

# Better Fit Face Mask designed by PrettyHandyGirl

Full Tutorial, Video, and Material Suggestions at: <https://bit.ly/BestFitMask>

## Background Info:

As a general contractor and woodworker, I spent years collecting form-fitting and comfortable masks to protect my lungs from dust and debris. For that reason, I knew there were better options than most of the sewing mask patterns I found online.

Over the first weekend of April 2020, I designed this easy sew Best Fit Facemask Tutorial for use by the public and medical professionals trying to protect N95 and surgical masks while also staying safe during the COVID crisis. (These are not a replacement for N95 or surgical masks. These masks are designed to add an additional layer of protection.)

The key elements that make this mask a better fit are the adjustable ear straps, a metal nose clip to close up the gap between cheeks and nose, and finally the addition of a molded chin and nose area. In an effort to fit most people, you'll find a medium and large template at the end of this instruction sheet.

## Materials:

- Fabric (see below for suggestions)
- Scissors
- Thread
- Iron
- Elastic Strap material (see below for ideas)
- Nose clip materials (see below for suggestions)
- Craft beads (or buttons)
- Sewing Machine

## Better Face Mask Fabric Materials:

There is some science behind the materials used for face masks. Although the tighter woven (more thread count) fabrics offer more protection, they do pose the issue of being harder to breathe through. 100% Cotton quilter's fabric is a good choice. Without scientific testing, you can try to gauge a fabric's viral protection by holding it up to light. Any fabric that has little or no light showing through it when held up to the light is a good choice.

## Nose Clip Materials:

I found the best nose clips were coffee bag flat ties. If you don't have these available, make a DIY nose clip using:

- Electrical tape
- 18 gauge wire (or straightened paper clips)

Simply cut a piece of electrical tape 3 inches long. Lay two 2.5" pieces of wire onto half the tape and fold over the other half to seal the wire inside the tape. Trim off the ends, leaving a small amount of tape to cover the wires. Instructions are clearer in the video at <https://bit.ly/BestFitMask>.

## Less Successful Nose Clip Materials:

These items will work, but they either didn't have enough of a "memory" in the bend, or they weren't as comfortable. But, if it's all you have, use it!

- Doubled Twisty Ties
- Pipe Cleaners
- Floral Wire
- Electrical Wire
- Triple-Layered cut outs from foil take out containers

## Adjustable Strap Materials:

- 1/4" Flat Elastic (cut two at 12 inches)
- 1/8" round shock or paracord (cut two 12 inch lengths per mask)
- 1" cut strips of t-shirt material (cut 6-8 inch lengths and stretch to 12 inches long)
- Flat ribbon hair bands (untie the knot and use one per side)

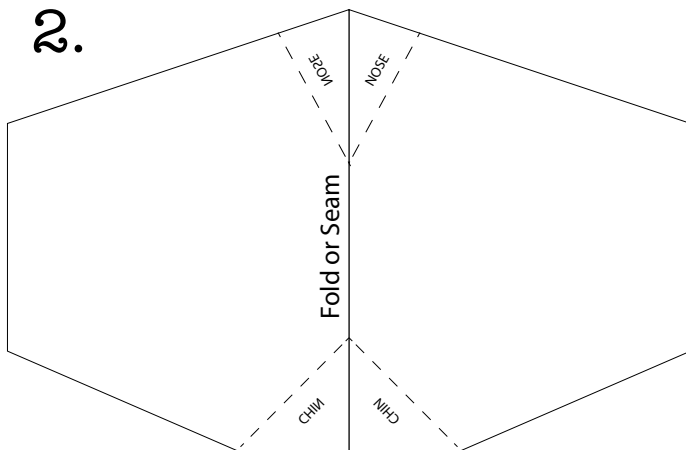
No matter what material you use for the straps, you'll want to feed the two ends through a bead to act as a cord stop to make the ear loops adjustable. Be sure to tie the ends of your straps to prevent the bead from coming off. Pictures of straps are available in the video at <https://bit.ly/BestFitMask>.

If you don't have craft beads, a button with some craft twine can work well as a strap adjuster.

Print these instructions with the templates at the end. Make sure to print at actual size and check the size with the one inch box on the template.

