

Mask Instructions Part I: Sewing Machine

Video Instructions:

- [MD MaskerAid Part I video](#)
- [MD MaskerAid Part II video](#)
 - Note: There are a couple different and equally effective methods for sewing the tucks. Do whichever one is most comfortable for you!

Other videos for reference:

- Quick overview: <https://youtu.be/9tBg0Os5FWQ>
- Mask #1 in this more detailed tutorial: <https://youtu.be/U85xbxlstyq?t=95>
- Note: Both tutorials involve pinning the tucks, but to avoid putting holes in the fabric we will instead use clamps to hold them in place.
- Note: Unlike in these tutorials, we add a wire to act as a nose bridge.

Notes

- Measurements for **ADULT MASKS** are in **blue**
- Measurements for **PEDIATRIC MASKS** are in **orange**

Included Mask Materials:

- 10 mask outside pieces (**9"x6"** or **7"x5"** blue sterile wrap)
- 10 mask inside pieces (**9"x6"** or **7"x5"** other fabric)
- 20 ear straps (**7"** or **6"** elastic)

Not Included:

- Scissors
- Sewing machine and needles
- Thread

[Visual Instructions](#)

Written Instructions:

1. Please watch the video tutorials and read through these instructions completely before starting to make a mask.
2. Put the two pieces of fabric together, making sure they are aligned as well as possible across all edges. For the blue sterile wrap fabric, if there is tape on the fabric (pictured to the right) put that side facing out so that it will end up on the inside of the mask.
3. Leaving about a $\frac{1}{4}$ **inch seam allowance**, start at the center of the top edge, sew across the edge and stop before the first corner.



4. Place the elastic between the two sheets with one end in the corner. The elastic should be at around a 45° angle to both the long and short edges of the fabric. Sew across the corner, making sure to include the elastic. A few stitches forward and back will hold this.
5. Sew to the bottom corner, stop and bring the other end of the same elastic to the corner and sew a few stitches forward and back.
6. Sew across that bottom of the mask to the next corner. Place the second elastic between the two sheets with one end in the corner as before and sew across the corner a few times forward and back.
7. Sew to the next corner and sew in the other end of the same elastic.
8. Sew across the top leaving about 1.5 inches to 2 inches open in the middle of the mask. Stop, cut the thread.
9. If the seam allowance ends up being greater than ¼ inch, trim it down to the proper length. This helps in later steps when sewing the tucks/pleats.
10. Turn inside out.

Adapted from instructions by Deaconess Hospital.

Mask Instructions Part II: Sewing Machine

Included Mask Materials:

- Half-made mask from Part I or half-made masks that have been delivered to you! (These have been washed every time they've changed hands).
- Nose bridge (~5" copper wire)
- 3 clamps (**to avoid pinning**)

Not Included:

- Scissors
- Sewing machine and needles
- Thread

[Visual Instructions](#)

Written Instructions:

1. Please watch the video tutorials and read through these instructions completely before starting to work on a mask. **Final mask height should be ~ 4 inches, or ~3 inches with tuck size $\frac{3}{8}$ - $\frac{1}{4}$ inch each.** However, slight variation from final

mask dimensions may occur depending on the seam allowance made during Part I of the mask-sewing process.

2. Take the wire for the nose bridge and place it inside the mask at the top in the opening. Place the wire under one of the folded down raw edges. Clamping one end down will help secure it in place.
 - a. Note - these instructions are written with the wire positioned on the long edge where the opening is from part I. If you prefer, you can position the wire along the closed long edge of the mask (opposite edge from the open one), just make sure to seal in the raw ends of the opening as you sew around the entire mask.
3. Starting ¼ inch away from one end of the wire, start from the top of the fabric and sew about 0.75 inches down.
4. Turn and sew across the long edge, parallel to the wire, until the other end of the wire. Avoid hitting the wire.
5. Turn and sew back up towards the top of the fabric.
6. Turn and close the top of the mask above the wire (push the wire down towards the bottom stitches made in Step 4), taking care to seal in the raw edges.
7. Add **three** or **two** tucks/pleats on each side of the mask. Make sure the tucks are in the same direction. Clamp, **do not pin**, the tucks in place.
8. Sew down the tucks to hold them in place. Turn and sew across the tucks two more times to reinforce them.
9. Sew around the edge of the mask twice.
10. Put your completed product in the plastic bag your mask components came in.
11. Please include a note with the number of finished masks in your bag.
12. Complete the Machine Sewer Mask Pickup form.

REQUEST A PICK-UP OR DELIVERY: [ShipDay Pickup/Delivery Form](#)

Fill out Name, Email, ALL Pick up and Delivery info (just repeat your own info in both sections)

Under Order Details please answer the following:

1. What is being picked up?
2. How many (please record specific number)?
3. Do you want more mask kits and/or half made masks?
4. Do you need more thread?

We also have all instructions for completing the form in [ShipDay Instructions](#).

Once you fill out the form, you should hear from the Transport Team soon. Be on the lookout for emails and text messages about when to leave your materials out and when new materials have been dropped off for you.

13. You have completed a mask!

Adapted from instructions by Deaconess Hospital.

If you have any questions about constructing your mask, please contact our Sewing coordinators at mdmaskeraid@gmail.com