

MYCOE MASK PROJECT: SEWING INSTRUCTIONS



MYCOE

Muslim Youth Council of Entrepreneurs

A: Supplied Spunbond and Binding pack

If you are using the provided Spunbond material or material that does not fray, please use

INSTRUCTIONS A (Page 1-4)

B: Own materials

If you are using your own material that may fray, please use

INSTRUCTIONS B (Page 4-7)

Preferred material examples:

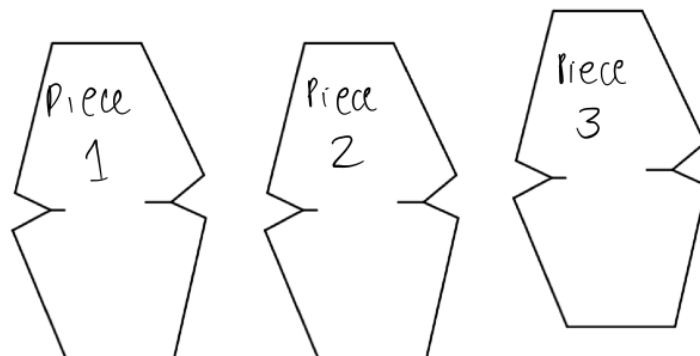
100% cotton percale/t-shirting

Old pillowcases

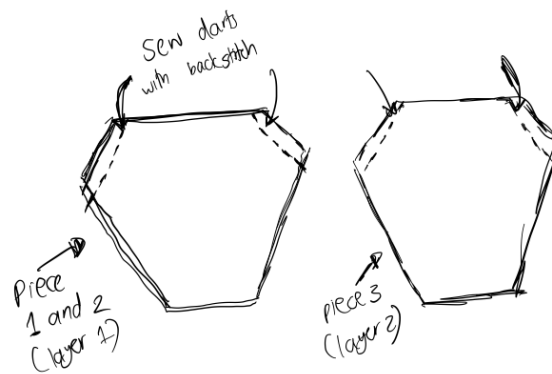
Instructions A

(Using the provided Spunbond material or material that does not fray)

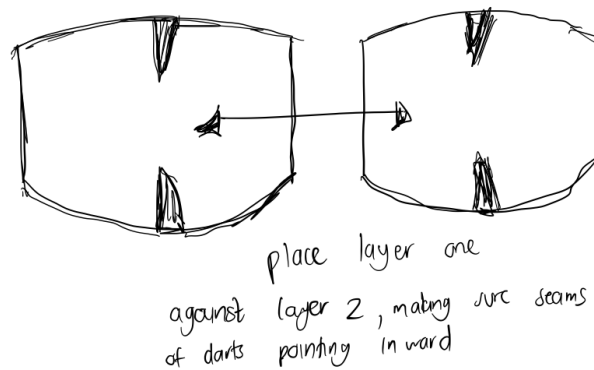
1. Print out **Pattern A** if not provided with a copy. (Make sure printed to scale. Check that longest side measures 21.5cm and width 7cm.)
2. Attach or lay pattern on material and cut out 3 pieces of the pattern. Please cut on the solid edges. You will be cutting into fabric where darts are indicated. Try and attach pattern with pins or weights to avoid fabric shifting while cutting.



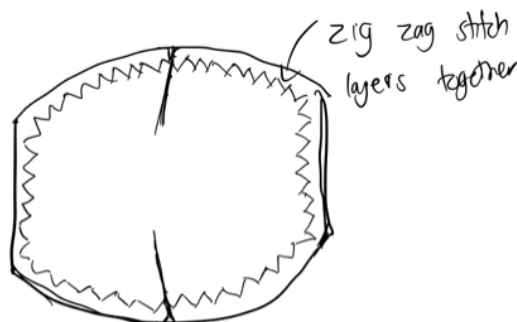
3. Taking two pieces only at first, line them up and sew the darts. Fold the fabric in half so that the darts line up. Try and keep to a 0.5cm seam allowance, backstitching at the top and bottom of the dart.
4. Take the third piece you have cut and do exactly the same.



5. Now that the darts are sewn, place the first layer (piece 1 and 2) over the second layer making sure both seams are pointing towards the inside (right side out) and pin together.