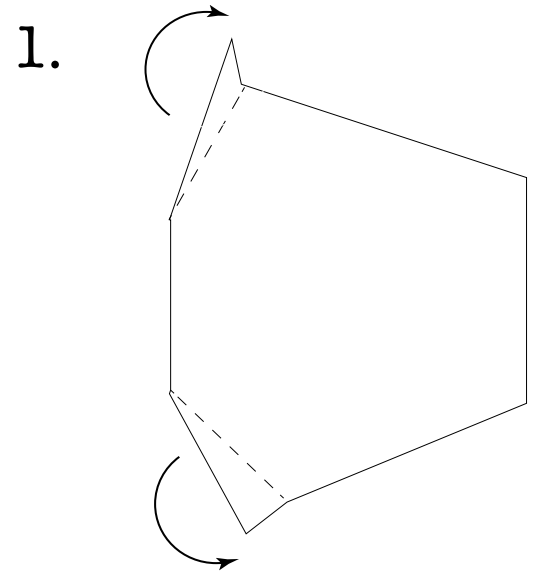
1. Cut out the templates. Gently score along the dotted lines and fold.

2. Trace the outside face mask template on your fabric. I designed the templates so you can get maximum use out of your fabric when making multiple masks. It helps to fold over the fabric and cut with the long sides of the template on the fold. But, you can rotate the template to fit more cuts out of the fabric. You'll just have to seam together the pieces on the long side.



View of fabric when cut out or seamed together

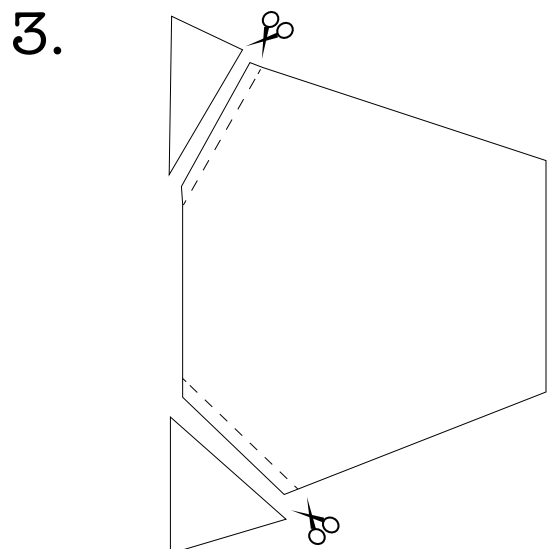
3. Fold the corners of your template and mark a line onto your fabric at the fold. Repeat this on all pieces you cut out. Stitch along all the marked corners. If your fabric is printed, be sure your right sides are together. Now trim off the excess material at the corners making sure to cut close to the stitching.



Gently fold and score along dotted lines.

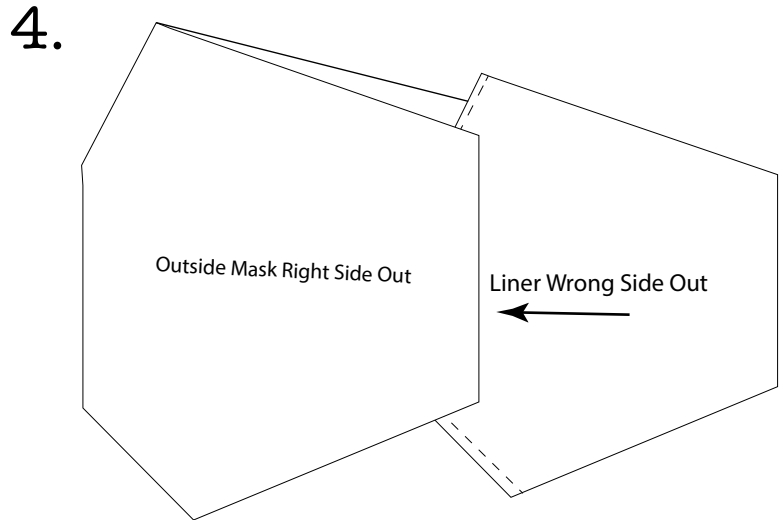
Lay your inside liner template onto your liner material. Trace and cut out fabric. (*Important note: Hospitals are asking for masks with different fabrics for the outside and liner so they can visually see a difference.*)

If you are making a filter pocket, you'll need two liners (but only one outside piece.) If you need to connect two pieces of fabric together on the long side, do that now making sure right sides are together. I used a very small seam allowance.



