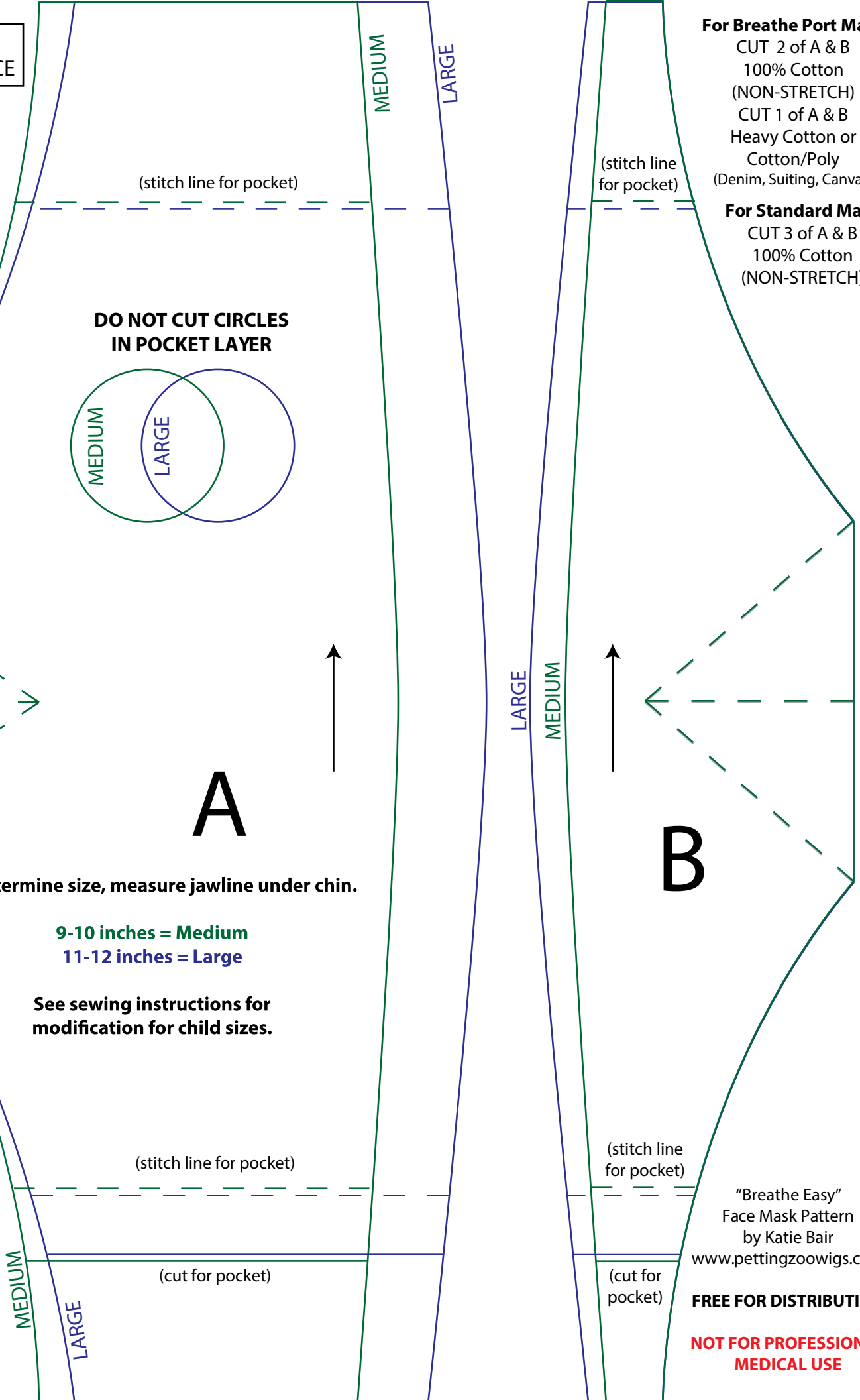
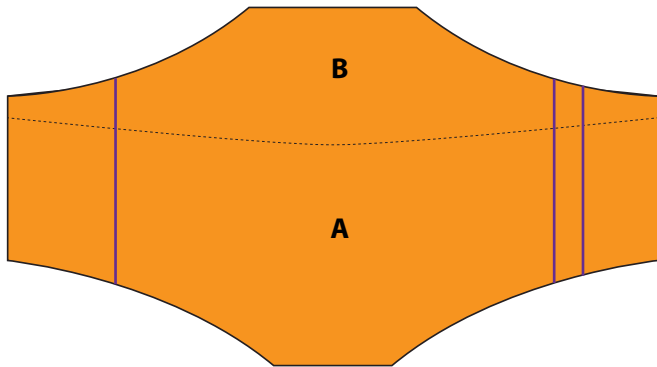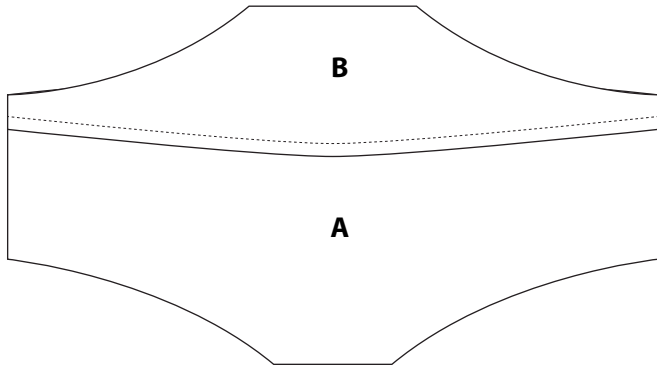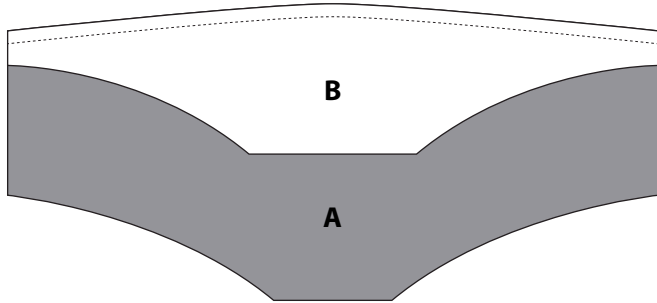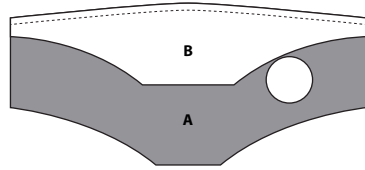CASING: Hole is on LEFT

