

Pleated face mask with optional pocket

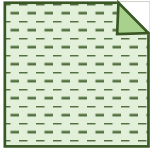
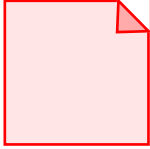
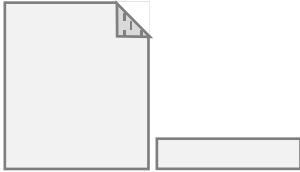
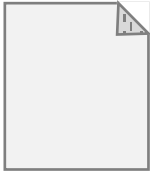
References:


- Victorian Department of Health:
https://www.dhhs.vic.gov.au/sites/default/files/documents/202007/Design%20and%20preparation%20of%20cloth%20mask_0.pdf
- Red Blossom Designs, *Quick and Easy Hand Sewn Pleated Face Mask with Filter Pocket*
<https://youtu.be/TRZicHAjr5I>

Materials



Refer to the [Victorian Department of Health's guide](#) for suggested fabrics for each of the layers.

You will need ...	Size	What I used ...
Outer layer of water resistant fabric	19cm x 19cm 	Re-usable shopping bag
Middle layer of a blended fabric	19cm x 19cm 	Old lycra leggings
Inner layer of water absorbing fabric	For a pocket, you'll need two pieces: 19cm x 20cm and 19cm x 4cm  If you don't require a pocket, you'll need one piece: 19cm x 22cm 	Old cotton sheet

You will need ...	Size	What I used ...
Side pieces for holding ear loops	2 x pieces, 15cm x 6cm 	Old cotton sheet
Ear loops or ties	2 pieces of elastic, shoelaces, ribbon or cord	I made ear loops using 2 pieces of elastic, each 25cm long

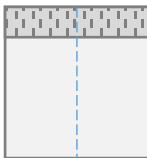
Assembly

1) If you want a pocket:

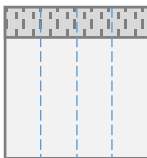
a) Place the two inner pieces together, front sides of the fabric together.



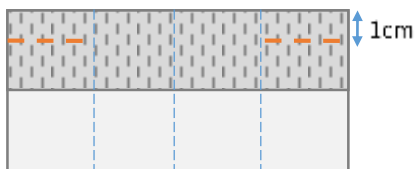
b) Fold the fabric in half long-side to long-side. Press or pin to mark the crease and then unfold.



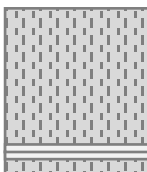
c) Fold the outer edges into the middle, press or pin to mark creases, and then unfold.



d) About 1cm from the join, sew from the outer edge into the first crease. (The middle section becomes the pocket opening).



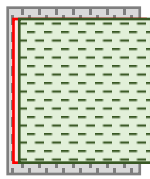
e) Open the two pieces and press or flatten the seams around the pocket opening.



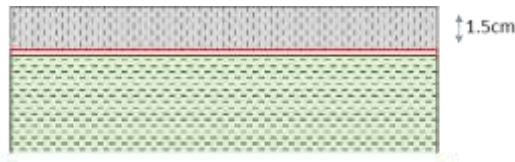
More info: See how to measure and what to sew: <https://youtu.be/TRZicHAjr5I?t=47>
(Starts at timestamp 0:47)

2) Join the layers together:

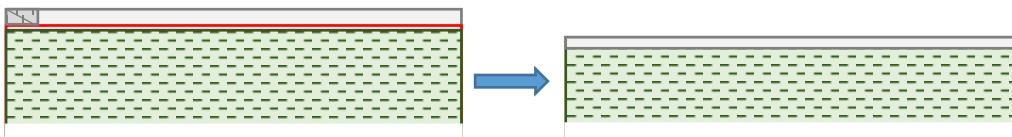
- a) Place the layers on top of each other: the front side of the outer and inner layers facing out.



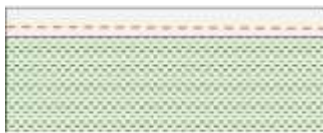
Leave about 1½ cm of the inner layer extending past the top and the bottom of the middle and outer layers.



- b) Fold the top edge of the inner layer to meet the top edge of the middle and outer layers, and then fold again over the top edges of the middle and outer layers.

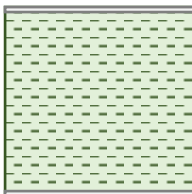


- c) Stitch the three layers and the turned-over edge together.



- d) Repeat steps 3 & 4 for the bottom edge.

After this step, the three layers are stitched together along the top and bottom edges and create a square about 19cm x 19cm.



Completing the mask: The remaining instructions come from this video, starting at timestamp 2:50:
<https://youtu.be/TRZicHAjr5I?t=170>

3) Create the pleats.



See how it's done: <https://youtu.be/TRZicHAjr5I?t=170> (Starts at timestamp 2:50)

- a) Turn the square over with the inner layer facing up and the hemmed edges at the top and bottom.



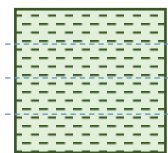
- b) Fold the hemmed edges together. Press or pin to mark the crease and then unfold.



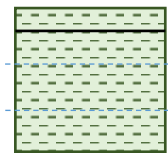
- c) Fold the hemmed edges into the middle, press or pin to mark creases, and then unfold.



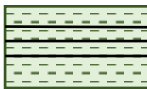
- d) If you have a pocket, ensure the pocket is at the bottom and then turn the square over with the outer layer facing up.



- e) Pinch the materials along the top crease and pin the crease about halfway between the top edge and the crease.



- f) Repeat with the other two creases.

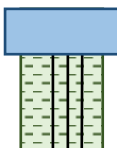


- 4) Sew the pleats in place.

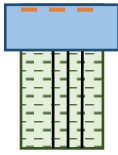


See how it's done: <https://youtu.be/TRZicHAjr5I?t=226> (Starts at timestamp 3:46)

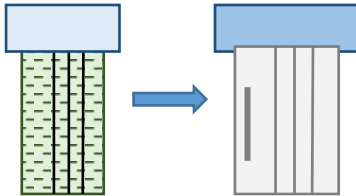
- a) Place the long edge of a side piece (back of the material facing up) along the side edge of the mask (with the outer layer facing up). Position the side piece so that the length of the fabric extending beyond the top and bottom edges of the masks is about the same.



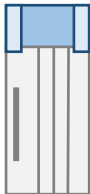
- b) Stitch the side piece to the mask ensuring that you're stitching through all layers. (That's 10 layers when you're stitching through the pleat!).



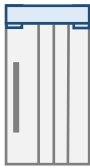
- c) Fold the side piece along the stitched edge and turn the mask over.



- d) Fold the shorter edges of the side piece over the hemmed edges of the mask.



- e) Fold the long edge of the side piece to line up with the side edge of the mask.



- f) Fold the edge of the side piece over the edge of the mask, and then sew the side piece to the mask.



- g) Repeat the steps to sew the other side piece to the mask.



- 5) Thread the elastic or cord through the side piece. If you're making ear loops, stitch or ties the ends together.

