

## Easy Pleated Masks

I copied the basic idea of the pleated mask, and tried to make it easier for kids/youth to sew in fewer steps. (Shortened the mask from top to bottom, after getting feedback from several people.)

1. Cut two layers of cotton fabric: colorful print for the outside and a plain/muslin for the inside. (For a small child, consider 7" x 6" – which will finish about 6" x 5")

Sizes: **Larger mask – 9" width x 7" length**      **Medium 8" x 7"**      **Small 7" x 7"**

2. On each layer, fold one side  $\frac{1}{4}$  inch and top stitch to hem that side – should be on the width (top or bottom of mask).
3. Put the right sides of fabrics together, sew  $\frac{1}{4}$  inch seam around the 3 remaining raw edges, leaving the hemmed side open to turn the square right side out.
4. Turn the square right sides out, gently pushing out the corners and side seams, press.



5. Top stitch around the square. You may leave the hemmed side open to add a filter, or stitch it closed for a 2-layer mask.



- Using a seam guide and iron, measure and press in 3 pleats, evenly spaced. Start the first pleat about 1.25 inches from the top edge and press a fold. Measure down 1 inch from there, and bring the first fold down to that mark and pin in place. Skip down about  $\frac{1}{4}$  inch and make another fold, measure down 1 inch and bring the fold down to that line, pin in place. Do this one more time. You want your mask sides to be about 3.5 inches or less after the pleats.



- Top stitch the pleats in place along each side.



### **Ties, Elastic or Soft Adjustable Cords**

- Ties – using bias tape or gros-grain ribbon to make ties, cut 4 ties, each about 18 inches long. You may want to fold, press and stitch the bias tape to make it more secure as a tie. Sew one tie to each corner – placing it on the back/underneath side of the corner. Zigzag or double stitch the ties in place.



9. OR Elastic ear pieces – cut two 7 inch pieces of  $\frac{1}{4}$  inch elastic. Sew the elastic pieces on each side corners – making a loop on each side of the mask to hook behind ears. (Elastic not recommended for mask that will be bleached/sanitized.)
  
10. OR Soft t-shirt cords w/ slider beads to adjust to your size and comfort – Cut  $\frac{3}{4}$ ” wide strips from old, soft t-shirt – along the length of the bottom of a t-shirt. Gently pull on each end – and the strip will roll. Sew ends to the mask, as above, and put the other ends through a large bead. Tie the ends and use the bead to slide and adjust around your ears.

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This complimentary mask was made by hand by Colorado State University students and employees. These masks should be worn for personal, non-medical use only. This mask has not been tested nor certified for disease prevention or medical use and is not a respirator.