Stitch along dotted lines, then cut off excess

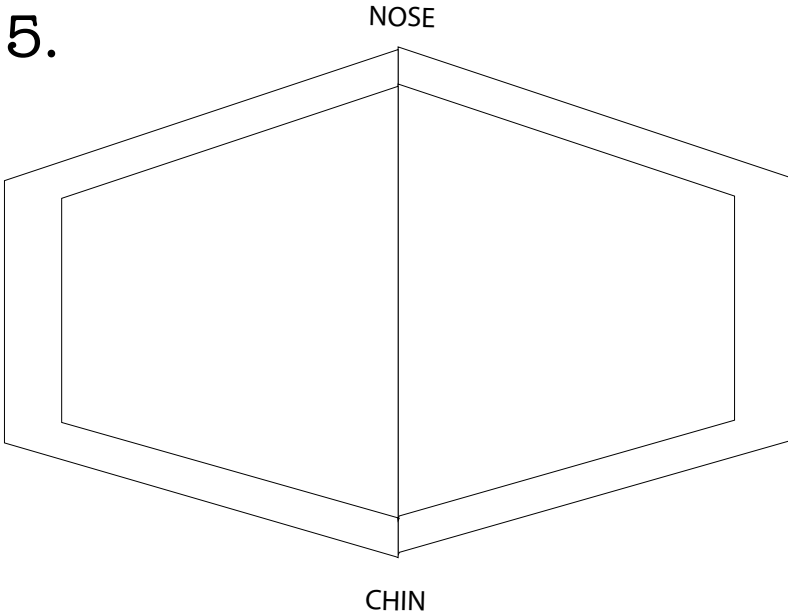
4. Turn your outside mask material right sides out and press it with the iron. Lay the liner on top of the mask making sure the angled corners match for the nose and chin. Insert the liner fabric into the outside material and



Insert Liner inside Outside Fabric

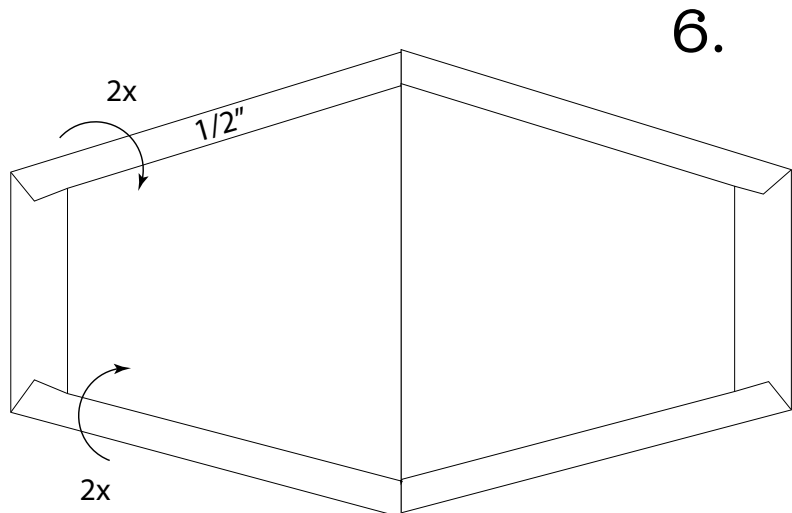
align the points and angles.

5. Then center the liner so there is an equal border of outside material around it.



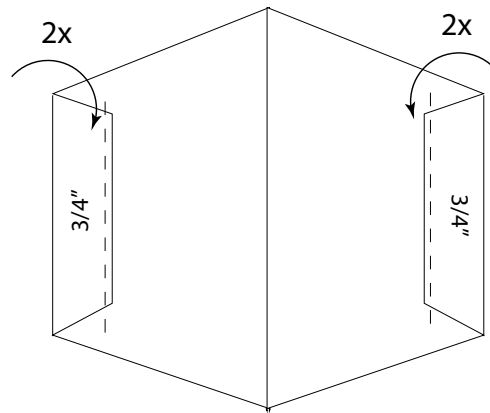
Center Liner Inside Outside Material

6. Fold over the outside material 1/2 inch to touch the edge of the liner. Press and then fold over the material a second time this time over the liner.



Fold over 1/2 inch to meet liner fabric, then fold over again to cover liner.

## Filter Pocket Diagram:



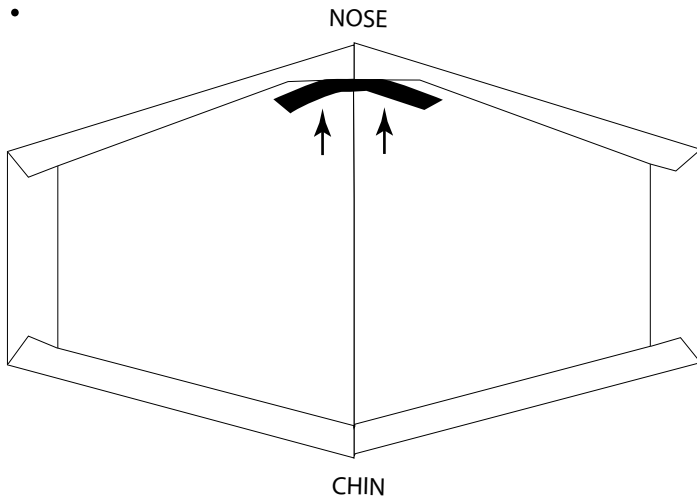
Fold filter pocket piece twice at 3/4 inch toward the wrong side of the fabric.

