

Owning an environmentally friendly face mask (or two)

Having a facemask that can be washed and not just discarded after use helps the environment in a time when the world is already struggling to deal with any crisis other than Coronavirus.

There are a number of designs available:

1. Double layer cotton mask with ear loops



Here is a link to the free downloadable pattern for a surgical mask. There is even a video tutorial!

<https://sarahmaker.com/how-to-sew-a-surgical-face-mask-for-hospitals-free-pattern/>

2. Triple layer mask to tie behind the head - fully washable at 60°C



This will provide added protection for the wearer against infection.

To put on: Hang the cord loop over your head resting around your neck with the mask right side down on your chest. Pull mask up over your face. Tie behind your head. Adjust the fit at nose and sides.

Photos of mini test mask

To prepare the filter material from the vacuum bag

Cut around the edge of the bag to separate the two sides.
Separate out the layers.

Retain the outer web material to make wash bags

Discard the thin plastic-like material

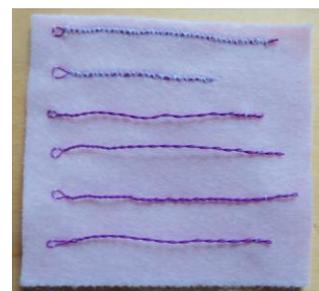
Retain the wadding like filter material.

From the filter material measure and cut pieces 4" x 6"

To prepare wire -based nose band approx.4"

(this enables a better fit to be more effective)

Can use any wire - probably best to avoid iron as it will rust - I used 2 strands of copper based beading wire twisted to give substance.



I have chosen to secure it to a piece of felt 4.5" x just less than 0.5" for comfort.
Note: easier to sew if do several on a larger piece of felt and then cut to size
Mask tie - one per mask (approx 4ft)

Can use anything that will survive a 60°C wash or make from cotton material.
Optimal finished width is 0.5" cut strip 1.5" fold in 0.25" each side then in half.

The inner mask layer

Piece of cotton material 7" x 6" (use a different material from the front as the mask should always be worn the same way round.)

Along each side turn in 0.25". Iron.

Immediately below one of the long edges secure the felt/wire strip, wire side down, ensuring the centre of the wire is the centre of the length. Sew in place.

Covering the filter pad

Place the filter pad on top of the inside your material.

Wrap the bottom seam over the filter pad by 0.25" and stitch.

Repeat with each edge.

Turn the top fold down to cover the filter pad by 0.25". Stitch.

The outer mask layer

Piece of cotton material 9.5" x 6.5"

Along bottom and each side turn in 0.25". Iron.

Along top turn in 0.5". Iron.

Place the covered filter pad cotton side up onto the back of the cotton outer

Wrap the bottom seam over the filter pad by 0.25". Stitch.

Wrap the top fold down to just over the seam line. Stitch.

Wrap each side to just over the seam lines. Stitch.

To complete

Insert the ties down through one side channel and up through the other ensuring that the loop is at the bottom of the mask

mask sizes	face size "	filter "	inner "	outer "	Tie length '
Small - child	3 x 7.5	2.5 x 3	4'5 x 5	5 x 6	30" - 3'
Med. - female	6.5 x 10.5	4 x 6	6 x 7	6.5 x 9	4
Large - male	7 x 11.5	4.5 x 7	6.5 x 8	7 x 10.5	4

3. Mask with a window to enable lip reading

This is a large file that can be sent to you by contacting Marian at marian.blyth@btinternet.com and comes courtesy of Jeanette Letch