B

A

LINING: Hole is on RIGHT

B

A
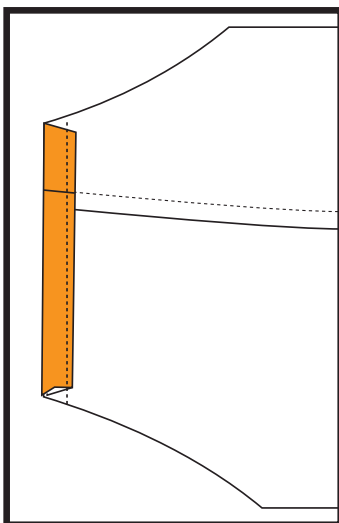
Hole for the lining layer should be OPPOSITE of casing layer. (See image)

B

A

B

A

INSTRUCTIONS FOR STANDARD OR BREATHE PORT MASK (Casing, Lining, Pocket)

STEP 1
With the RIGHT SIDES TOGETHER sew Piece A to Piece B as shown. Repeat for all three layers.

STEP 2
Open, and press seam *toward* Piece A. (see image) Repeat for all three layers.

B

A

STEP 3
Mark the cut and stitch lines shown on the pattern for the POCKET LAYER ONLY. (Mark the lines on the RIGHT SIDE of the fabric.)

NOTE: An extra set of marking templates is provided on the last page of these instructions to make this easier.

STEP 4
Cut pocket layer on marked line, and press the fold back onto the WRONG SIDE, tucking it under itself. (see image)

Sew edge down, and press flat.

