

DIY Mask, approved by BDH. Original pattern from EasyToSew on YouTube:

<https://www.youtube.com/watch?v=BCJcE-r7kcg&fbclid=IwAR3KDPn41MYTH1MoQWTMRKETyTqIn8kq2RWPfCQL0h9-V3HNRtIQxqSrGnw>

Material	Quantity	Dimensions
Cotton or cotton/poly woven fabric	1	15" long x 7.5" wide
Plastic-coated twist tie or pipe cleaner (or other coated wire)	1	About 6.5" long

Serge or zigzag the short edges of your rectangle. Fold your fabric right sides together, matching the short (serged) edges. Mark 1.5" in from each unfinished side.

Stitch along your finished edges with $\frac{3}{8}$ " seam allowance to the mark, reversing at the beginning and end of your seam. Repeat from the other end. Press your seam allowance open. Topstitch one edge of your seam allowance, $\frac{1}{8}$ " from the fold.

Mark $\frac{1}{2}$ " above the unstitched side of your seam allowance. Fold your mask at that mark. Press flat. Topstitch around the entire mask, $\frac{1}{8}$ " from the edge.

Insert your wire into the nosepiece channel (plastic-coated twist tie or pipe cleaner preferred). Topstitch the bottom edge of the nosepiece channel, $\frac{1}{8}$ " from the edge of the pocket opening. *(If you have no wire: Leave a 1 inch gap in the middle of this topstitching. Backstitch on either side of the gap. This will allow a wire to be inserted later).*

Fold three $\frac{3}{4}$ " pleats along your mask so pleats face down on the front of the mask. Press. Run a basting stitch along the edge of the mask to hold the pleats.

Mask dimensions: about 7.5" wide, 3.5" high.

If you don't have elastic:

$\frac{1}{2}$ " bias tape or 2" wide strip	2	4.5" long
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Lay your bias tape or 2" fabric strip right sides together along the edge of the mask. Leave $\frac{1}{2}$ " above and cut excess to have $\frac{1}{2}$ " overhang below the mask. Fold the $\frac{1}{2}$ " overhang to the back side of the mask on top and bottom. Stitch in place with a $\frac{3}{8}$ " seam allowance.

Fold the raw edge of your bias tape to meet the raw edge of your mask. Fold again so the folded edge covers your previous stitching. Topstitch in place. Repeat for the other side.

If you have 1/8" flat elastic or 1/8" elastic cording:

1/8" elastic (flat or cording)	2	12" long
1/2" bias tape or 2" wide strip	2	4.5" long

Lay your bias tape or 2" fabric strip right sides together along the edge of the mask. Leave 1/2" above and 1/2" below the mask. Fold the 1/2" overhanging edges to the back side of the mask on top and bottom. Stitch in place with a 3/8" seam allowance.

Fold the raw edge of your bias tape to meet the raw edge of your mask. Fold again so the folded edge covers your previous stitching. Topstitch in place. Insert your elastic through the channel formed by the bias tape. Tie ends and tuck knot inside bias tape channel. Repeat for the other side. Finished!

If you have 1/4" flat elastic:

1/4" flat elastic	1	30" long
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Lay your bias tape or 2" fabric strip right sides together along the edge of the mask. Leave 1/2" above and 1/2" below the mask. Fold the 1/2" overhanging edges to the back side of the mask on top and bottom. Stitch in place with a 3/8" seam allowance.

Fold the raw edge of your bias tape to meet the raw edge of your mask. Fold again so the folded edge covers your previous stitching. Topstitch in place. Repeat for the other side.

Insert your elastic through the channel formed by the bias tape, pulling your elastic through from the bottom of the mask on both sides. Tie ends together at the top side of the mask. Finished!

If you have long strips of fabric or bias tape:

Bias tape or 2" width fabric strips	2	36" long
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Prepare your 2" wide fabric strips by folding your edges 1/2" to meet in the middle. Press.

Lay your bias tape or 2" fabric strip right sides together along the edge of the mask. Leave 12" of bias tape hanging below the mask and the rest of the excess above the mask. Stitch in place with a 3/8" seam allowance, along the edge of the mask. The top tie will end up being about 20" long (from the top of the mask).

Fold the raw edge of your bias tape to meet the raw edge of your mask. Fold again so the folded edges meet along the ties, and covers your previous stitching on the mask. Topstitch in place down the entire length of the bias tape (36"). Repeat for the other side. Finished!