

covid courage

💖🧐 **JOIN US IN MAKING MASKS TO PROTECT** 🧐💖

OUR ESSENTIAL WORKERS AND EACH OTHER

EASY AS 1-2-3-4

PREP-MAKE-PACKAGE-SEND

Sewing Instructions

All masks are one size fits all

1 PREP

BEFORE YOU BEGIN, PREP YOUR WORK AREA

It is **CRITICAL** that you prep, make & package your masks in a clean environment from beginning to end:

- Do not make masks if you or anyone in your location are sick or have known contact with someone sick
- Only use recently washed hands or wear gloves
- Clean your workspace and tools with disinfectant
- Wear your own clean mask the entire time

MATERIAL:

SELECT A LIGHT-COLORED FABRIC: Lighter is easier to see when it's soiled. If you use a darker or patterned fabric; use only for the side that faces outside, away from the face. The side facing the mouth and nose should always be light colored, this will help indicate when it's soiled as well as help to distinguish each side easily.

NEW COTTON FABRIC IS BEST: 100% Cotton with a high thread count (800+) is best. Pillowcases, sheets or quilting fabric are good examples. It needs to have a high thread count, but also be breathable. When held up to the light, you should **NOT** be able to see through it. Do **NOT** use elastic/stretchable fabric.

WASH IT: Prepare your fabric by machine washing in very hot water. All fabric must be pre-washed and dried.

IF USING RECYCLED FABRIC: Use new fabric whenever possible, if recycling fabric, boil for 10 minutes or put in a pressure cooker with 1 cup of water for 30 minutes.

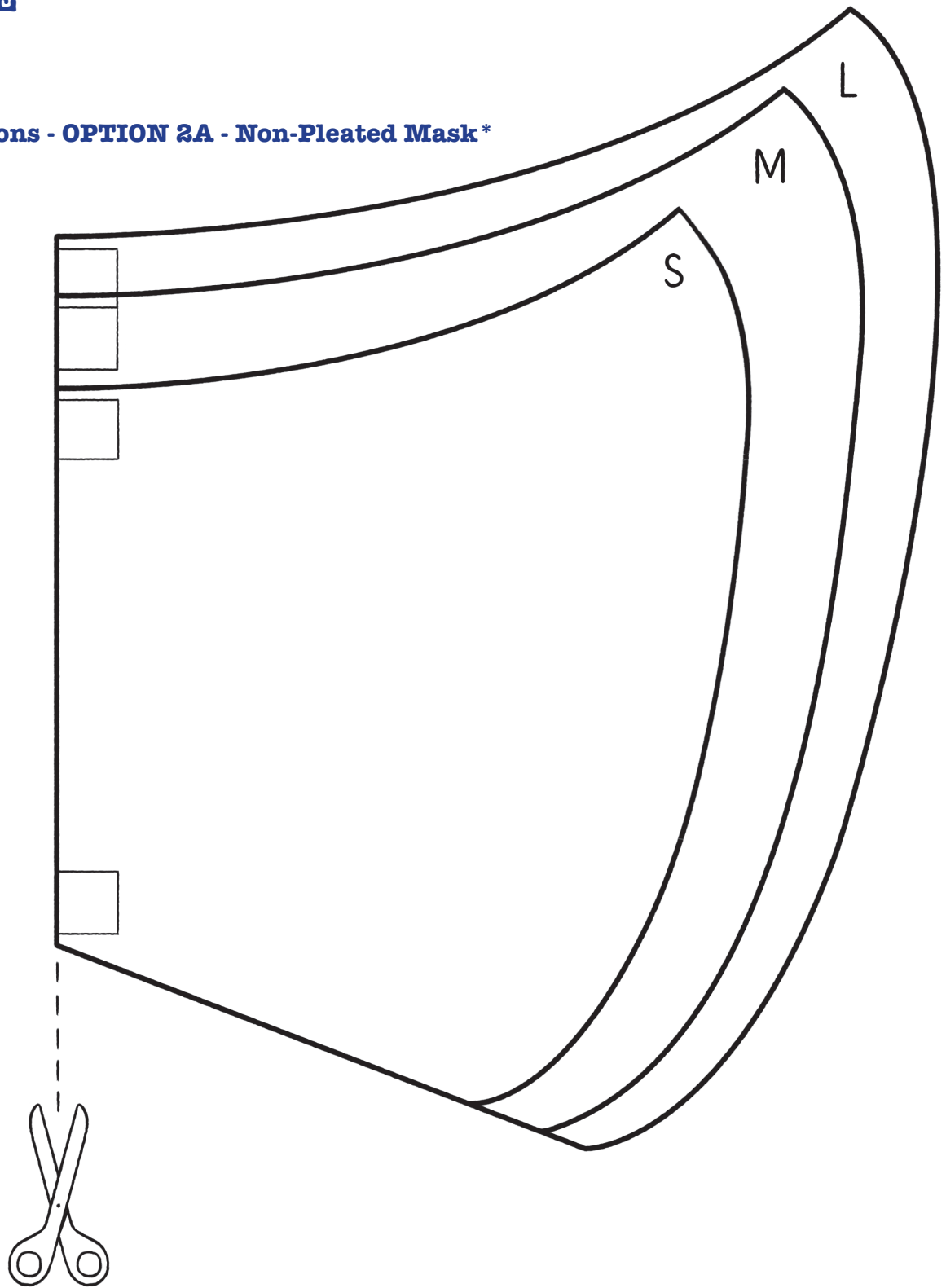
FOR MORE INFORMATION ON MATERIALS [CLICK HERE](#)