TIP: Use a ballpoint pen or colored pencil to mark the lines.
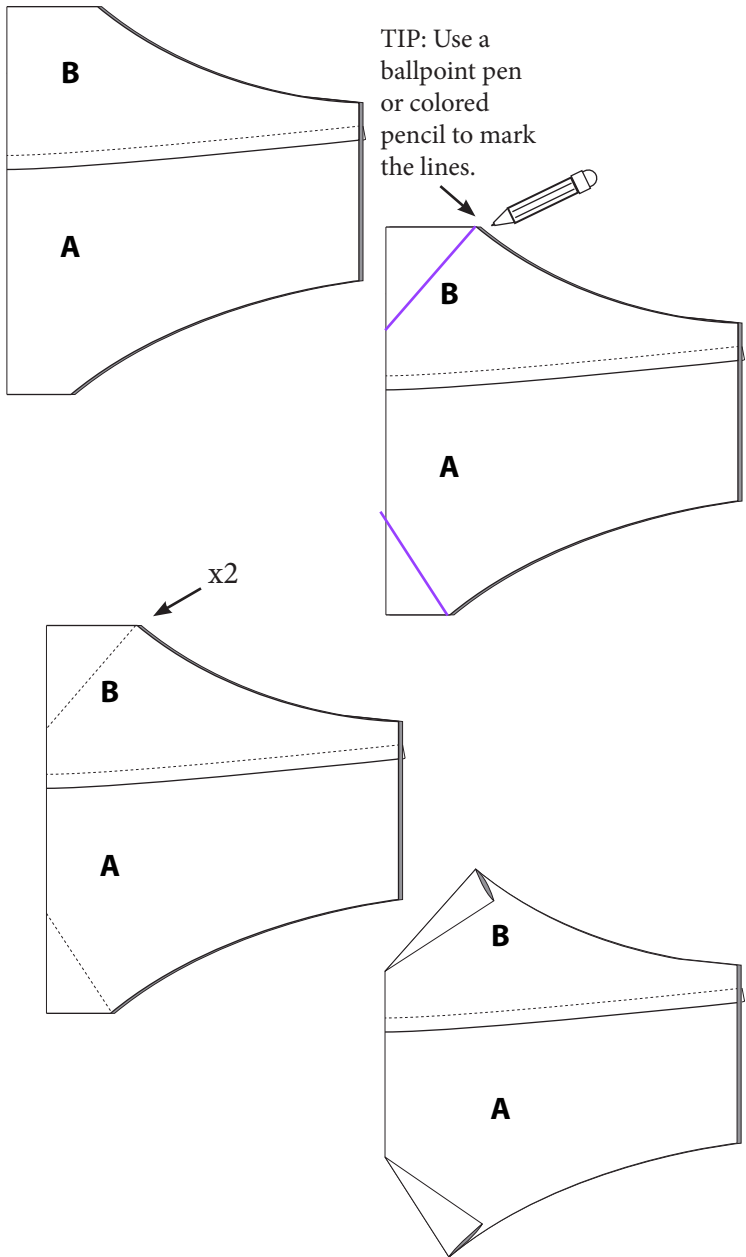
STEP 5

For all three layers - Fold in the middle, with the RIGHT SIDES TOGETHER.

Using the lines on the pattern as a guide, mark the fold lines on one side of Pieces A and B. Repeat for all three layers.
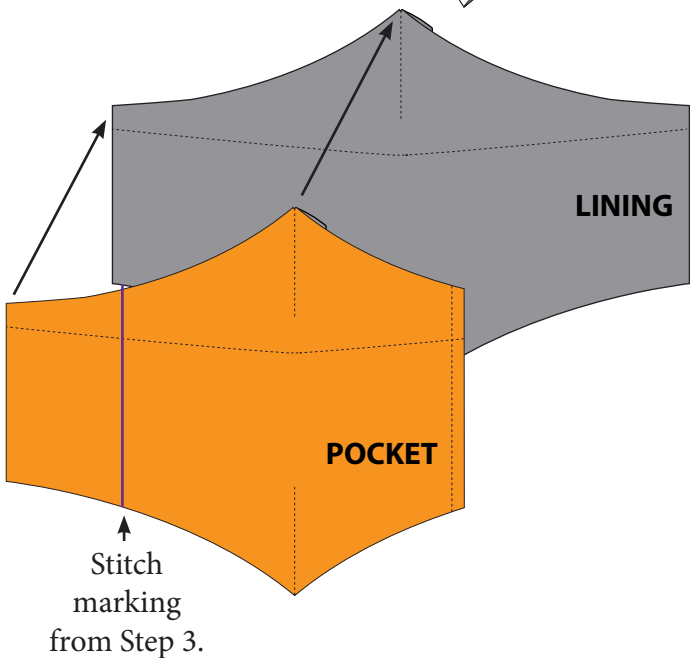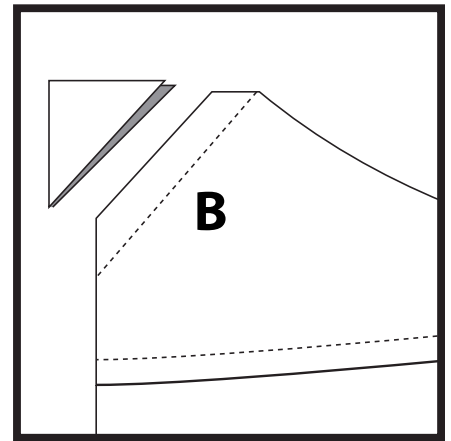
NOTE: An extra set of marking templates is provided on the last page of these instructions to make this easier.