### OPTIONAL:

#### Adding the Filter Pocket

This next step is only for those wanting to add a filter pocket. Just know that the more fabric you add, the harder the mask is to breathe through. Fold over  $\frac{1}{2}$  an inch of the material twice at the ends of the second liner. Press it with the iron. Now stitch over both sides along this the edge to tack the fold over in place. After stitching, insert the filter pocket on top of the liner (right side up), matching all the corner points. Then tuck it under the pre-ironed edges. If you need to, iron

7.

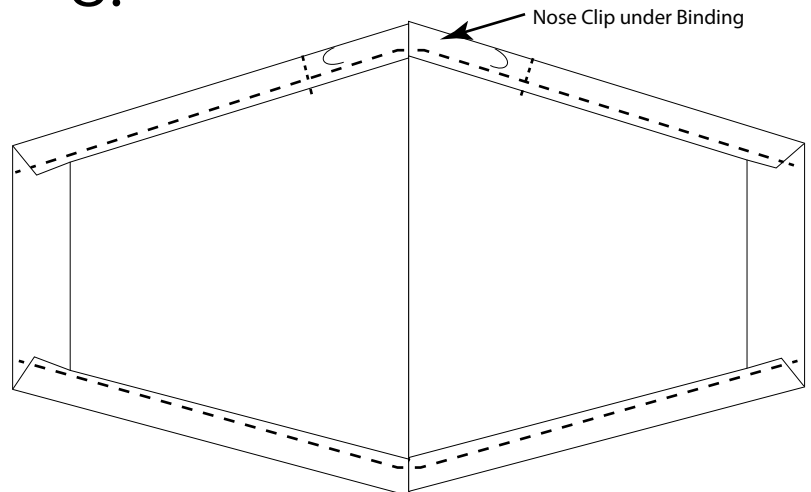


the edges again.

7. Locate the nose portion of the mask. Remember this is where you'll be inserting the nose clip. Flatten the nose clip and tuck it under the binding of the nose. Use a clip or pin to hold the clip in place, but be careful not to put the pin all the way through the outside fabric layer so as not to add any large holes in the mask.

Tuck the metal nose clip (coffee tie or wires) under the the nose portion of the mask.

8.



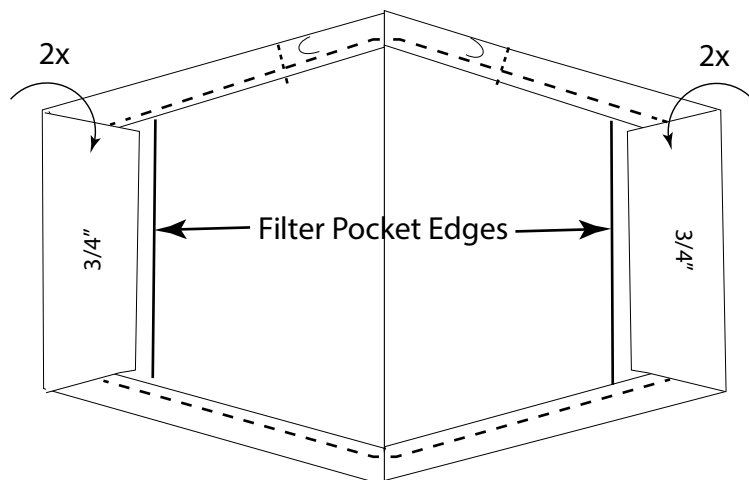
8. Stitch along the edge of the fold, being careful to avoid stitching onto the nose clip. Rotate the mask and stitch along the chin side of the mask.

Flip the mask over and feel for the nose clip. Sew a few stitches to the left and right of the nose clip to keep it from sliding around in the mask.

Stitch along top and bottom binding over liner (or filter pocket.)  
Add stitches to left and right of nose clip.

9.