2

MAKE

Sewing Instructions - OPTION 2A - Non-Pleated Mask *

USE THIS
PATTERN
TEMPLATE ->



10 cm / 4"

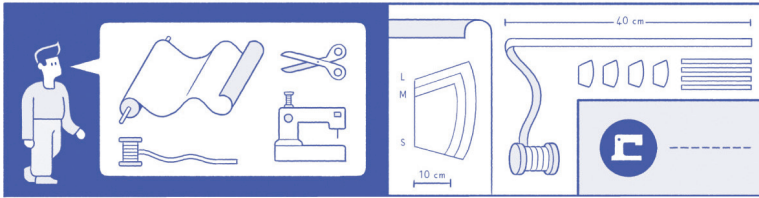
Notes: Allow room around the edges for seams. You will also need about 5 feet (1.6 meters) of ribbon cut into four equal parts. Source: FreeSewing.org

2

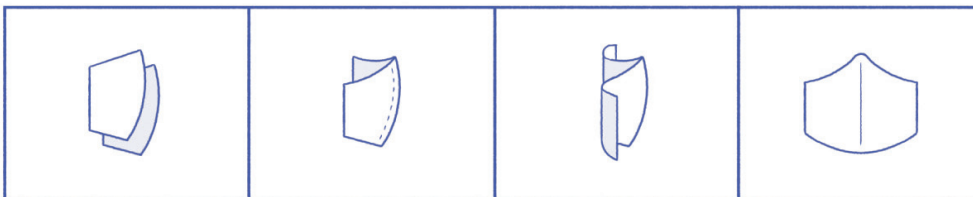
MAKE

Sewing Instructions - OPTION 2A - Non-Pleated Mask* [CONTINUED]

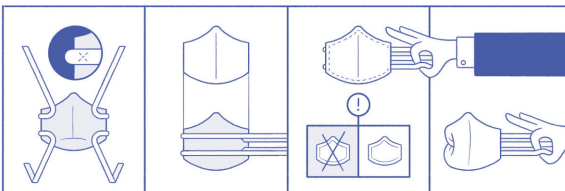
- You'll need scissors, sewing supplies and a breathable, tightly woven cotton fabric.



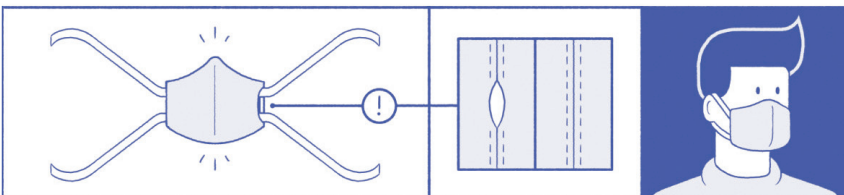
- Using the pattern template on previous page, cut four identical pieces of fabric. Take two pieces and sew the curved side together, creating the front of the mask. Then do it again for the other two pieces of fabric, creating the back side of the mask.