STEP 6

Stitch TWICE along the marked lines, and press seams to one side. Repeat for all three layers.
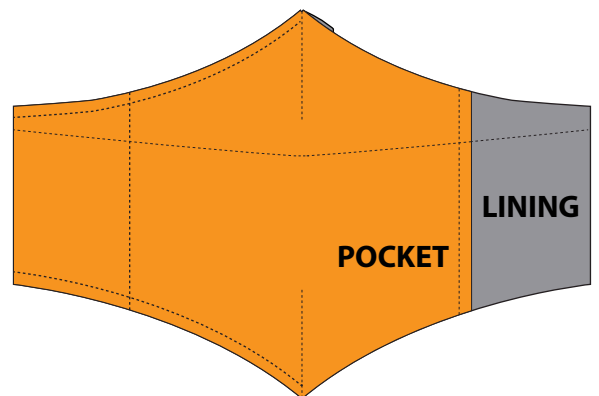
OPTIONAL
For thicker fabrics, trim excess, and press remainder to the side.

STEP 7

With right sides facing up, line up pocket layer with lining layer, matching seams and top edge.

Sew pocket to lining as shown, and sew along marked line.

Stitch marking from Step 3.

Continue to the next step for **BREATHE PORT MASK** (For **STANDARD MASK**, Skip to Step 10.)

"Breathe Easy" Face Mask Sewing Instructions - Page 2
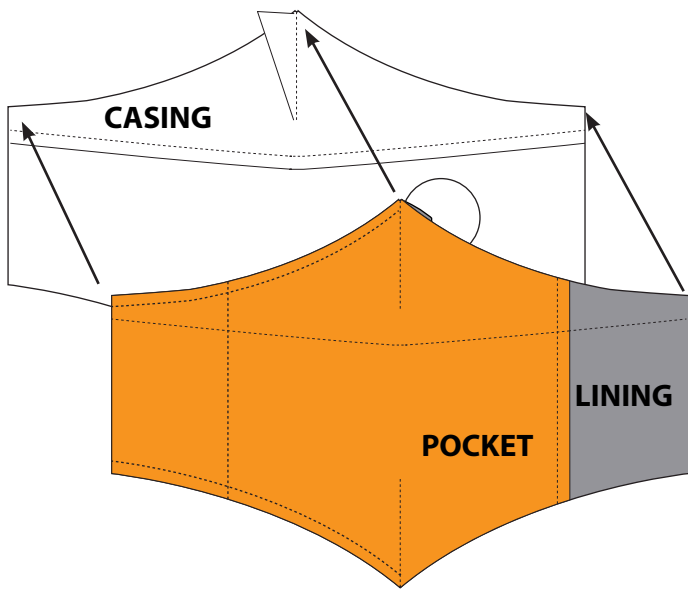
STEP 8

With WRONG SIDES TOGETHER, line up top edges of lining and casing layers. (Circles for breathe port should line up.)

