

Marypat's washable medical mask pattern

These short, high-level instructions are geared toward those with sewing experience, but hopefully everyone can follow! Please find videos on YouTube or Blueprint for cutting and sewing tips. FB message me with any big questions.

Modeled after standard medical mask. Finished PLEATED dimensions: 7" x 3.5". Expands to 7" length x 6.5" height. (For size L, add one inch to length, also add to height if desired.) Use two 8.5" pieces of ¼" elastic. (Yes, you can carefully cut elastic lengthwise. Especially in this situation.)

Pre-washed Fabrics: Tight-weave cotton. Or whatever you have that is washable and has some breathability.

Cut your fabric to incorporate bottom seam - or not - depends on preference and available fabric. Use as much as possible of whatever fabric you have. Do not cut on bias. I strongly prefer bottom seam to give the mask more definition.

Use disinfectant wipes on all equipment (iron, scissors, front of machine) at regular intervals. Make sure fabric is pre-washed. Keep machine oiled, and replace machine needles regularly.

Observe social distancing and all health department requirements. Wash hands often.

Cutting Fabric for Serger	Cutting Fabric for Sewing Machine
7" x 6.5" (2 for each mask) Or 7" x 13" and fold up, press (make sure pre-washed!)	Same dimensions, AND add whatever seam allowance you want to work with. Example: add inch and work with ½" seam allowance on each side. (Pre-wash fabric!)
Sewing with Serger	With Sewing Machine
Iron in three small lengthwise pleats holding front and back together. <i>Wrong sides together for fabric with pattern - pattern sides both outward.</i> Press pleats to 3.5" height. (Can hold these in place while sewing if experienced with that and want to skip ironing. I prefer ironing for best finish.)	
Serge across tops <i>separately</i>	Fold down top ends toward inside ½" and sew each across.
Serge sides and bottoms together. Clip threads.	Keep front and back pleated together. Turn sides (and bottom, if needed) under ½" and top sew these down. Make two parallel lines of stitching if desired to avoid too much raveling of raw edges. (Or use wider seam allowance and fold under twice. Or pink raw edges before stitching. This is high-volume, not fancy.) Press seams.
Use sewing machine to attach elastic loops on each end. (Straight or zig zag several times. ¼ inch allowance on each elastic end.)	Attach loops at ends. (Straight or zig zag stitch back/forth several times. ¼ inch allowance on each end of elastic.)

This simple mask is completely adjustable for the wearer. Also, any dry wipe or other protective insert can be tucked in from the open top.

This pattern is aimed at high volume. There are other good patterns circulating. Choose whichever pattern suits you and your equipment. Every pre-washed mask with secure elastic is a great contribution!

From: Marypat