

MASKS FOR THE FRONTLINE

SEWING INSTRUCTIONS FOR THE FACE MASK PATTERN.

For more information contact
Adel Klerk
at 076 890 0823.



Concept

The mask is made from **3 layers cotton fabric**.

It is washable and can be reused. The ties are sufficiently long so that the mask can easily be tied and loosened. You can therefore remove the face mask while maintaining a safe distance between your hands and your face.

Logistics

Fabric can be collected at:

Adel Klerk - *Please limit collections from this address to between 11h00 and 13h00 daily.*
076 890 0823.

Masks can be dropped off at:

Adel Klerk - *Please limit drop off's to this address to between 11h00 and 13h00 daily.*
076 890 0823.



Engen Petrol Station
crnr Jean & Rabie Street
Lyttelton



Highlands Spar
crnr Glover & Rabie Street
Lyttelton

We support the government's decision to limit traveling to essential services only and would like to request that you collect only when you are traveling for essential services.

Instructions

Difficulty: beginner to advanced.

The pattern is rectangular. You don't need a lot of sewing experience to make it. Folding the pleats requires some dexterity.

Printing the pattern

The seam allowance has been included in the sizing.

Print the pattern on A4 paper.

**Always print to actual size,
without scaling down!**

Materials

- For all three layers of fabric, measuring 25cm by 20cm. You need a breathable fabric that does not absorb any moisture.
Please use cotton.
- Make sure that all three pieces of fabric have a different colour or pattern so that you always wear the same side on the outside.
- Pre-wash the fabric at 90°C before starting, so that the mask doesn't shrink too much after the first (heat) sterilisation.
- 2 fabric ties, 82cm long and start stitching at the top of the mask at 39cm. They can be washed at 90°C.

Hygiene

Take adequate hygiene precautions..



1 Wash your hands



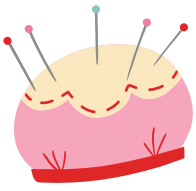
2 Make sure that your sewing machine is as sterile as possible by disinfecting and wiping it.



3 Wash your hands before continuing



4 Wear a mask while sewing



HOW TO PROCEED



1. Cutting the fabric.

The pattern includes the seam allowance, you don't have to add it.

Cut

- 2 ties of 82cm.
- The fabric for the front outer layer.
- The fabric for the inner layer.
- The fabric for the back outer layer.

2. Making the pleats.

Press the side seams on the short sides inwards:

- Press the fold of the folded edge inwards.
- Turn the fabric over, with the right side up: the seam and folded edge face downwards.
- Fold the black line over the red line in the direction of the arrows.
- Repeat for every pair of black and red lines.
- Press the folds (one by one if necessary) using an iron.

3. Sewing the folded edge

Use a straight stitch (3mm stitch length), a standard needle and synthetic thread.

Sew along the seams on the short sides.
Sew along the folded edge, sew within the seam allowance for this.

4. Secure the pleats.

Secure the pleats within the seam allowance, if you find this easier when sewing the closed side seams.

5. Sewing the center seam

Align the three fabric pieces, right side facing up, and sew along the centre seam.

6. Attaching the ties

Pin a tie to each side starting the tie at 39cm from the top of the mask.

7. Sewing the side edges

Fold the mask closed along the center seam (like a sandwich). The wrong side of the fabric faces upwards.

