

Stay Safe!
Wash your mask in detergent
and warm or hot water BEFORE trying it on.

Before you try on a mask, be sure to wash it with detergent and warm or hot water to prevent any possible transfer from my hands to your faces.

When you are ready to try on a mask, look for this top-stitched tuck which indicates the bottom and the **outside** of the mask. The tuck goes under your chin.



Tie on the mask and experiment a little to see how you can make each side of the mask contact your skin and also feel comfortable to wear. Two things to try:

- ironing the top so the fold-down is crisp. I find this feels better under my eyes.
- doubling the fold at the top of the mask. If this improves fit, stitch the new fold in place.



The masks are not a replacement for social distancing, but are for use in environments where your distance may be inadvertently compromised by others.

Wash the mask with detergent and warm or hot water after each use.

Technical Specs

— The masks are made from quilting cotton with a thread count of 180-230. Cotton with a thread count of 180 has been found in labs to block 70-79% of virus-sized particles.

“The study used instruments that detected a fabric’s effectiveness at filtering small particles. Quilters’ cotton, a tightly woven high-thread-count fabric, can filter out some 70% to 79% of small particles including viruses, according to Segal’s research, which has not been submitted for publication and has not been peer-reviewed. That’s better than surgical masks, which Segal said filter out 65% of particles. (N95 masks offer the highest level of protection — filtering out 95% of air particles.)”

From

<https://www.marketwatch.com/story/some-fabrics-are-more-effective-than-others-for-making-diy-face-masks-heres-which-ones-are-best-2020-04-07>

See also

<https://newsroom.wakehealth.edu/News-Releases/2020/04/Testing-Shows-Type-of-Cloth-Used-in-Homemade-Masks-Makes-a-Difference>

— The mask is based on a pattern provided by Kaiser Permanente. See

https://about.kaiserpermanente.org/content/dam/internet/kp/comms/import/uploads/2020/03/02_COVID_Mask-Instructions_v9.pdf

I have added a tuck at the chin and a fold at the top in order to improve the contact between the mask and your skin in these areas.