

Tri-Fold Fabric Face Mask DIY

What You Need:

- 0.25m of 100% cotton fabric - tightly woven, such as quilter's cotton
This will give you two, self-lined masks.
- 0.5m of 1/8" elastic or fabric ties
- Optional Filter - lightweight non-woven interfacing or polypropylene
- sewing machine & thread
- scissors or rotary cutter & mat
- ruler
- sewing pins or clips



Cut the fabric.

For an adult size mask that is self lined, cut 1 rectangle 16" long and 8.5" wide. If using two different fabrics, cut one 8.5" square out of each fabric. Cut 2 pieces of elastic, each 7" long or 4 fabric ties 18" long.

For a child size mask that is self lined, cut 1 rectangle 14" long and 6.5" wide. If using two different fabrics, cut one 6.5" square out of each fabric. Cut 2 pieces of elastic, each 6" long or 4 fabric ties 18" long.

Prep mask and pocket opening.

For self lined mask, fold the fabric in half, with the right sides together. Sew along the 8.5" width edge, the top edge, using a 5/8" seam allowance, leaving a 4" opening for filter insert and for the mask to be turned right side out after sewing side seams. Press the top seam open. Topstitch or zigzag stitch along both sides of the seam for a neater edge.

If using two different fabrics, put two rectangles right sides together. Sew along the 8.5" width edge, the top edge, using a 5/8" seam allowance, leaving a 4 inch opening for the filter insert and for the mask to be turned right side out after sewing the side seams. Press the top seam open. Topstitch or zigzag stitch along both sides of the seam for a neater edge. Sew the bottom seam.

Elastic or Fabric Ties.

Pin one piece of elastic to each side of the mask, one end to the top corner and one end to the bottom corner. If using fabric ties, pin one tie to each corner. The rest of the elastic or ties sandwiched inside the two layers of fabric.

Sew both side seams. Be sure to backstitch over the elastic or fabric ties to secure them. Clip the corners, turn the mask right side out through the 4 inch opening Press with an iron.

Make the Pleats.

Create three evenly spaced 1/2" pleats. Pin the pleats in place, making sure all pleats are facing the same direction. Top stitch, down each side, to secure the pleats in place.

Note: When the mask is worn, the pleats should open downwards to prevent any particles from collecting in the pocket folds.