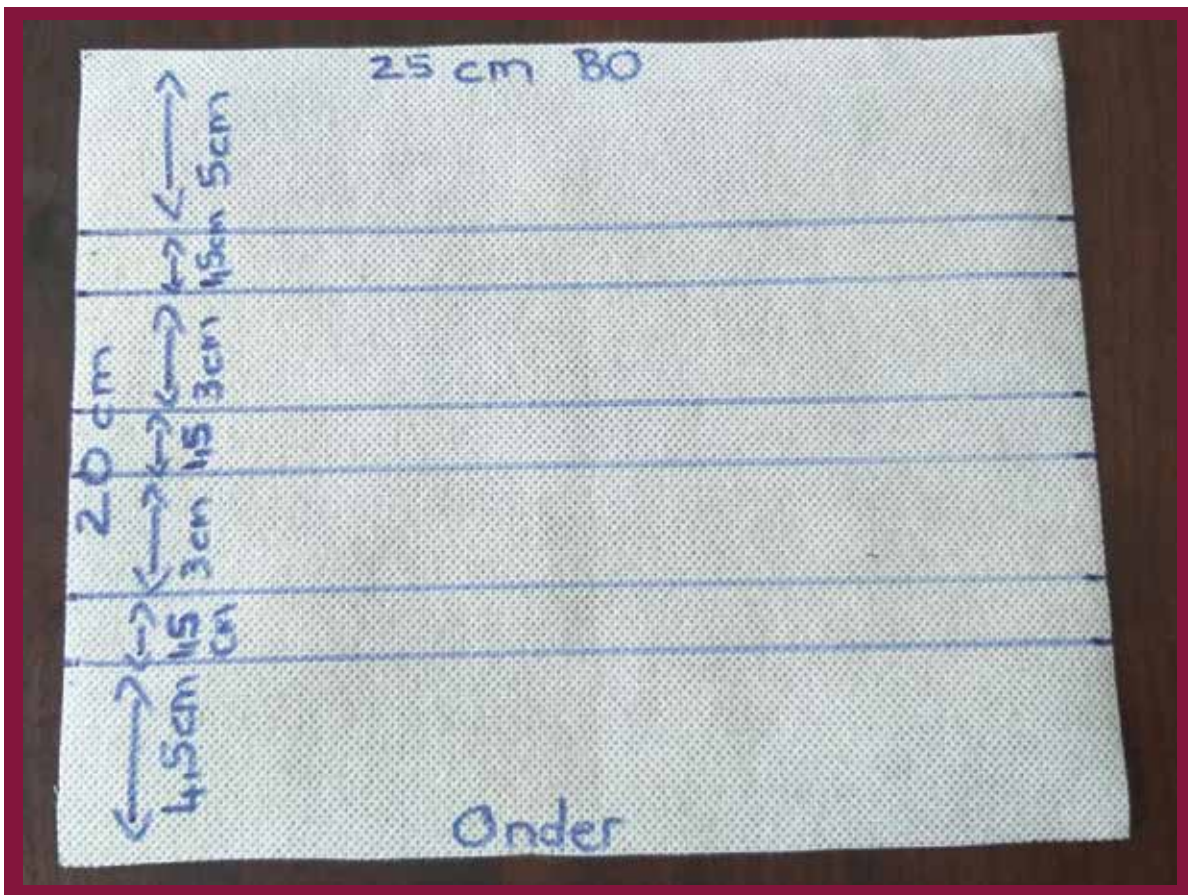
Sew the side seams, using an overlock stitch if necessary. Stitch back-and-forth to secure seams.

8. Turn inside out and finish

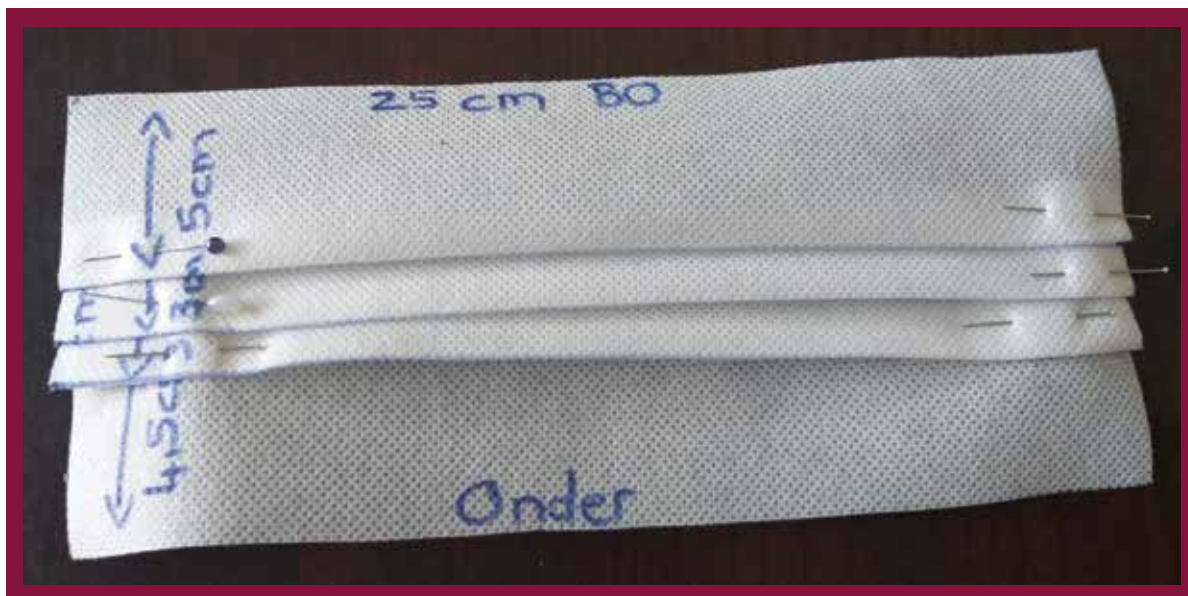
Turn the mask inside out through the open side (seam and folded edge).