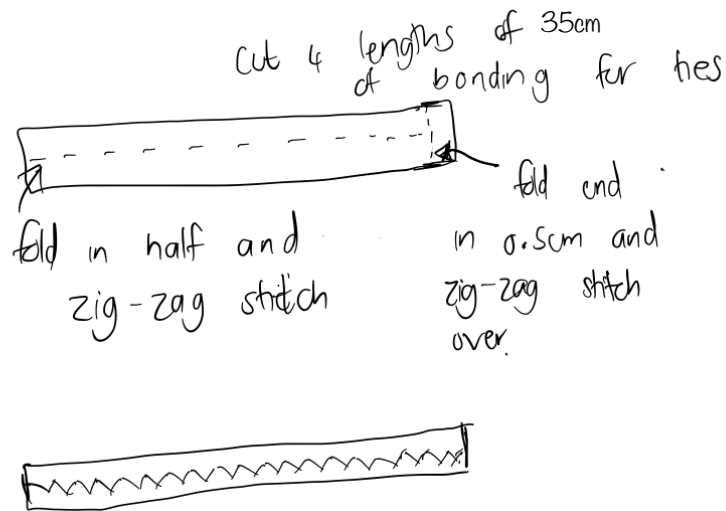


6. Sew together near the edges with a zig-zag stitch.

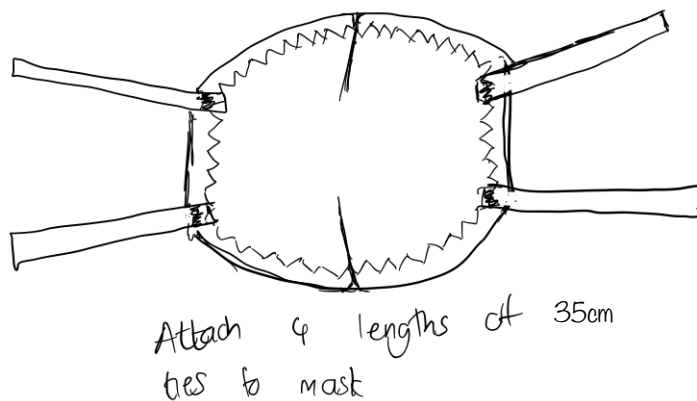


7. Take the binding included for the ties and cut 4 lengths of 35cms.

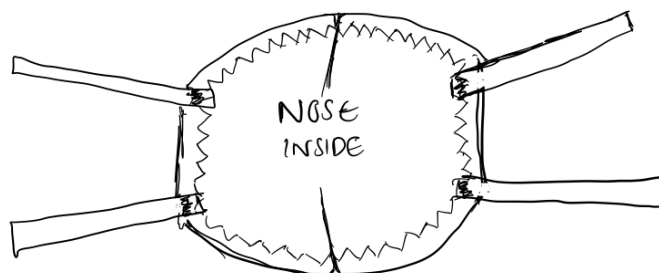
8. Fold in half and zig-zag stitch, taking care at the one raw end to fold around 0.5cm of the edge in and zig-zag stitch over.



9. Attach the 4 lengths of 35cm ties to the 4 sides of the mask taking care to use a strong stitch and backstitching to firmly attach.



10. This is a very important step as we need to distinguish the outside of the mask from the inside to make sure it is always worn in the correct manner and avoid contamination! Using a laundry marker or a permanent marker, neatly indicate the inside of the mask with "NOSE INSIDE" or another easy to understand indicator.



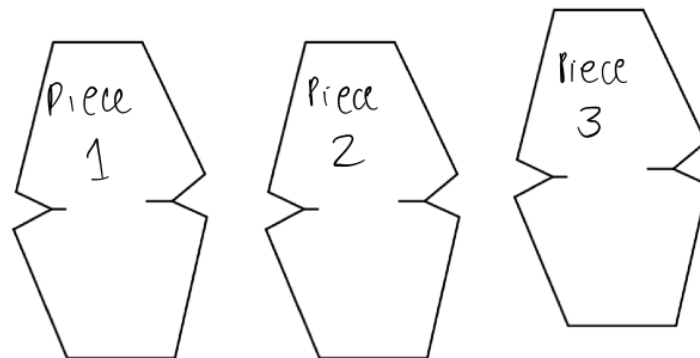
11. Make sure all threads are cut neatly and do a final check.

