

# Face mask

## Level of difficulty



## Time required

1-2 hours

Face mask prepared for you by Elna International based on a tutorial provided by CHU University Hospital, Grenoble, France. Please note that other models of face masks are available, such as the face mask suggested by the French Normalization Organization, AFNOR. \*



## Material

- Two 8" X 14" pieces of cotton fabric, washed and ironed
- 8" X 12" piece of fleece lining
- 24" length of 1/4" wide elastic
- Matching sewing thread
- Safety pin
- Straight pins

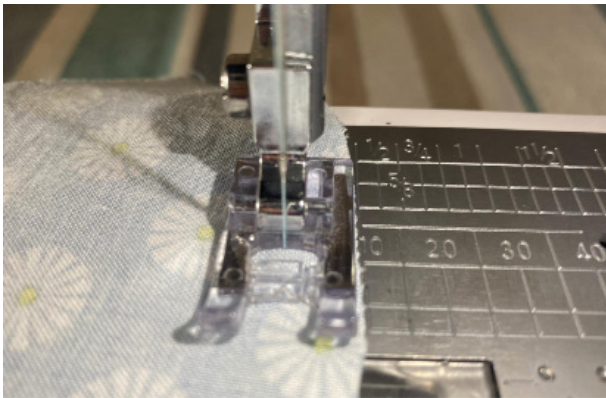
## Machines

- elna electronic sewing machine
- In this tutorial, we used the elna eXperience 570a

## Instructions



1. Fold the pieces of cotton (right sides together) and fleece fabrics in half, lay the pattern and cut as follows:
  - **Cotton fabrics**, leave 5/8" seam allowance on the side and 3/8" seam allowance from the top, bottom and center of the mask.
  - **Fleece**, Leave 3/8" seam from the top, bottom and center of the mask. On the side, level cut with the pattern.



2. - Remove the patterns and sew the central seam (rounded) 3/8" from the edge. Use the guide line on the needle plate of your sewing machine for reference if needed. Repeat for the two pieces of cotton and fleece fabrics.
  - Open the seams.
  - On the right side, topstitch on each side of the central seam.



- 3.** - Place the two cotton pieces right sides together and pin them on the fleece fabric.  
 - Sew the top and bottom of the mask 3/8" from the edge.  
 - Level and notch your seams (see template)



- 4.** - Turn the mask over, flatten the seams with the tip of your iron.  
 - Topstitch the two seams close to the edge.  
 - On the two sides make a double fold finished pleat of 3/8" to create the elastic strap. Again, sew close to the edge.



- 5.** - Cut the elastic in half. Using the safety pin, slide the elastic in the straps.  
 - Sew the ends of the elastic together using a zig-zag stitch, stitch length 1 mm.  
 - Slide the seam into the strap.

## Maintenance



6. Wash the mask after each use at 86 degrees fahrenheit with laundry detergent.

**IMPORTANT NOTICE:** Even if its performance is conditional, preparing your own fabric protective mask is recommended by the French Academy of Medicine and by many specialists as a means to cover your face and protect yourself, in addition to good hygiene practices and social distancing.

Please note that there are several models of face mask available. Elna International created this example and made this tutorial available to end-users based on the information provided by the CHU University Hospital in Grenoble, France. The models recommended by the French Normalisation Association AFNOR, along with the guidelines for their production and use, can be found at the following link <https://www.afnor.org/en/news/protective-masks-download-our-reference-document-for-free/>

Elna International cannot be held responsible for the use, maintenance and effectiveness of the masks created on the basis of these tutorials. Please also note that wearing a protective mask does not exempt the user from applying recommended good hygiene practices and social distancing, which remain essential measures.

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