9. Sterilising your mask

Sterilise the mask by washing it at 90°C .



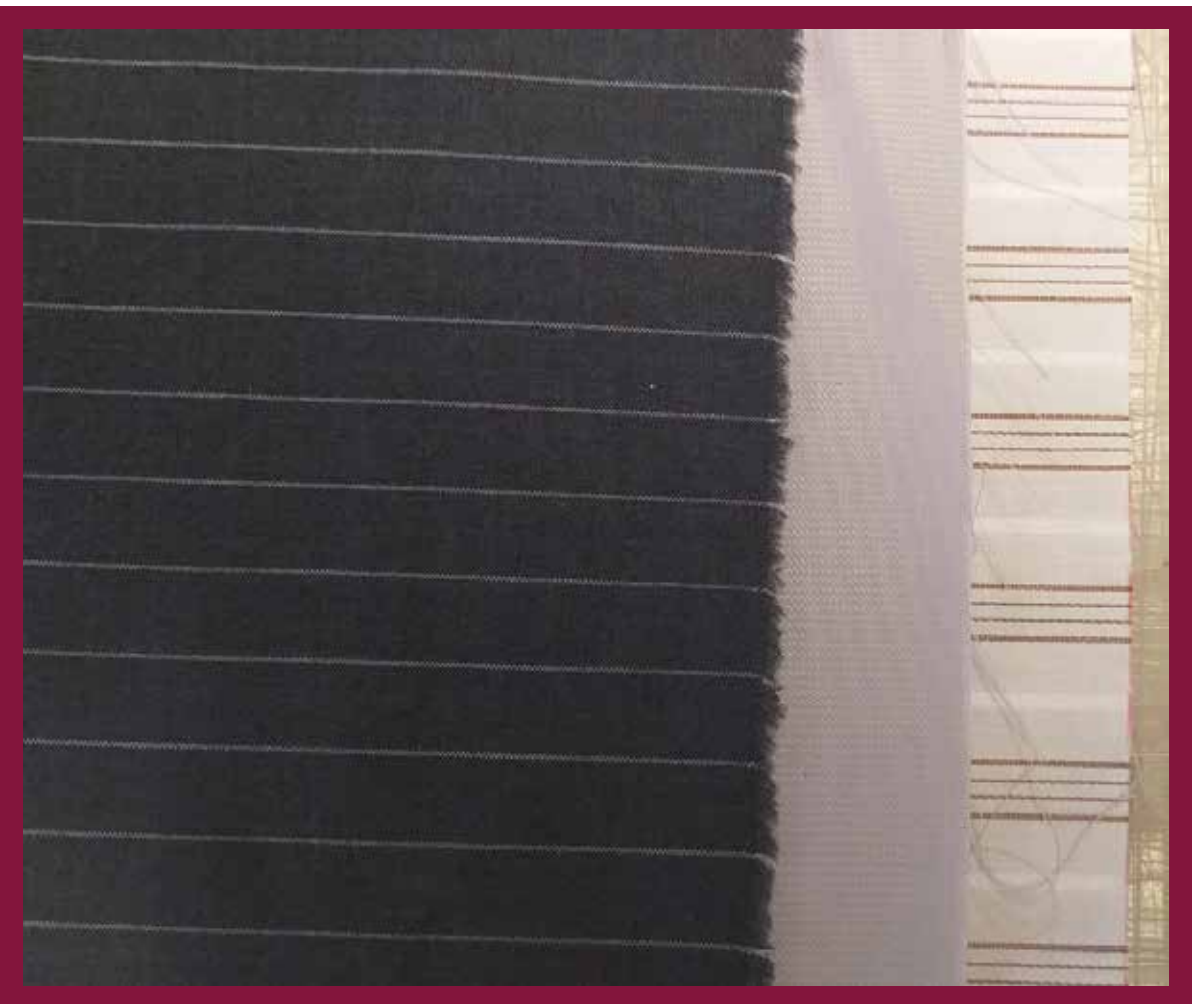
1. Cut the pattern.



2. Make the pleats.



3. The pleats.



4. Order of fabric. (Three layers).

- Top black
- Inner gray
- Back stripes



CHECKING THE MEASUREMENTS

TEST SQUARE

5cm by 5cm

Print at actual size, without scaling down and compare the print with the test square.

This pattern includes a seam allowance.

25 cm TOP

5 cm

1.5 cm

3 cm

1.5 cm

3 cm

1.5 cm

4.5 cm

BOTTOM

20 cm

