



IBTN (IT'S BETTER THAN NOTHING) CLOTH FACE MASK

Instructions and Pattern - April 2020

Well done for choosing to make a mask! I hope you find these instructions easy to use and the final product fit for its purpose.

A disclaimer before you start. I am a dress maker not a medical professional. I do not make any claims regarding the effectiveness of these masks. Do your own research and use at your own discretion. Masks are not designed to be worn for long periods of time. Wash masks after every use. Treat the outside of the mask as contaminated until washed. Do not engage in more risky situations just because you have a mask on. Many medical organisations, including the CDC, are recommending people wear cloth masks when out. They say "It's better than nothing!"

Other Sizes

The following pattern is Size M, my size.

Large (I use this for husband)

Add 1 cm to each side seam (SS) and 2 cm to bottom edge. Top elastic could be 36cm and bottom 41cm.

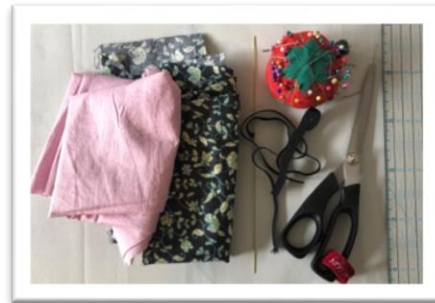
Small (I use this for my children)

Subtract 1 cm from each side seam and 1.5 from bottom edge. Top elastic could be 31 cm and bottom 33 cm.

Feel free to change the pattern to suit your head shape and needs. If you want a simpler design just omit the nose wire and filter slot. Cut 2 of piece A and don't use pieces B and C.

Materials

- Tightly woven or knitted 100% cotton fabric.
- Elastic (about 80 cm per mask)
- Fabric scissors
- Pins
- Thin wire
- Tape measure or ruler



Instructions

Step 1



Print and cut out paper pattern pieces.

Make sure the pattern has printed the correct size by checking the side seam (SS) length on pattern A is 19.5cm long.



Pin onto ironed fabric then cut out along the paper pattern edge.

Seam allowances have been included.



(It is recommended that you always wear the mask with the same side facing out. Hence if you use contrasting fabrics this makes it easy to do.)

Step 2



Overlock or zigzag stitch bottom edge of piece B and top edge of piece C.

Pin pieces B and C, right sides together, along the overlocked edge.



Stitch 1 cm from salvage leaving an 8 cm gap in the middle that is not sewn.

(You are making an opening for the filter to be inserted once mask is complete.)



Press open the sewn seam.

Stitch a rectangle around the opening you have just made.

(You should now have two pieces of fabric the same size.)

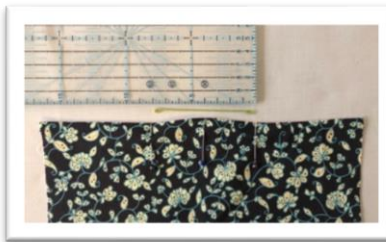
Step 3



With right sides together, sew pieces A and BC along the top edge, 0.5 cm seam allowance.

Turn right side out and press seam.

Step 4



Cut wire 9 cm long. Fold over each end so it is not sharp.

Mark the centre point on the top edge.

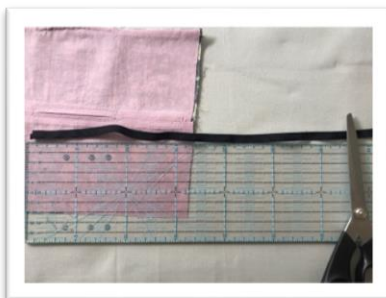
Place two pins either side marking an 8 cm gap.



Slightly bend the wire to match the shape of the fabric. Place the wire between the two fabric layers.

Stitch in the wire between the two outside pins, 0.5 cm from top edge. (Careful not to sew over the wire.)

Step 5



Cut top elastic to desired length. I cut mine 34 cm long.

Elastic needs to be tight enough to stay on but not digging in. Best way to work it out is to pin on the elastic and try it on.



Place ends of elastic in the top corners on the right side of fabric. X marks the spot.

(Take care not to sew a twist in the elastic.)



With right sides together, sew side seams, with a seam allowance of 1cm, securing the elastic in place.

Step 6



Turn mask right side out.
(tip: Fold corner selvages to get a nice pointy corner.)

Press side seams.

Overlock or zigzag the bottom edges together.

Step 7



Iron up bottom edge 1.5cm.

Cut bottom elastic to size. I cut mine 37cm long.



Place elastic in bottom fold.

Sew fold closed approx. 1.1 cm from edge being careful not to sew over the elastic.



Overlap ends of elastic by 1cm and sew to secure.

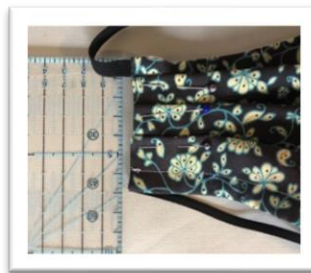
Pull join around in the mask so that it is hidden and can't be seen.

Step 8



By folding the fabric forwards then backwards alternatively, add 3 fan folds in each side seam.

You can use the fold lines on the pattern to help you work out the spacing.



Make one fan fold then pin it, then the second and third. Repeat for other side.

I personally don't worry about making them exact. I aim for the end width of the mask to be around 7cm.



Sew the fan folds secure on both sides close to the side edge. Make sure you don't sew through the bottom elastic.

Cut your threads and you're done!!
Now you have your own IBNT mask!

Other Information

Wire

Use whatever you have. I used floristry wire. I've seen others use paper clips unfolded or the wire from an old Bunnings mask. Note sure if they will rust...time will tell.

Filters

I have read the best filter to have is something nonwoven and non-toxic. Like a dried out baby wipe or even tissues or clean toilet paper. The filter must be thrown out after each use and replaced. Perhaps do your own research.

Fabric composition?

Not sure if your fabric is cotton or not? There's a quick way to find out. Do a burn test. Cut a small piece of the fabric you want to test. Over the kitchen sink light the end of the fabric so it starts burning, then quickly blow it out. If the fabric is cotton it should burn and not melt. It should smell like burning paper as cotton is cellulose based. After it is cool, touch the edges of the burnt area, it should resemble ash. Be careful not to burn yourself!!



Top Edge

B

IBTN FACE MASK²⁰²⁰

CUT 1 LINING FABRIC

SIZE M | S.A. INCLUDED

S

C

8cm Opening

S

C

IBTN FACE MASK²⁰²⁰

CUT 1 LINING FABRIC

SIZE M C F S.A. INCLUDED

S

S

Bottom Edge