Contoured Face Mask Directions

Includes Materials to make 2 contoured Face Masks

Pattern Included
Directions for Sewing at Esthersfabrics.com/tutorials
This pattern was developed by Melissa McCulloch. I started with her design and then made some changes based on feedback from nursing staff. Melissa has also worked on her design and made changes. She has a [YouTube Tutorial](#) and [website](#). If you want, you can buy masks from her, or you can make your own either using her YouTube tutorial, or you can use our pattern and the tutorial below.

**Instructions:**

1. With fabric folded with wrong sides out (right sides together), use pattern to cut two pieces out of each layering fabric (interior (shirting or other tight weave fabric), lining (cotton tshirt fabric), and exterior). Grainline does not matter with these pieces. In fact, aligning the grainline makes them more porous, so just fit as many pieces as you can on the given fabric if making multiple masks at the same time.

2. Sew the center seam with the exterior fabric right sides together as shown in photo below.

3. Sandwich interior pattern pieces (below that shows as white shirting) with right sides together between the T-shirt pattern pieces (blue fabric in photo below). Stitch together at center seam using 1/4” seam allowance.
4. Open up the exterior piece you sewed in Step 3 and the interior and lining piece you sewed in Step 1. Place the pieces right sides together. Align center seams and pin together making sure you get all the layers aligned at the edges.
5. Sew across the top and bottom of the mask. DO NOT sew the sides! No need to backstitch.

6. Turn the mask right side out pulling through the side pieces.
8. Take the metal nose piece and slide inside of mask and centering on the nose, and push up as close as you can to the seam.

Inserting wire.

Wire pinned into place.
Finished channel with wire enclosed, outlined in red. To make it easier to see.

9. Push the raw edge of the sides into mask 1/4-3/8” and inner end of ties or elastic. If using twill tape or bias tape ties, put one end at the top edge of the side of the mask and using a second tie, put it at the bottom edge of the side of the mask. Pin them in place to secure. Repeat for the other side.

Mask shown with elastic
10. Starting at top of mask at end of wire channel, topstitch around the edge of the mask. Topstitch around the entire mask. Stopping at side corners, lift presser foot with needle down, rotate mask, continue stitching side seam. At end of side seam, backstitch the entire side seam, and then stitch the side again. This time, at the end of side, with needle down, lift presser foot, rotate and stitch across the bottom of the mask. At other side, stitch, backstitch and stitch again until reaching top of mask. Rotate and stitch at edge of mask and then angle in to avoid the wire, and stitch to just beyond the end of the wire. Stitching beyond the wire will keep it in place.
Topstitching around mask...

Double stitch ties or elastic for secure hold (stitch, then backstitch over stitching)
12. Now, if using for yourself you are done. If you are giving these masks to someone else, please wash them on hot water. Then put them in a hot dryer and dry them until completely dry through all layers. Wash your hands, take them out of the dryer and place in a clean bag.

The CDC recommends that you wash these masks after every use to ensure that you reduce the chance of getting the corona virus. It is recommended that you have at least two masks for every family member.
**Fabric and Notions Requirements:**

14x14” 100% cotton muslin for lining  
14x14” Organic cotton/lycra T-shirt fabric  
14x14” Tightly woven quilting cotton (Art Gallery Fabrics)  
2 pieces 20 gauge wire  
24” 1/8” elastic or 4 pieces 2”x44” strips of coordinating cotton (optional purchase)

**NOTE:** Wash in all fabric (except cotton strips) in hot water and dry in hot dryer **BEFORE** cutting out.