Sew on top of existing stitches on top and bottom edge.
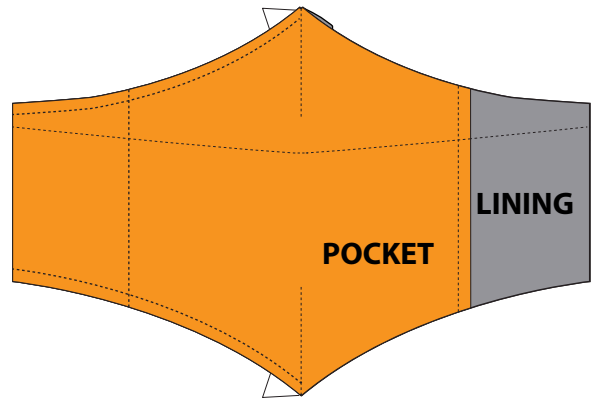
STEP 9

Pull pocket layer back to access breathe port hole, and stitch around the hole 3 TIMES to reinforce edge.

OPTIONAL: For additional stability, sandwich a 3" x 3" square of heavy interfacing between the lining and casing layers before stitching circle. (HDPE panel can be substituted for interfacing.)

## STEP 10 (resume instructions for STANDARD MASK)

With all three layers flat, sew along top and bottom seams.

Before proceding to the next step, test sizing on face. Either Piece A or Piece B can be worn at top (across nose), so check which way will be a better fit.

Step 11

Using a needle and thread, hand-stitch the center of the wire to the center seamline of the "top" of the mask casing.

Check placement, then either hand sew or zig-zig stitch wire securely to mask.

"Breathe Easy" Face Mask Sewing Instructions - Page 3
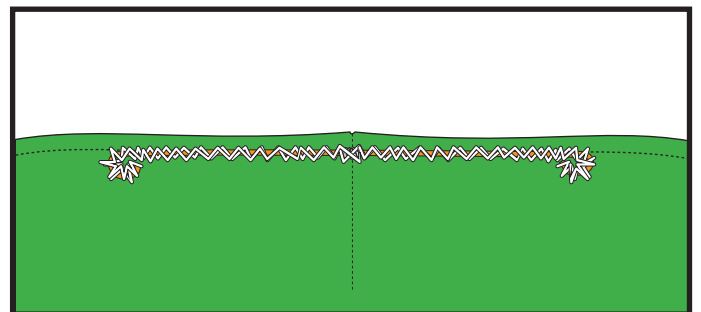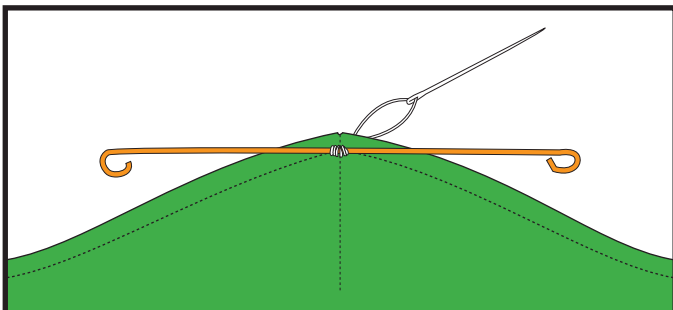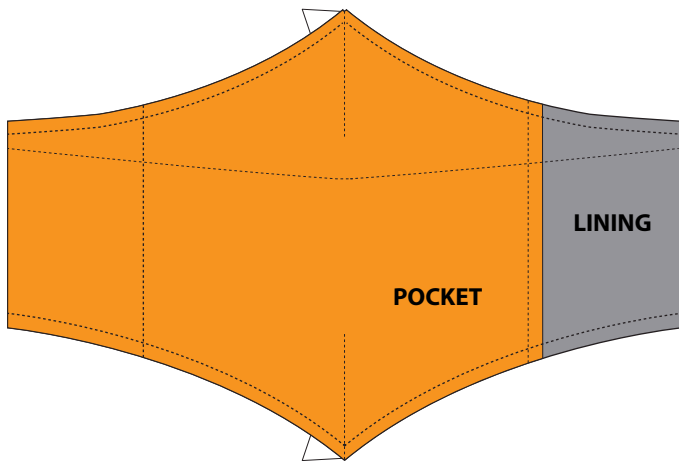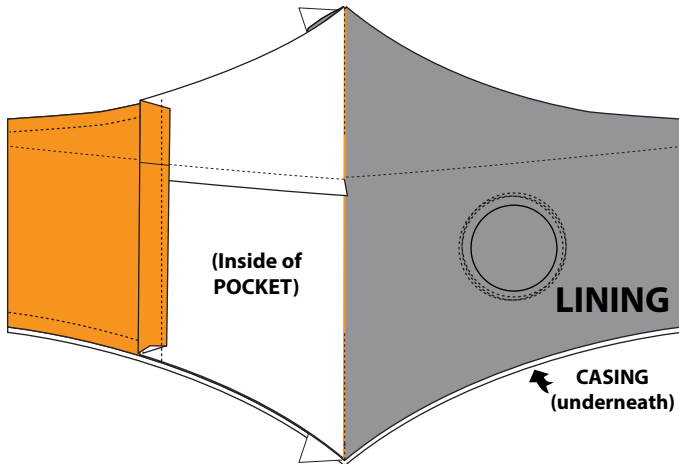
TWO pieces, minimum of 1 inch wide, cut to 10 inches each.

