

By



Flip and Sew Mask

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Adapted from excellence patter from

- <https://www.craftpassion.com/face-mask-sewing-pattern>
- Meant for hobby and personal use only. **DO NOT SELL**
- Free face mask sewing pattern & tutorial on how to sew double-layered mask. In 4 sizes: small child, young children, teen/women, men

This adaptation of the pattern from www.craftpassion.com was to make it easier and faster. It is a flip and sew mask. I also made two other patterns on the net. I took them masks to my neighbour, Brenda and asked her input. Brenda had a long career in the medical field and still continues as a surgical nurse in Central America. She recommends the mask in this pattern as there is enough face coverage from the nose to chin and it fits tight to the face. She recommended light or plain color on the inside and patterned or darker fabric on the outside always, that way people will know which part was close to the face. She also recommended the ear elastics or ties. The ties are often on the ones in the hospital that way each person can tie it as tight as possible. It will be necessary to use ties as elastic becomes less available.

The reason I decided to make masks was to give them to my family and friends. These are to protect the patient and other family members should someone get sick during this pandemic. I will branch out further to bless others. Brenda advised the masks with extra filtration was not necessary, because as soon as you have something on your mask, you must change the mask. If you decide to wear the mask in public, **you must practice social distancing** and on returning home, put it in the laundry with soap and water. Then dry in a drier. Three are ideal – one to wear, one to be in the laundry and one for emergency. More are even better

Flip and Sew Face – Four Sizes for your whole family

What You Need:

- Four pieces of 100% quilt grade prewashed cotton – The mask must be able to be washed with a bit of bleach and dried in a dryer and not change size (approximately 12" * 6")
- Elastic 4mm or I like slightly wider, also round cord elastic bands work too (you can buy them from hair accessories, section. – 16")
- 1 ½ "strip width of fabric for ties. (I use plastic ruler and rotary cutter)
- Pattern attached as pdf
- Scissors or Rotary Cutter
- Pins or Weights
- Tie "Turner" or Knitting needle or Chop Stick to turn the strip



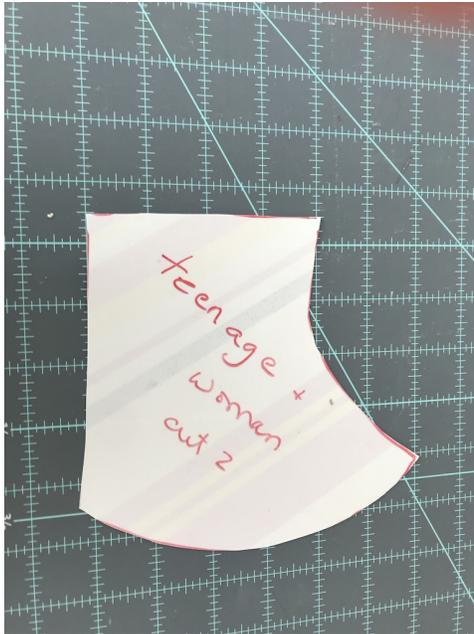
tie turner

Disclaimer:

***This mask is not meant to replace the surgical face mask in the market especially during the cov19 virus, it is a contingency plan for those who have no avail to surgical mask in the market.**

Construction of the Mask

1.



1. Make a template – draw it on a plastic place mat or card board. With notes cut two

2.



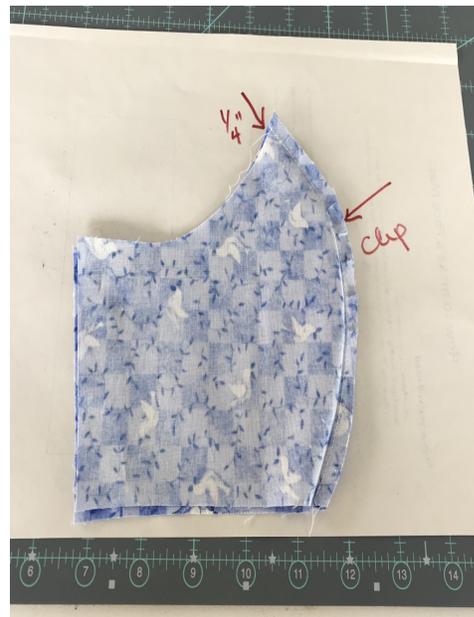
2. Cut two – front does not have to be on fold. Face Mask Patter Version 2 with seam allows are attached. Also available at www.craftpassion.com/p=26304

3.



3. Lining Cut 2 – this is where it is different from *craftpassion*. I made it the same size as the front then. It became a flip and sew technique. After making a dozen I cut the liner and the fabric at the same time so it fits exactly

4.



4. Here is the first seam you sew – and then clip so it curves, then press from the top so the seam goes to one side

5.



6.



5. Top stitch the center seam from the inside so that it lays down smoothly (This is different that I would do for a quilt – top stitching is on the top-problem for me when I did it that way was it had little clippings sticking up – this method made it lay flat for comfort. Do this for lining too

6. This is what it should look like.

Ties or Elastic



Knitting Needle turn



Cut Strip



Fold over one third

Cut ties – 1 ½" wide by width of fabric. Two cuts give you four ties for men

- 18 inches long for men
- 16 inches long for women
- 14 inches long for kids

If you do not have a method to turn the tie cut a strip of fabric 2" wide and by desired length, then iron one third to the center then press the other side to the center. Then fold in half and top stitch. This works great too



Right sides together of lining and fabric. Pin at the top of the mask and pin as much as you need so it does not shift. Sew the top and the bottom leaving the ends open

- Pin the ties, or elastic
- Turn the ends $\frac{1}{2}$ inch, press and fold the ends into the mask
- Pin the ties or elastic in the ends
 - Elastic – over ears –
 - 5 $\frac{1}{2}$ inches women
 - 6 inches' men.
 - 5 inches Children

Across back up and lower piece the same – 8 inches



Some Recommendations

Brenda advised that the elastic around the ears would prevent the mask from slipping down. The picture below shows one with elastic across the back. www.craftpassion.com advised that children liked it better. But take care as you cannot touch the inside of the mask when you put it on. I am only doing ear elastics or ties. A great friend suggested do ties for women as they are used to it, but men would do better with elastic. Great suggestion.

Test them all out. I will run out of elastic and have some on order but it will not arrive until May



Top Stitch all around the mask on the front side. On the sides, back stitch three times on each tie or elastic piece so it stays in the mask when it is put on. It might look messy but it will ensure the ties or elastic are going to stay in.



You just finished your first mask.

Happy Sewing and Bless those you love
Diana

**Remember, if you try it on it is yours
until you wash with soap and a bit of bleach
and dry in a dryer.**