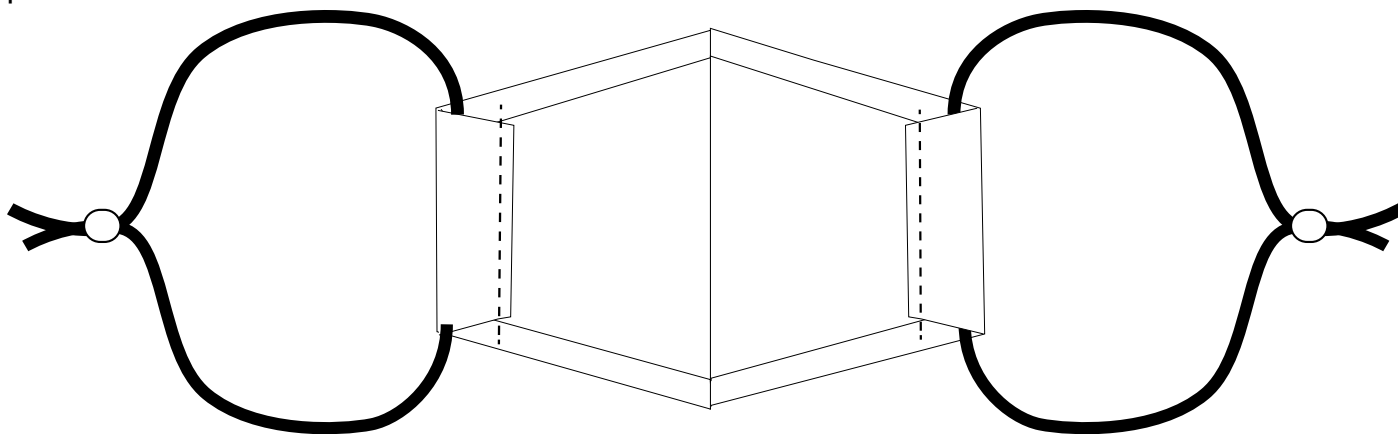
9. Double fold the ends of your mask about 3/4" twice to create a pocket for the ear straps. Be sure to avoid the filter pocket if you have one.



Fold over the ends 3/4 inch twice.  
Do not fold over filter pocket edge if using.

10. Time to grab your adjustable straps you made earlier. Take one strap and tuck it under the fold on the end. Stitch along the edge of the fold taking care not to stitch over the elastic. Repeat for the other side.

Make sure your straps still move freely in the fold. This allows the mask to cinch behind your cheek and not pucker.