END OF INSTRUCTIONS A

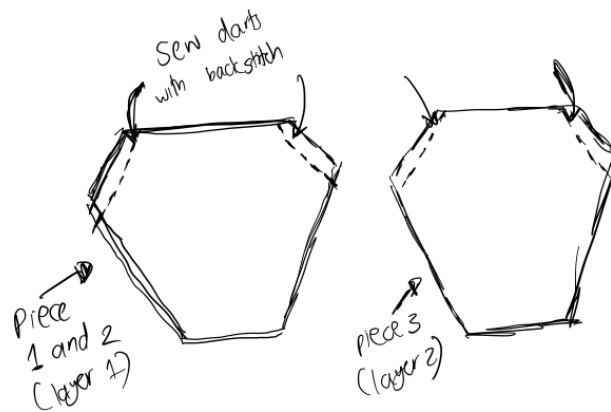
Instructions B

(Using your own material that may fray. Pattern makes allowance for seams.)

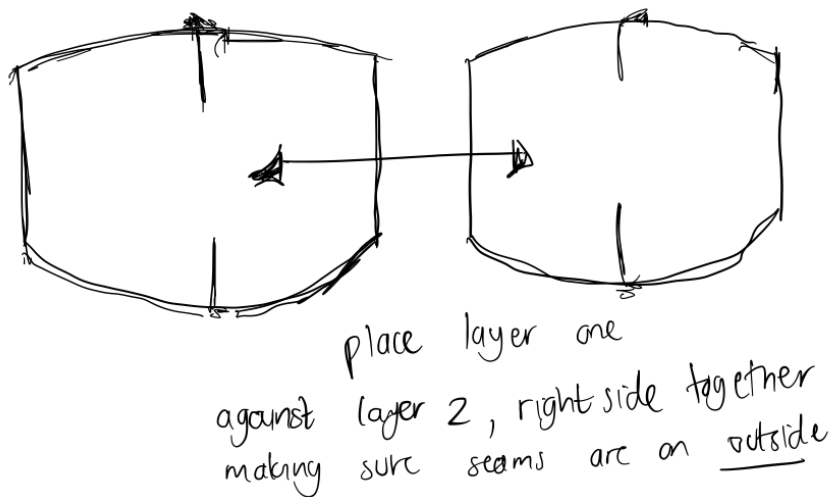
1. Print out **Pattern B**. (Make sure printed to scale. Check that longest side excluding the seams measures 21.5cm and width 7cm.)
2. Attach or lay pattern on material and cut out 3 pieces of the pattern. **NB: If your material is thick enough that two layers are sufficient, please use 2 layers. Remember breathability is also key!** Please cut on the solid edges. You will be cutting into fabric where darts are indicated. Try and attach pattern with pins or weights to avoid fabric shifting while cutting.



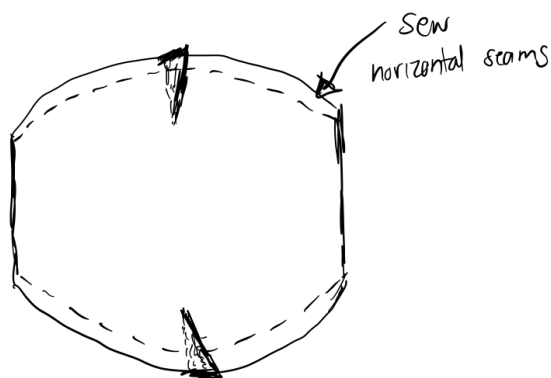
3. Taking two pieces only first (or one piece if you are using only two layers), line them up and sew the darts. Fold the fabric in half so that the darts line up. Try and keep to a 0.5cm seam allowance, backstitching at the top and bottom of the dart.
4. Take the third piece you cut and do exactly the same.



- Now that the darts are sewn, place the first layer (piece 1 and 2) over the second layer right side together, making sure both seams are on the **outside**.