CASING

CASING

CASING

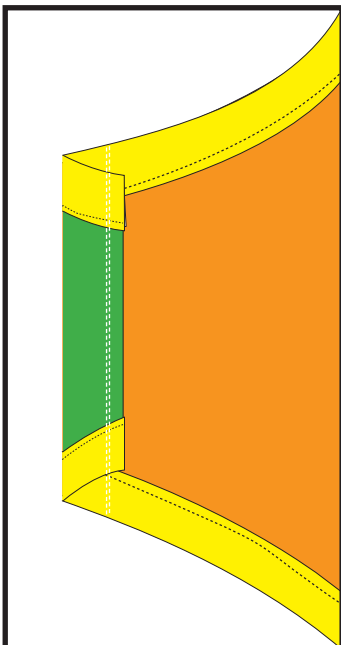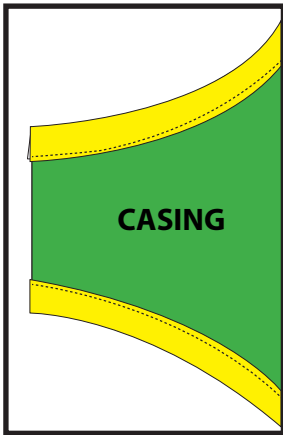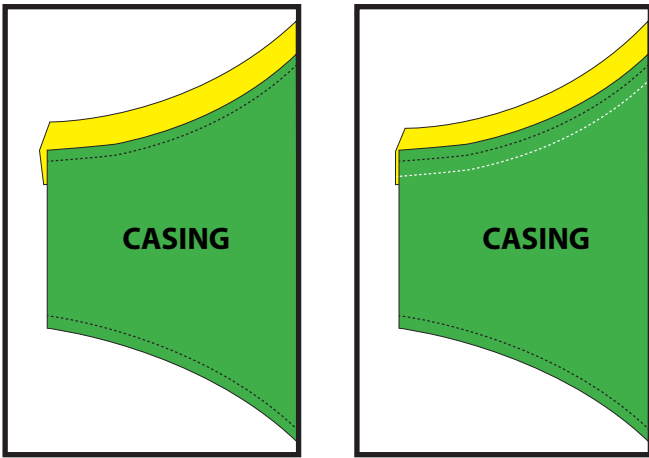**You will need the trim pieces for the next step. In order to create a good seal to the face, this design uses SOFT material for trim instead of bias tape or ribbon.**

Suggested materials include: Felt, Fleece, Flannel, or Wool Fabric. Consider the washability of the material when making your selection. (This mask will likely be washed several times per week.)

STEP 12
Fold trim pieces lengthwise, and line up inside of fold with top edge of mask on lining side.

Using a straight stitch, sew trim to mask 3/8" from edge. Repeat for bottom edge trim.

Fold trim over edges, and sew to casing side 3/8" from edge. (Take care around the nose section to avoid the wire.)

Check fit again before proceding to final steps. Mask should fit snugly around jaw, and not have any gaps, even when talking or yawning.

An extra piece of trim can be sewn along the inside of the bottom edge of the mask to improve the seal.

For child sizes, (jawlines smaller than 8 inches) please see Page 5.

