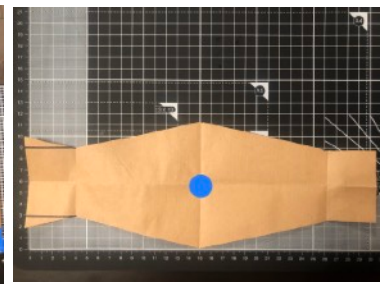
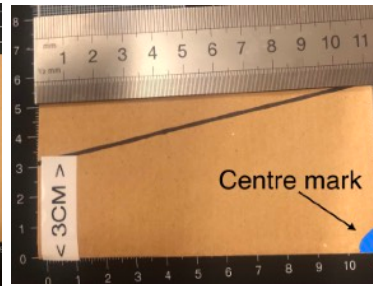


# Instructions for 3D Face Mask.

## Pattern.



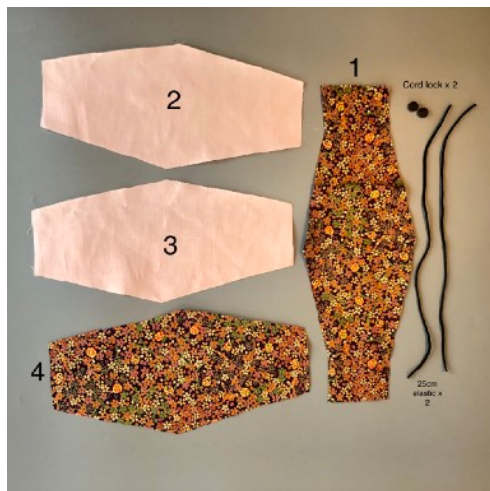
1. Cut a piece of paper 30cm x 11cm. Fold in each of the short sides 4cm.

2. Mark the centre. Keeping the 4cm folded in, fold in half and in quarter.

3. With the centre mark on the right bottom corner, draw a line 3cm up from the bottom left corner to the top right corner.

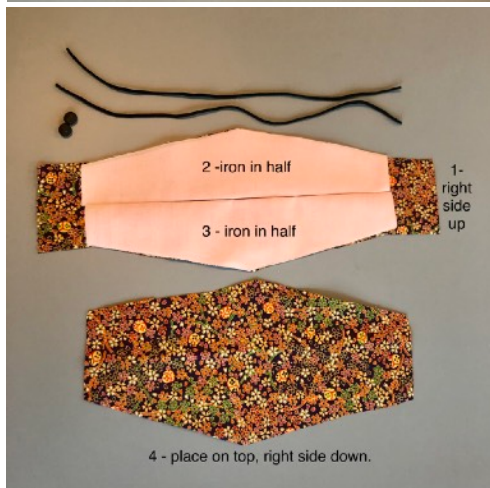
4. Open pattern and cut the extenders straight on each side.

## Making the Mask.

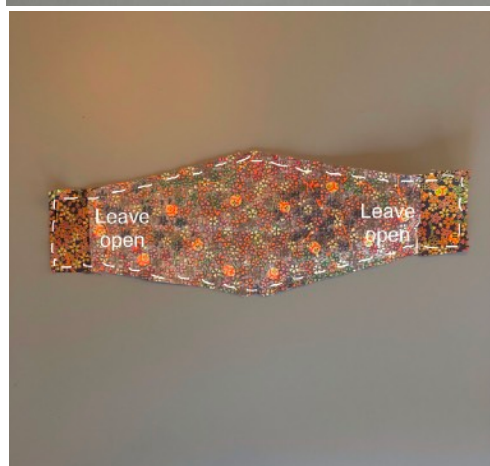


Pattern piece 1 - Front piece with extender.  
 Pattern piece 2 - Chin piece  
 Pattern piece 3 - Nose piece  
 Pattern piece 4 - Inner piece

1. Cut 3 pattern pieces without the extender. One is the inside piece, two are the nose and chin piece. Cut one piece with the extender. This will form the outside front of the mask and the casing for the elastic. Cut two pieces of elastic 25cm. You may want to also use a cord lock so the elastic can be adjustable for a comfortable fit around the ears.



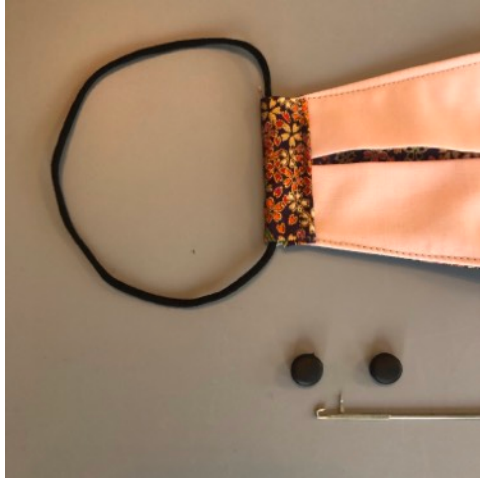
2. Fold the nose and the chin piece in half and iron. Place the extended fabric right side up, then the chin and nose piece on top then the inner fabric piece right side down so the chin and nose piece are sandwiched in the middle.



3. Sew around the edge including the extender part using a 5mm seam allowance as shown. Leave the short edges of pattern piece 4 open, to allow the mask to be turned the right way round. Turn the mask the right way round.



4. Iron the mask. Fold over the extenders and use them to enclose the elastic. Stitch all the way around, stitching the elastic in to its casing and top stitching around of the top and bottom of the mask.



5. If you want to use cord locks then these can be easily attached using a loop turner,



6. The completed mask is a comfortable fit and is especially useful for people wearing glasses.

Please note this is a reusable non-clinical face mask and must be washed after each use.

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