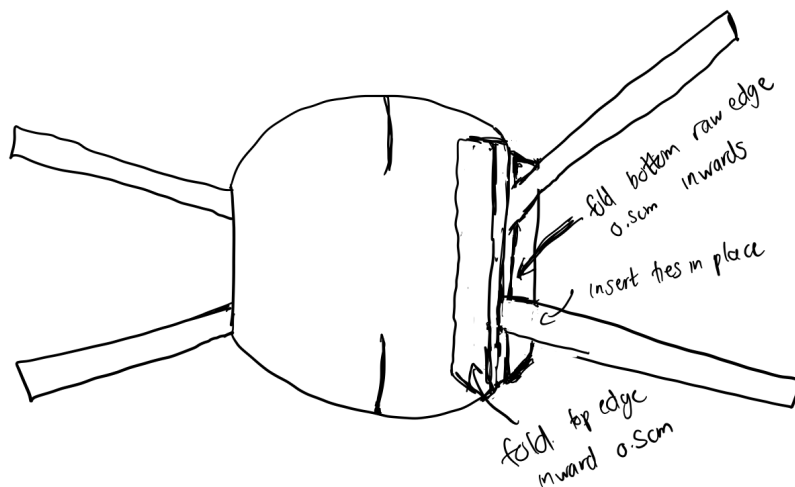


- Sew across horizontal seams that will run across the bridge of the nose and the bottom of your chin, backstitching at both ends.

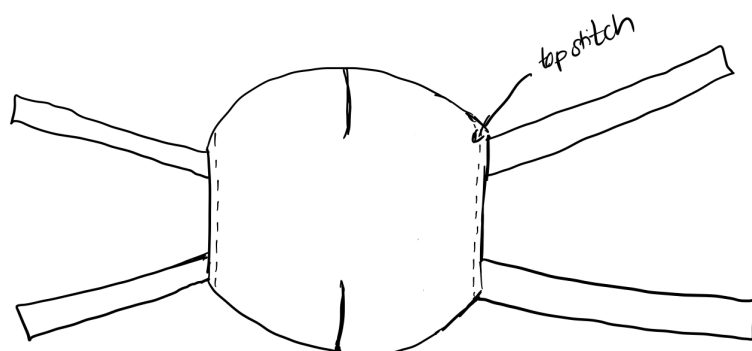


- Reach your fingers inside the mask and turn it right side out. The correct side or exterior of your fabrics should now be facing out. Make sure to open seams out as much as possible to make sure excess fabric isn't hiding in the seam.

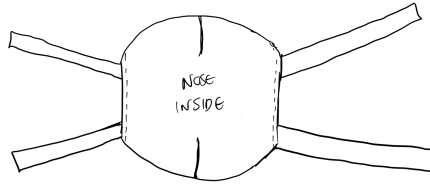
8. Iron or finger press to crease the fabric down.
9. Top stitch the two horizontal seams you just sewed and pressed. (Sew as close to the edge as possible with the right side facing up.)
10. In this step, you should get your ties ready. It should be 4 lengths of 35cm. The width of the ties can vary, but make sure they are a reasonable length. If your ties have raw edges, stitch the edges together and turn inside out. If you use binding, you can refer to Instructions A, step 8.
11. In this step you will be doing two things: 1) Sewing the remaining raw edges and 2) creating a channel for your ties. Working one side at a time, fold the bottom raw edge of one layer inward 0.5cm. Place the raw edge of two ties on the top and bottom of that side, inserting around 1 – 2cms of the tie to secure and then fold the top raw edge inward over 0.5cm and place over, lining up so that the two edges of the ties are encased.



12. Pin ties securely in place and sew over, as close to the edge as possible. Backstitch top and bottom to secure. Repeat on the other side.



13. This is a very important step as we need to distinguish the outside of the mask from the inside to make sure it is always worn in the correct manner and avoid contamination! Using a laundry marker or a permanent marker, neatly indicate the inside of the mask with “NOSE INSIDE” or another easy to understand indicator.



14. Make sure all threads are cut neatly and do a final check.

END OF INSTRUCTIONS B