




# *Pleated Face Mask with Filter Pocket Tutorial*

*This tutorial was made by Hannah Kent /  @pixel\_stitcher*



# ***Pleated Face Mask Pattern***

**Front/Outer Panel**

**Cut 1**

**3/8" - 1/2" Seam Allowance**

***Note: If you are using a direction based pattern,  
this is the correct orientation to cut your fabric  
so that your pattern will remain upright on the  
finished mask!***

Grainline

Watch the video tutorial of Yaya Han's Pleated Face Mask on Youtube:

[https://www.youtube.com/watch?v=JgUvswi\\_BSs](https://www.youtube.com/watch?v=JgUvswi_BSs)



## ***Pleated Face Mask Pattern***

**Linning/Inner Pocket Panels**

**Cut 2**

**3/8" - 1/2" Seam Allowance**

*Note: If you are using a direction based pattern, this is the correct orientation to cut your fabric so that your pattern will remain upright on the finished mask!*





# Pleated Face Mask with Filter Pocket Tutorial

You can find the video tutorial of Yaya Han's Pleated Face Mask on Youtube:

[https://www.youtube.com/watch?v=JgUvswi\\_BSs](https://www.youtube.com/watch?v=JgUvswi_BSs)

*These masks are designed for personal use, among friends and family. As Yaya Han is not a Healthcare Professional, she urges you to do your own research, including referencing the CDC rules and guidelines. Especially the sections on how to make face masks and why we should be wearing them during this time.*

## What You Need:

- 100% Cotton Fabric (1/2 a yard is enough for at least 4 complete masks if you are not using a contrast fabric for the pocket lining)
- Thread
- Ties:
  - Two 12" long pieces of 1/8 - 1/4" elastic
  - Two 30-35" pieces of 1/2" wide Bias Tape
  - Two 30-35" pieces of Yarn, Ribbon, Shoe laces, etc!

## Table of Contents:

Mask Patterns.....	Pg. 2 & 3
Mask Making Instructions.....	Pg. 5
Filter Instructions & Pattern.....	Pg. 9
Putting on a Mask.....	Pg. 10

## \*\*\*Cutting out your fabric\*\*\*

*(Printable Pattern on pages 2 & 3 of this PDF)*

- Cut one of your Front/Outer fabric (9.5" x 7.5")
- Cut 2 of your Lining/Inner fabric (7" x 5.5")

*Note: If your fabric has an upright pattern, be sure to lay your pattern pieces out so that the pattern will be correctly oriented on the mask!*



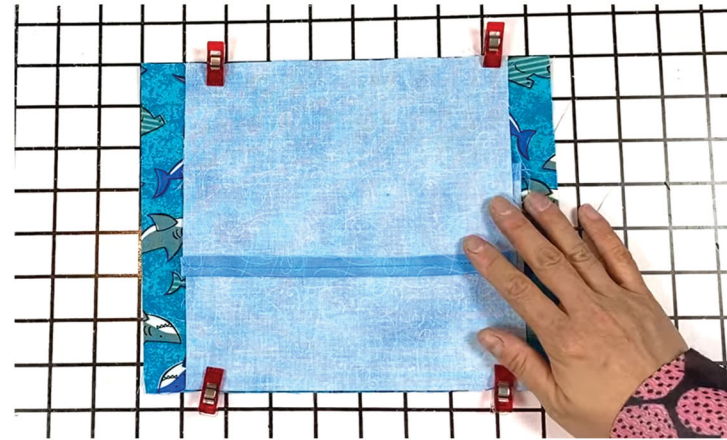


# Instructions:

1) Take your two lining pieces. Fold and stitch down one of the long edges about  $\frac{3}{8}$ " -  $\frac{1}{2}$ " for each. This will become the edges of the Filter Pocket on the inside of your mask.



2) With right sides together, pin the raw edge of lining fabric to the longer edge of the outer fabric. Be sure to center the lining so that it is approximately  $1\frac{1}{4}$ " in from the edges of the outer fabric. Rotate the outer fabric and repeat for the second lining piece.



3) Sew the pieces together using a  $\frac{3}{8}$ " seam allowance.



4) Iron open the seams. Flip it over and fold the lining in and press. Repeat for the second lining flap. You want to make sure the bottom lining overlaps the top lining.



**Note:** This tutorial does not include the use of a wire across the nose as the wire can rust, and these masks should be washed after every use.





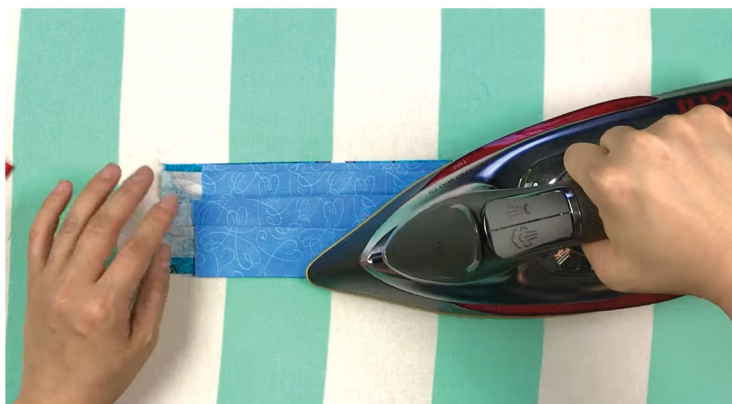
5) Pleating the mask. Sliding your fingers underneath both layers of fabric, almost like a pair of scissors, pinch and fold the fabric down and into a pleat, approximately 1" wide.



Pin or clip edges as needed and press flat with the iron. Repeat 2 more times, but leaving a strip below the 3rd pleat.