STEP 13
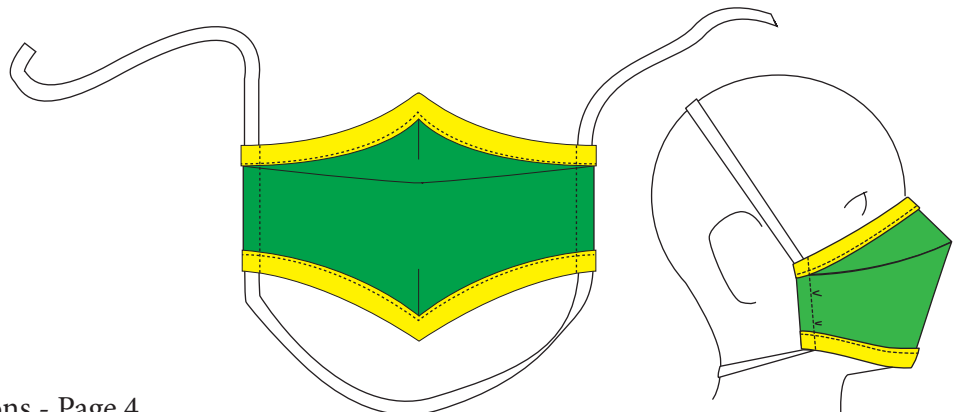Create side channels by folding 3/4" of side of mask toward lining. (For child sizes, fold 1" instead of 3/4".)

Sew TWICE 3/8" from fold. Repeat for other side.

STEP 14
Using a wire hook, pull elastic or ribbon through side channels, making a loop at the bottom, and leaving top ends loose. Check fit, and adjust length accordingly.

"Breathe Easy" Face Mask Sewing Instructions - Page 4

MODIFIED SIZING FOR CHILDREN

Breathe Port version of mask should NOT be used for children, as it contains small parts which could present a choking hazard.

(Follow standard instructions through Step 7.)
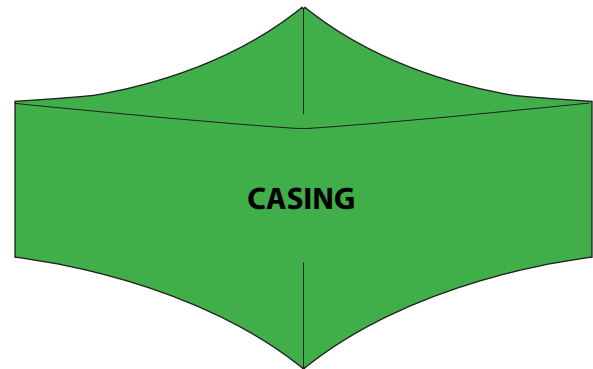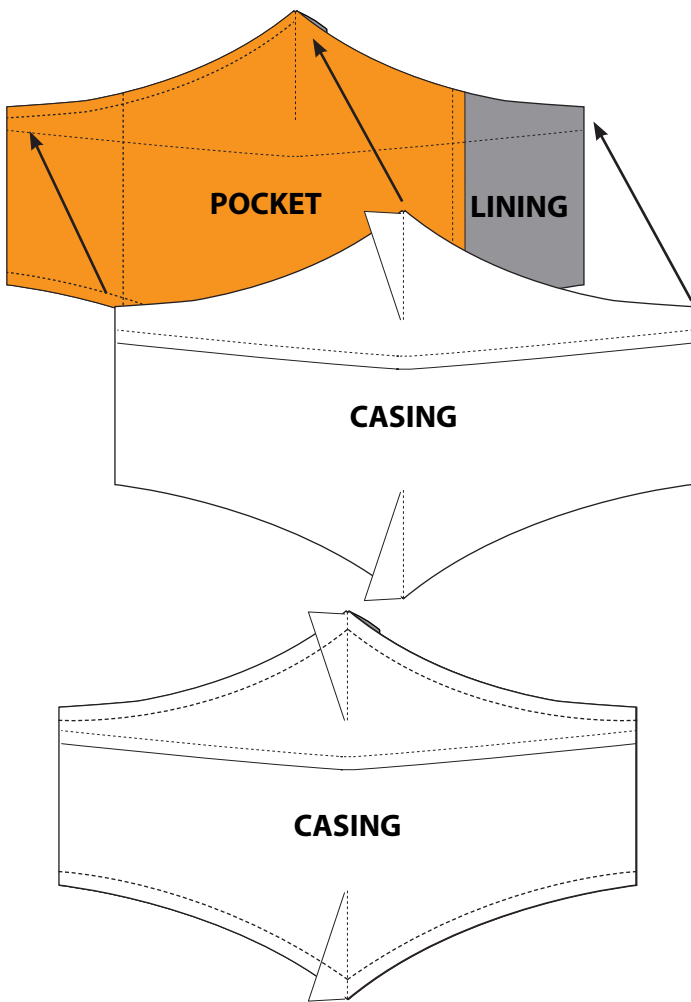
Step 8 - Child
With RIGHT SIDES facing each other, line up casing and liner/pocket layers, matching top edge and seams.

