

SURGICAL MASK



TUTORIAL



SEWN UP - TERESADOWNUNDER
<http://mypatchwork.wordpress.com>

A note on surgical face masks

Wearing a face mask is certainly not an iron-clad guarantee that you won't get sick – viruses can also transmit through the eyes and tiny viral particles, known as aerosols, can penetrate masks. However, masks are **effective at capturing droplets, which is a main transmission route of coronavirus**, and some studies have estimated a roughly fivefold protection versus no barrier alone (although others have found lower levels of effectiveness).

If you are likely to be in close contact with someone infected, a mask cuts the chance of the disease being passed on. If you're showing symptoms of coronavirus, or have been diagnosed, wearing a mask can also protect others. So masks are crucial for health and social care workers looking after patients and are also recommended for family members who need to care for someone who is ill – ideally both the patient and carer should have a mask.

However, masks will probably make little difference if you're just walking around town or taking a bus so there is no need to bulk-buy a huge supply.

Source: <https://www.theguardian.com/world/2020/mar/21/can-face-mask-protect-me-coronavirus-covid-19-myths-busted>

DIY masks effectiveness: <https://smartairfilters.com/en/blog/diy-homemade-mask-protect-virus-coronavirus/>

Advice on when and how to use face masks from the World Health Organisation (WHO):

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>


What you need

For the video tutorial I used 100% quilting cotton however a heavier fabric for the outer portion is best. For instance denim, duck cloth, canvas, twill or other tight woven fabric. For the inner lining you can use cotton or a cotton blend.

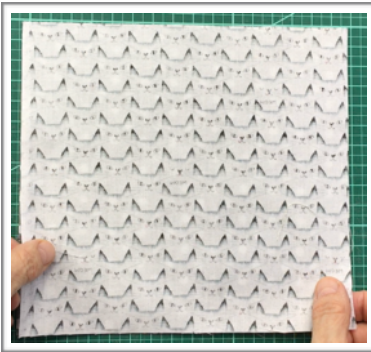
Cut:

- 2 pieces, 7 1/2" X 8" (19 cm x 20.25 cm)
- 2 pieces of 6" of bias tape (15.25 cm x 5 cm)
- 2 pieces of elastic band 6" each (15.25 cm)

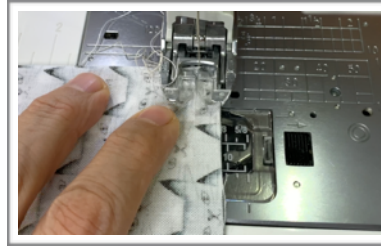
How to make the face mask

Learn with this video tutorial: https://youtu.be/0-j_qo7g-Ug  **YouTube**

How to make a face mask step-by-step

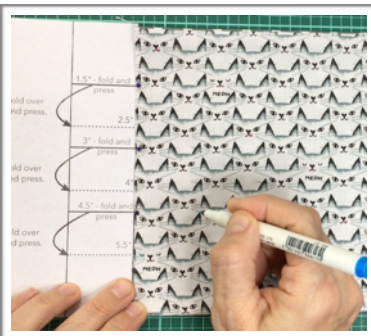


1. Place both pieces, 8" x 7 1/2" right sides together.

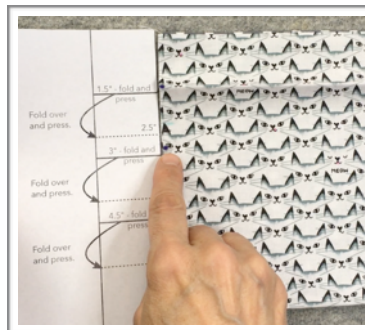


2. Sew top and bottom along the 8" side.

Turn inside out and press.



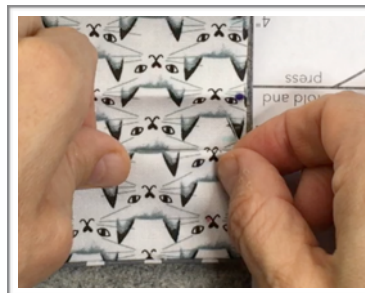
3. Use the guide on page 5 to make a mark next to each line.



4. Make another line in different colour next to each broken line



5. Press along the unbroken lines.

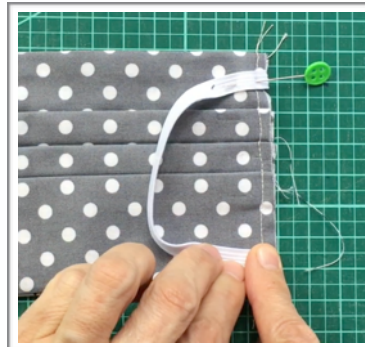


6. Take the first fold and bring it over the first unbroken line.

Press and pin.

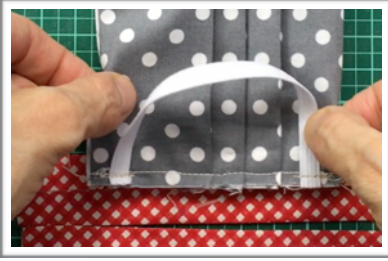


7. Stitch at 1/4" from the edge.



8. Place the elastic band at 1/4" from the top and bottom.

Pin and stitch in place.



9. Add the bias tape. Place the mask's edge align with the middle of the tape.



10. Fold the bias sides in.



11. Fold over and sew along the bias tape.

Front



Back



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- Blog: <http://mypatchwork.wordpress.com>
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- Pinterest: <http://www.pinterest.com/antipodas>
- Twitter: <http://www.twitter.com/antipodas>
- Contact: sewnup.patterns@gmail.com

Fabrics featured on the video:

- [Cat clique](#) by Michael Miller
- [Dumb Dot Nickel](#) by Michael Miller



Surgical mask guides

