

Sewing pattern „breathing mask“

Print out the pdf pattern on A4 paper and make sure you have selected the option to print ‚actual size‘ or to 100% scale. You will find a cm-scale on the right side of the pattern, which you can use to check that it measures up nicely.

Material needed

- Pure cotton woven fabrics – not too lightweight and with a tight weave, pre-washed at 60 degrees. Each mask only needs a small amount of fabric, i.e. you can use up fabric remnants or even old bed sheets. Molleton is a good option for the lining layer.

- 70 – 90 cm of rubber band, depending on head size



„breathing mask“

0,7 cm seam allowance included

Feel free to add seam allowance as per personal preference

Feel also free to share finished projects by tagging @artundstil

Thank you and happy sewing!



For private or charitable use only. Commercial use is prohibited. I do not assume liability for possible errors in the instructions.

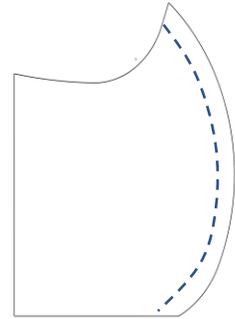
Important: This breathing mask does not substitute for an industrial surgical mask. It can be used as a makeshift in case there are no professional surgical masks available due to scarce resources.

The mask cannot prevent the wearing person from infections. It can only minimize the spread of a disease while simultaneously observing strict hygiene precautions.

(With correct printing options, this edge length is 14 cm)

Sewing pattern & instructions „breathing mask“

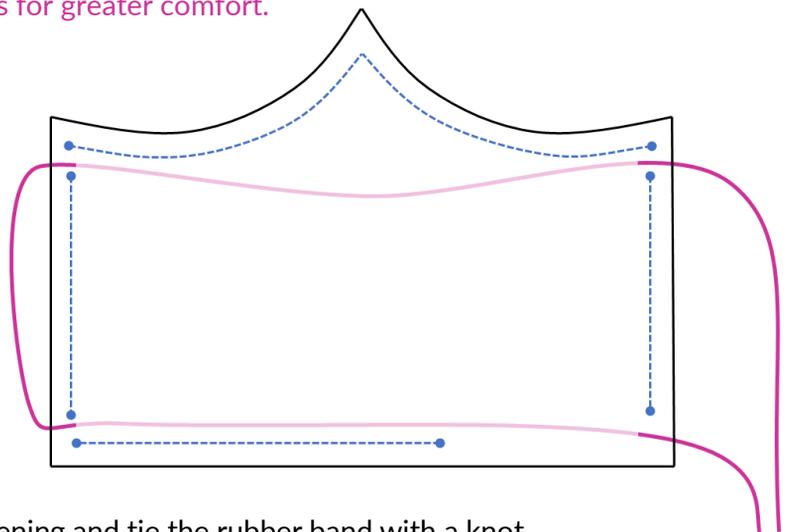
1. Cut out 4 pieces of fabric using the pattern (2 main, 2 lining)
2. Place two matching pieces on top of each other, right sides facing. Stitch together at the curved edge (see figure on the right) using a small stitch length. Repeat with lining pieces. Clip seam allowance.



3. With the right side of the outer piece facing you, lay out the folds as shown below. Pin in place and baste within the seam allowance.



4. Place outer and lining piece on top of each other, right sides facing. Try laying the middle seam allowance in opposite directions. Alternatively, press open the seam allowance before assembling the mask. Sew together according to the drawing below, backstitching at the beginning and end of each seam. Leave open the tunnels for inserting the rubber and an opening for turning.
5. Insert rubber band according to the drawing. The band is worn around the head, i.e. not tucked around the ears for greater comfort.



6. Turn mask through the opening and tie the rubber band with a knot.
7. Top stitch the upper and lower edge (closes the opening at the bottom).
8. Done!