- Now you will sew the ribbons. Place one side of the mask on the table, seam side down. Place a ribbon on each corner with the ends slightly peaking over the edges, far enough away from the edge to leave room for a seam when you join the two pieces. Sew the ribbons in place. Pull all ribbons across the right side. Place the other mask on top, seam side up, sandwiching the ribbons. Sew the two masks together, leaving the area on the right side of the mask unsewn. Then turn the mask inside-out by pulling the ribbons through the unsewn hole.



- Now that the mask is reversed, sew the remaining gap closed. You're done!



*This is a FU/Olsen pattern and instructions developed by New York Times

2

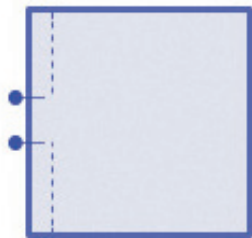
MAKE

Sewing Instructions - OPTION 2B - Pleated Mask * *

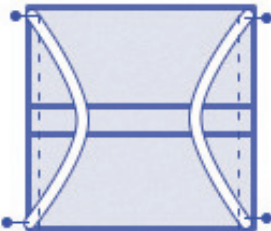
- You'll need scissors, 1/4" or 1/2" elastic for ear loops (if not available, ribbon or ties made of cotton fabric, t-shirt fabric, etc. can be used), sewing supplies and a breathable, tightly woven cotton fabric.



- Cut 1 fabric rectangle 16" long and 8.5" wide. Cut 2 pieces of elastic, each 7" long. Fold the fabric rectangle in half, with the right sides facing each other. Sew along the top 8.5" width edge. Leave a 3" opening in the center of this seam to allow the mask to be turned right side out after sewing.



- Turn the fabric so that the seam with the pocket opening is centered in the middle of one side. Using an iron, press the seam open. Fold the excess seam allowance under, encasing the raw edge of the fabric. Sew along each side of this seam to finish the edge.



- Pin one piece of elastic to each side of the mask, one end to the top corner and one end to the bottom corner of the fabric rectangle. This will create the ear loop once the mask is turned right side out and pleated. Place the ends of the elastic about 1/4" from the top and bottom corners of the fabric. Repeat this process on each side to make two ear loops.



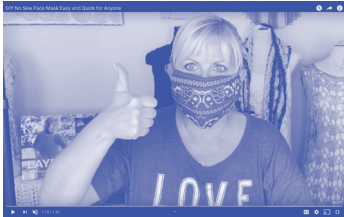
- Sew each side of the facemask. Backstitch over the elastic or fabric ties to secure them. Turn the mask right side out and press with an iron.
- Make the mask with three evenly spaced lines. To do this, you can measure and mark with a water-soluble fabric pen. Or, you can fold the mask in quarters - fold the sides to meet in the middle, and then fold again in half. Use an iron to make a crease.
- Use your markings to create three evenly spaced 1/2" pleats. Pin the folds down, make sure all pleats are facing the same direction. Sew along the sides to secure the pleats. When the mask is worn, the pleats should open downwards to prevent any particles from collecting in the fold pockets. You're finished!

* *This pattern and instructions were developed and tested by SarahMaker.com

2 MAKE

OPTION 2C - Other DIY Mask Making Resources for Your Personal Use

- CDC DIY Recommendations [CLICK HERE](#)
- JoAnn Fabrics Designs: These instructions were intended to make masks for medical professionals, but can be made for the community as well. [CLICK HERE](#)
- NO Sew Instructions: Here is an option for those that do not sew and want to make a mask, watch tutorial video for Quick NO SEW Bandana [CLICK HERE](#)



3 PACKAGE

- After assembly, machine wash in very hot water or boil in hot water for 10 minutes and dry
- Put masks in batches of 10 or less into 1 fresh ziploc bag. If you have more than 10, start another ziploc bag.
- Write your name, the number of masks and the date you packaged them on the outside of the bag

4 SEND

- Once you have a batch of 10 completed masks, [EMAIL US](#) to arrange pick-up or drop off. (contact@covidcourage.is)
- Now, take a deep breath sending love & courage with the masks. Your entire NYC family thanks you!

WHERE TO GET SUPPLIES: Craft stores like [Jo-Ann Fabrics](#) and [Michael's](#) are open for curbside pick-up—you can order supplies online and pick up at the store closest to you. You can also order online at [Etsy](#), [Ebay](#), and [Amazon](#), though those shipments will take a few days to get to you. On Etsy and Ebay you can find sellers near you for possible pick-up. Remember to clean all packages and items that come into your home.

If you have questions please [email us!](#)