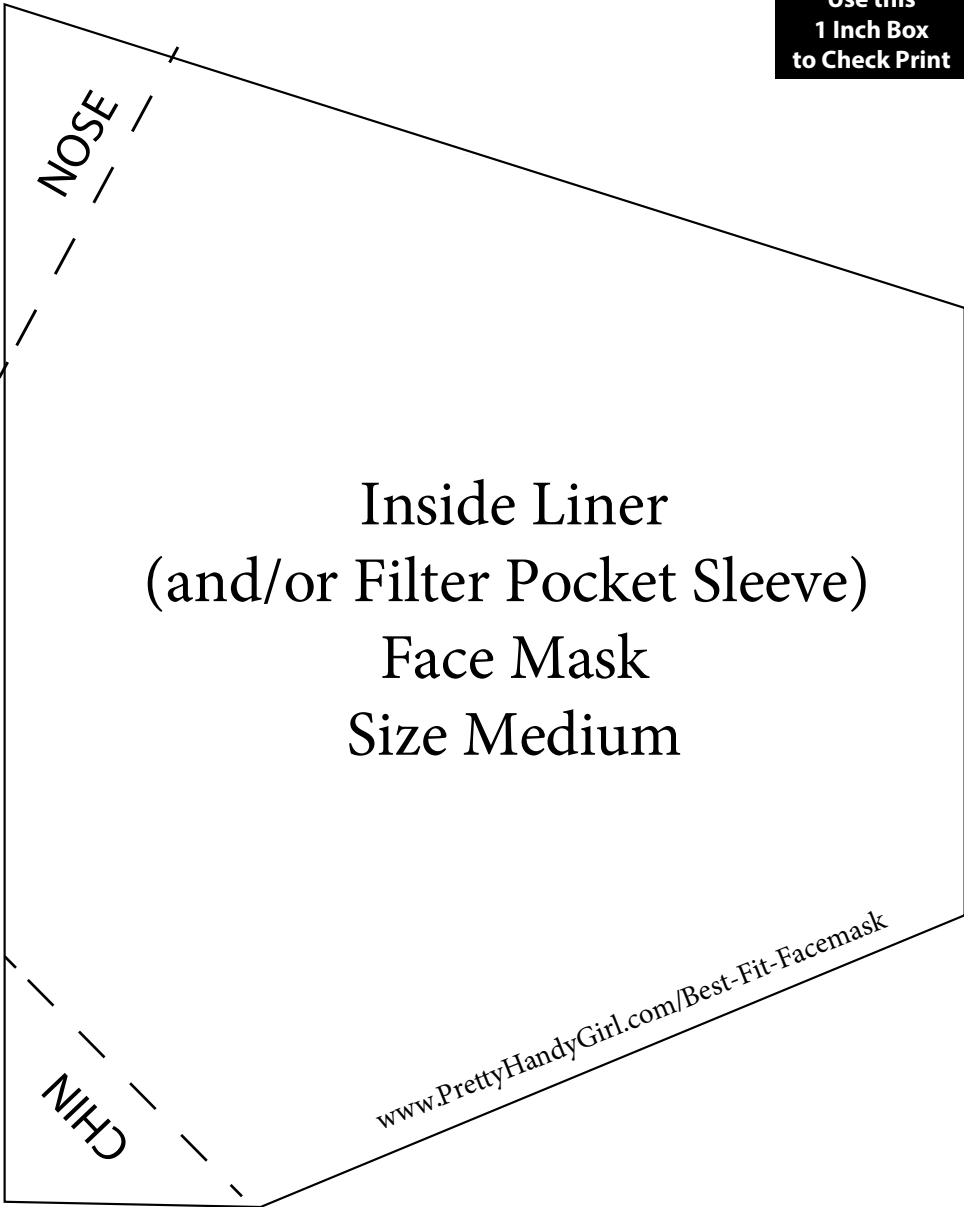


Slip adjustable ear straps under edges.  
Stitch ends down, being sure not to stitch over straps.

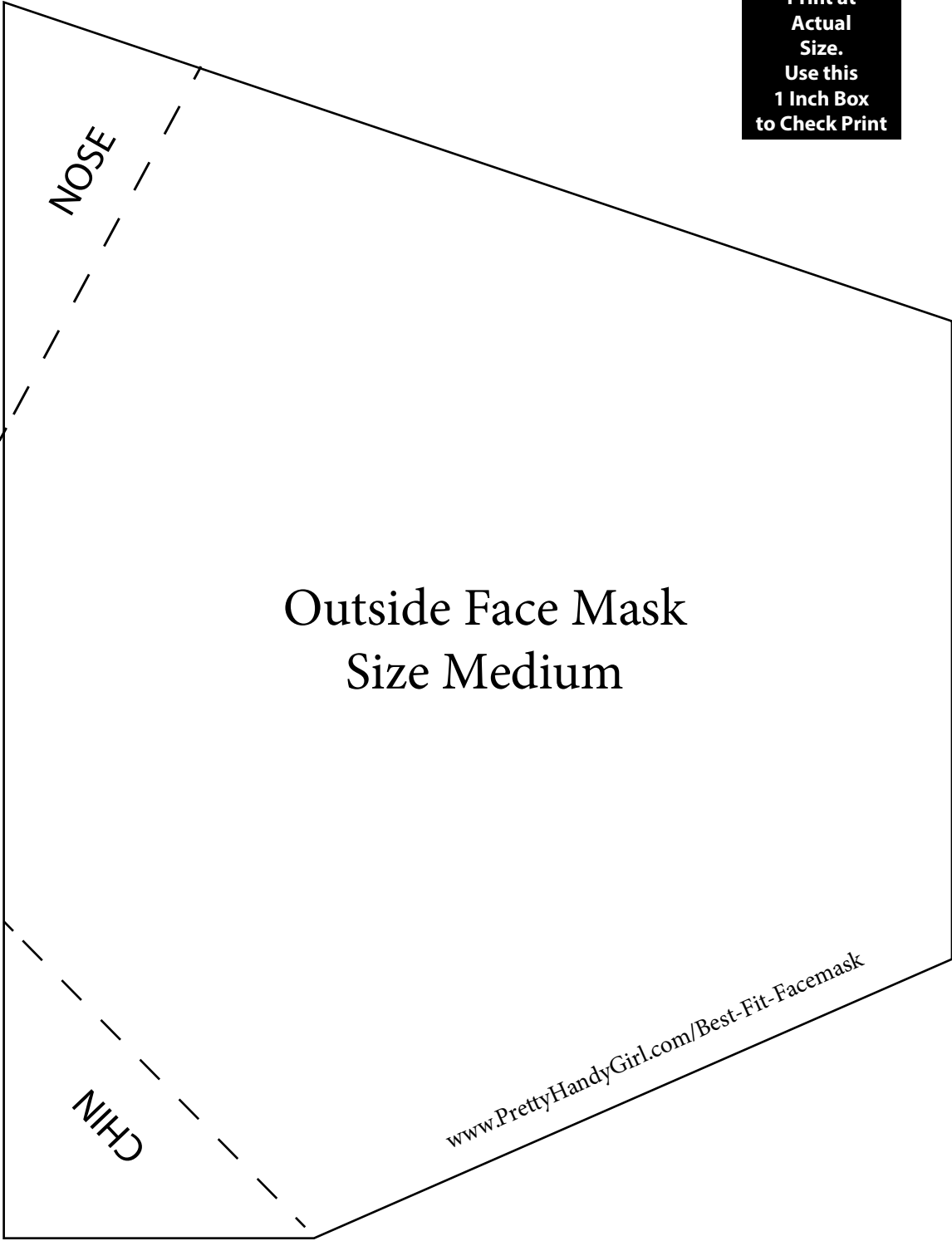
Attention Makers: If you end up making these to sell or donate, please send me an email to [PrettyHandyGirl@gmail.com](mailto:PrettyHandyGirl@gmail.com) so I can add you to the database I'll share with the public. In your email, answer these four questions:

(1. Your Name 2. City, State, and Country 3. How People Can Contact You? 4. How Much You Want to Charge per Mask?)

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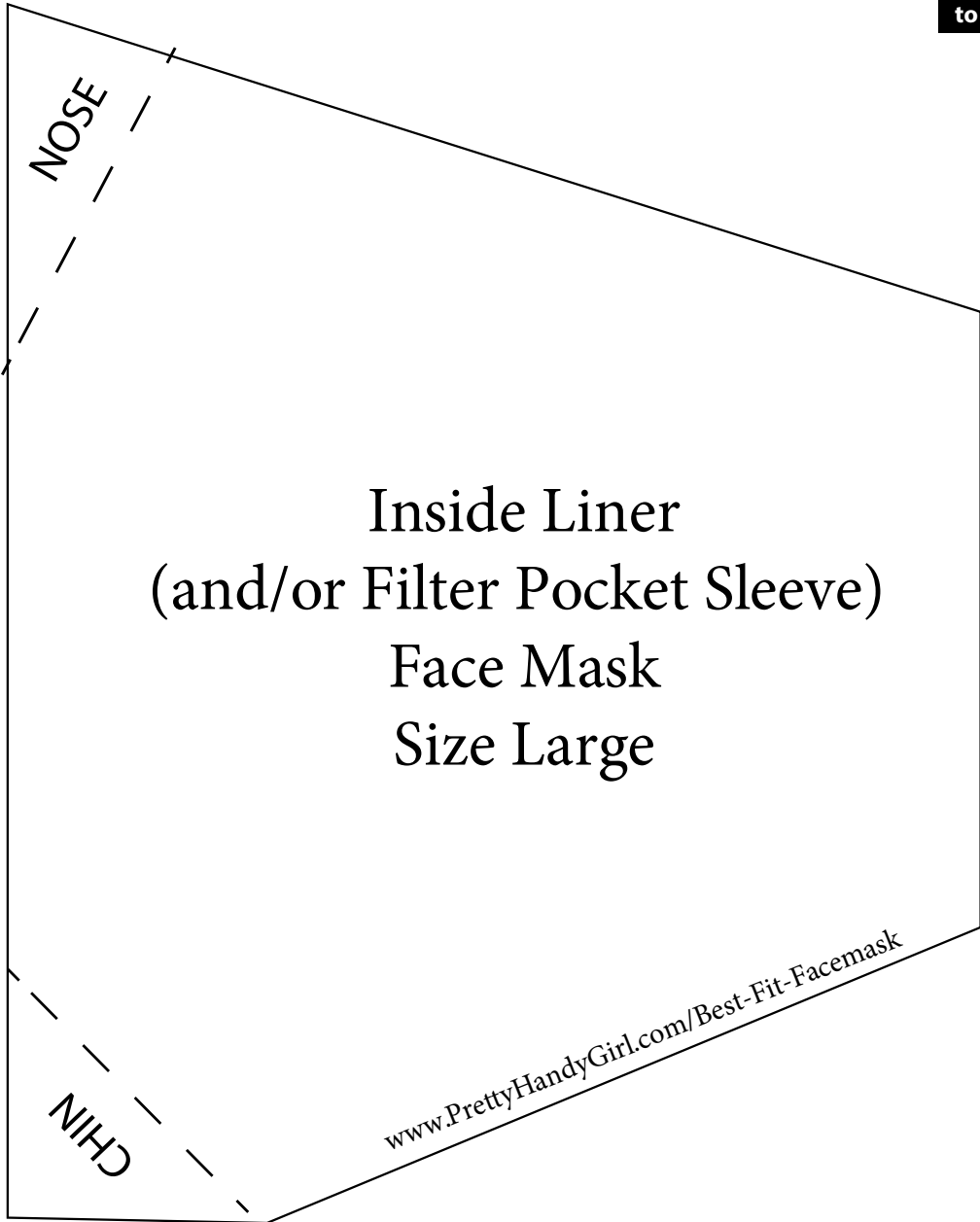
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Outside Face Mask  
Size Medium