Iron the pleats, then flip over and press one more time on the lining side.



**Note:** After 3 pleats, you should have a mask that is about 3" tall.





6) Baste the raw edges of the mask about 1/4" - 3/8" in from the edge.

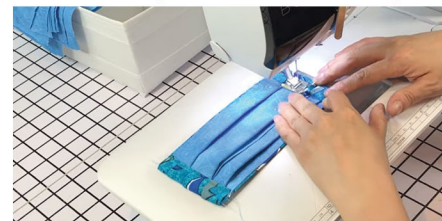


**Note:** Basting means to use a long stitch length.

7) Fold the pleated sides in twice, finishing at about 1/2" wide. This will become your channel, so stitch it down close to the end of the inner fold and back tack on both ends.

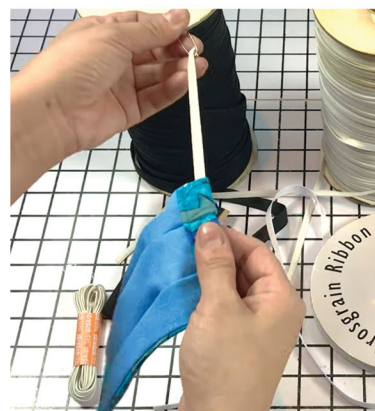


**Note:** It is important to leave enough room to thread ties through!



**Note 2:** It is also important to be mindful of your pleat direction so that you don't catch and pull back the folds in your stitch!

8) Feeding ties through the mask! For this style of mask you can feed a variety of materials through the channels for the ties. In this tutorial we will be using 2 pieces of elastic cut to 12". While there are elastic threading tools out there as well as fat upholstery needles, you can also just use a large safety pin for this. Poke the safety pin through the edge of the elastic and close. Then feed it from the bottom of the mask up through the channel and pull the elastic through.



Tie each side to fit around your ears. Once you are happy with the size/fit of the elastic, you can pull the elastic around to hide the knot inside of the channel. You can use a large needle, chopstick or back of a pen or pencil to help push the knot into the channel.





## Finished Mask:

Well done! You should now have a finished mask that looks similar to this one! Remember, the pleats should be facing down on the front of the mask, and will be going up on the inner pocket side.



\*These masks are meant for **personal use only** and not intended to be used as medical-grade face masks.

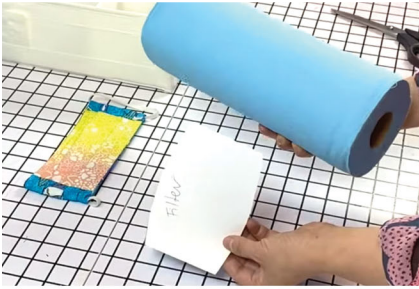
\*\*Please read information from trustworthy sources about masks so you can make an informed decision.

\*\*\*The Center for Disease Control (CDC) recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission. We encourage users not to circumvent the proper safety protocols of social distancing, quarantining, etc. suggested by the CDC. These masks are meant for personal use only and not intended to be used as medical-grade face masks or as a replacement for N95 respirators as effective



# Filter Instructions & Pattern:

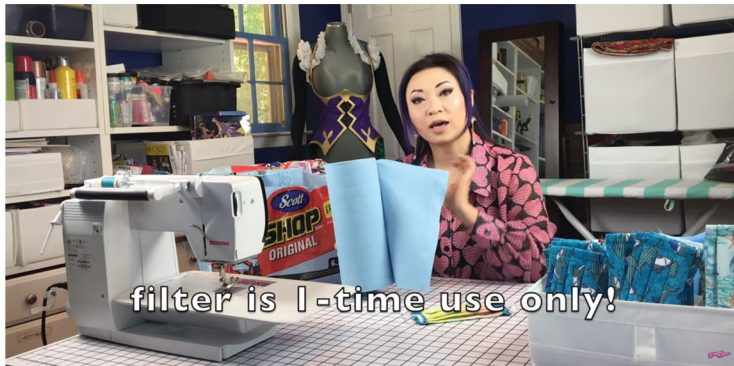
Using the pattern to the right, cut out your filter material. For this tutorial, Yaya is using Blue Shop towels, but please do your own research for filter materials.



To insert, open the pocket on the inside of your mask. Slide the filter in, one side at a time until it is flat in place.



Filters are single use! Please discard after each use!





# Putting on a Mask:

- 1) Before putting on your mask, be sure to wash your hands. Then make sure that your hair is out of the way and remove any earrings.
- 2) Loop the elastic around each ear
- 3) Open up the pleats carefully by pulling at the top and bottom of the mask.



- 4) Adjust and secure across your nose and chin, touching your face as little as possible.



- 5) The correct way to wear a face mask is with pleats facing down.

*Note: For additional fit, you can use double-sided tape to help close any gaps you might have between the mask and your face. You can also attach a piece of wire to help contour the nose bridge area. Remove either of these before washing.*



# ***Kid's Pleated Face Mask Pattern***



**Front/Outer Panel**

**Cut 1**

**3/8" - 1/2" Seam Allowance**

***Note: If you are using a direction based pattern,  
this is the correct orientation to cut your fabric  
so that your pattern will remain upright on the  
finished mask!***

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***\*\*\*Please note that the Kid's Mask will require a pleat size of approximately 3/4". The finished mask height should be around 2 3/4"***

## ***Kid's Pleated Face Mask Pattern***

***Linning/Inner Pocket Panels***

***Cut 2***

***3/8" - 1/2" Seam Allowance***



***Note: If you are using a direction based pattern, this is the correct orientation to cut your fabric so that your pattern will remain upright on the finished mask!***

Grainline