Sew layers together along top, **3/8" from edge.**

Repeat for bottom edge.

Step 9 - Child
Turn RIGHT SIDE OUT, and press seams.

Test sizing on child's face. Either Piece A or Piece B can be worn at top (across nose), but Piece B is more likely to fit snugly under the child's chin.

(Resume with Step 11 of standard instructions.)

OTHER PATTERNS IN THIS SERIES
Available for free download at
http://www.pettingzoowigs.com
facebook.com/PettingZooWigs

DIY Breathe Port
DIY Washable/Reusable Dust Filter Inserts

The author of this pattern makes no claims about the effectiveness of the design in preventing the transmission of any disease.

This garment is not intended as an equivalent replacement for a medical-grade or hazardous materials mask.
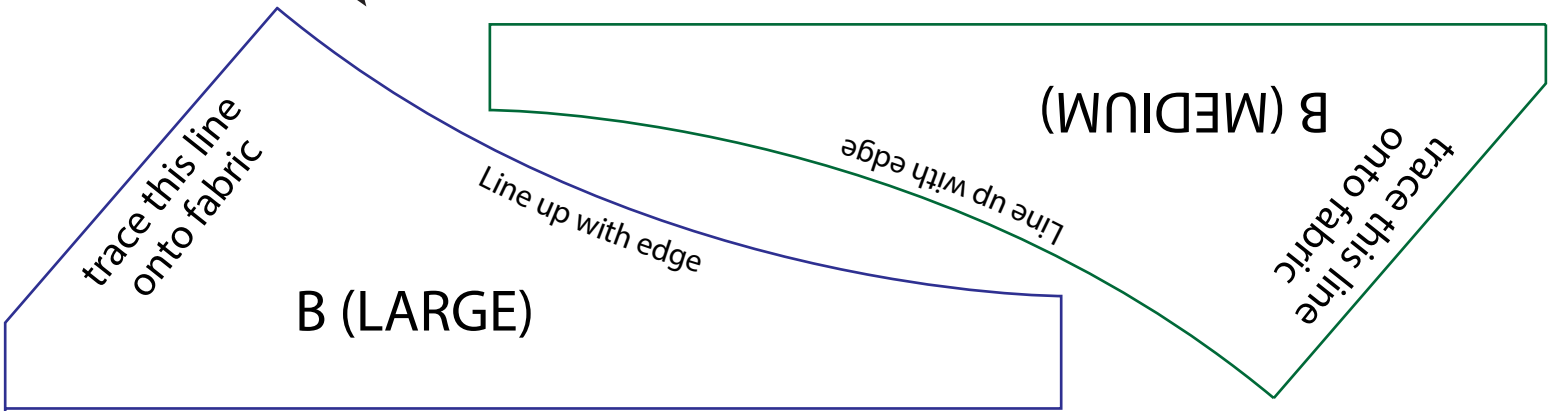
CUTTING TEMPLATES
Print on standard 8.5" x 11" paper, and cut along outside lines.

For use with Step 3

Trace this line for cut line.
FOR POCKET
(Mark of RIGHT side of fabric)
Line up with side edge of pocket layer
(works for both sizes and both A and B)

For use with Step 5

Trace this line for stitch line.
FOR POCKET
(Mark of RIGHT side of fabric)
Line up with side edge of pocket layer
(works for both sizes and both A and B)

B (MEDIUM)

trace this line onto fabric

Line up with edge

trace this line onto fabric

B (LARGE)

Line up with edge

For use with Step 5

A (LARGE)

trace this line onto fabric

Line up with edge

Line up with edge

A (MEDIUM)

trace this line onto fabric