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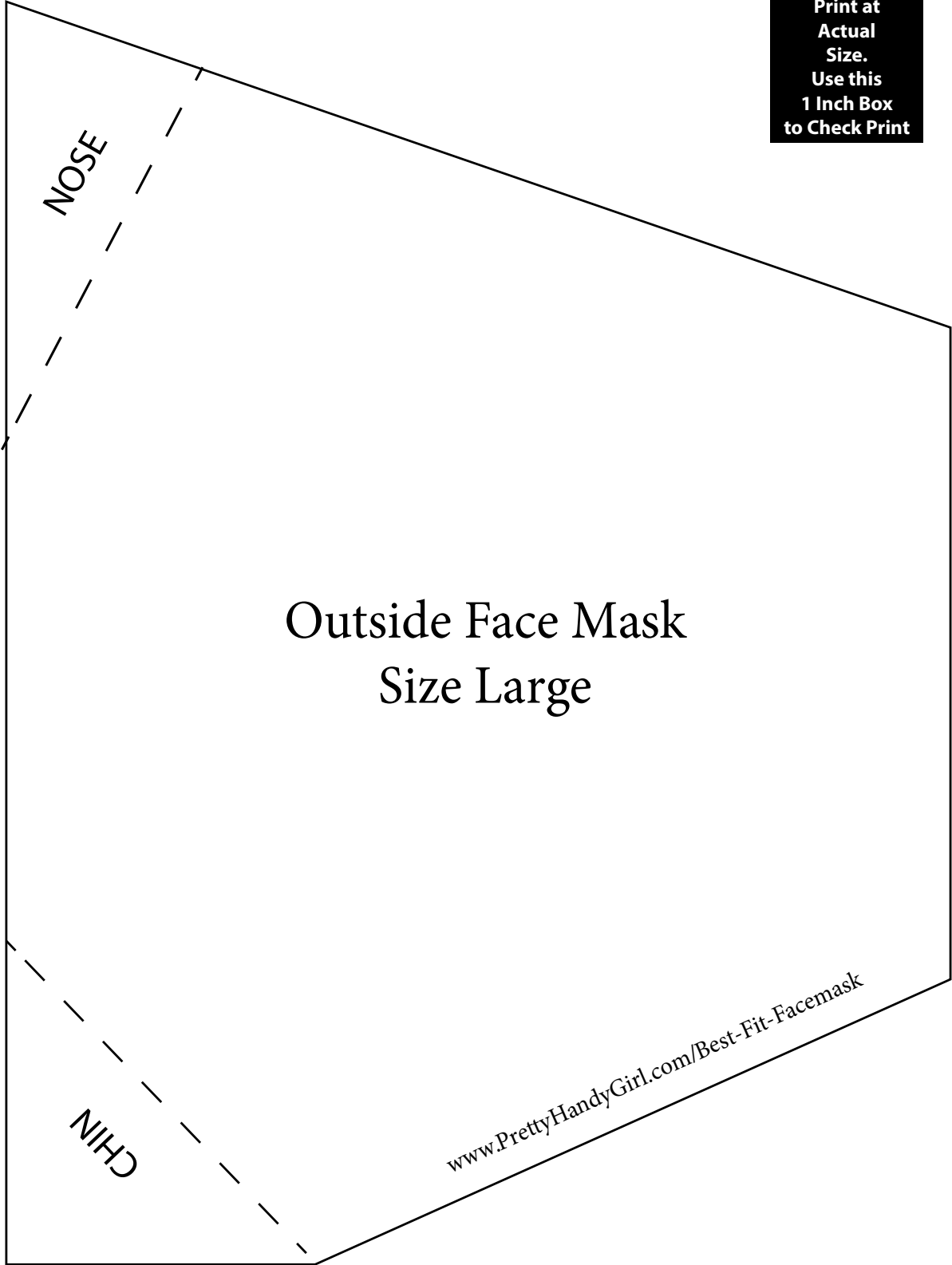


Inside Liner  
(and/or Filter Pocket Sleeve)  
Face Mask  
Size Large

[www.PrettyHandyGirl.com/Best-Fit-Facemask](http://www.PrettyHandyGirl.com/Best-Fit-Facemask)



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# Outside Face Mask Size Large

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