



Created for Crisis 3-Layer Mask

DISCLAIMER

Created for Crisis does not recommend the use of these homemade facemasks when surgical masks or N95 respirators are available. These should only be used in non-surgical settings when the healthcare provider (HCP) will be more than 3 feet from a symptomatic patient OR within 3 feet of symptomatic patient wearing a surgical facemask. HCPs should NOT use these when there is:

- Significant exposure to liquid, bodily, or other hazardous fluids
- A high level of infection risk through inhalation exposure
- A high-intensity heat sources or flammable gases

WARNINGS:

- These homemade facemasks are not surgical masks or Filtering Facepiece Respirators (FFRs).
- These face masks have not been tested for fluid resistance, particulate or bacteria filtration efficiency, differential pressure, or flammability.

RECOMMENDATIONS:

We recommend monitoring the CDC website below for the latest updates regarding the respirator shortage: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/respirators-strategy/crisis-alternate-strategies.html>

See www.createdforcrisis.org/labelingandsafety for more information.

IMPORTANT NOTE ON MASK FRONT VS. BACK

For safety reasons, the mask wearer **MUST** be able to identify the front and back of the mask at a glance. With this in mind, use either patterned fabric or two distinct colors. **If using patterned fabric:** the finished mask will have the “wrong” side of the fabric facing out on one side.

If using solid fabric: the two sides will be clearly different colors.

The instructions assume patterned fabric is used to assist in managing “right” and “wrong” sides, but solid fabric is also acceptable.

SUPPLIES

- Cotton/poly blend of at least 50% cotton is preferred,
- 100% cotton is acceptable. (Print or two distinct solids)
- All-purpose thread (polyester)
- Lightweight non-woven, non-fusible interfacing [See Materials Guide]
- *Optional: premade bias tape or binding tape, no larger than 1/2"*

SUPPLIES

- sewing machine
- ruler
- iron & ironing board
- scissors
- assembled pattern
- pleat guide (included)

PREPARATION

- **Prewash ALL fabric** (INCLUDING non-fusible interfacing) on hot and dry on hot.
- Cut according to the following measurements:
- Ties - cut 4 - 2" x 20" (If using bias tape, cut four 20" long pieces)
- Mask (Large) - 9" wide by 8 1/2" tall
 - Cut 2 pieces cotton fabric (If using solids, cut one from each color.)
 - Cut 1 piece non woven, non-fusible interfacing
- Mask (Small) - 8" wide by 7 1/4" tall
 - Cut 2 pieces cotton fabric (If using solids, cut one from each color.)
 - Cut 1 piece non woven, non-fusible interfacing

See Process Guide for cleaning and packing guidelines

DIRECTIONS { Watch a tutorial video here: <https://youtu.be/J0HnaWUlyzg> }

1. With the wrong side facing up, press 1/4" fold on one end of the tie. Then fold the ties in half lengthwise, right side out (wrong sides together) and press to create a crease.
2. For each tie, fold long sides in so raw edges meet at the crease in the center. Refold on crease, resulting in a total width of about 1/2". Press.
3. Stitch along the open edges of the tie, along the length and the one folded end. (If using bias tape, stitch along the length to close long edges.)
4. Take one cotton layer and lay it down, right side up. Lay the interfacing layer on top, and baste the two layers with a 1/8" topstitch. Set aside.
5. Take the other cotton layer and place right side up, with the 9" edge (if making Small Mask, 8" edge) at the top. Line the raw edge of the tie with the raw edge of the fabric, centering the tie ends on the marks transferred from the pattern, and baste. The loose ends of the ties should come toward the middle of the fabric.
6. Now the two pieces will be sewn together. Take the piece with the ties attached, still facing right side up, and gather the ties to the center to get them out of the way.
7. Take the layer with the interfacing and lay it on top, with the interfacing side facing up. Sew around all four sides with a 1/4" seam allowance, leaving a 2" gap in the middle of one long edge.
8. Clip the corners of the mask, taking care not to cut the stitching.
9. Turn the mask right side out through the gap left in step 7. Press.
10. Topstitch 1/8" around all edges of the mask, closing the gap.
11. Lay the mask so the ties are at the sides, the top of the mask will be facing away from you and right side of the fabric up. Mark the pleats according to the pleat template by laying the template on the mask, lining up the top edge of the template with the top edge of the mask, centering it left to right. Mark pleat lines on the fabric on both sides of the mask.
12. To form a knife pleat, find pairs of markings that are 1 1/4" apart (Small Mask 1" apart) and fold down so that those markings line up. All pleats should open towards the bottom of the mask, with the bulk on the back pressed towards the top. The final pleat should not fall over your bottom ties. Pin in place and press. (Be careful not to press over the pins, as this can damage your iron.)
13. Edgestitch around the whole mask again. This strengthens the construction and secures the pleats. If you have tried the techniques on the tips page and your machine is still struggling, you may alternately topstitch 1/4" around the mask in this step.
14. Option: If you used premade bias tape and did not close the ends of your ties in the first steps, you can either fold over the end 1/4" and zig zag or fold the end over 1/4" twice and straight stitch to finish.

SEE TIPS ON NEXT PAGE

TIPS

If you are having trouble visualizing how to form the pleats:

Fold the pleat template as directed by the arrows on the pattern piece. The pleats should open towards the bottom of the mask, and the bulk of the pleat on the back should be folded towards the top of the mask.

To check that your pleats are facing the right way, run a finger from the bottom of the template to the top, if it slides under a pleat, you have folded correctly. You can do the same to double check the pleats on your mask in step 12.

If you are having trouble sewing through the bulk of the pleats, there are a couple of methods to help:

Slow the speed of your sewing and press firmly on the pleat, compressing it and helping it through your machine, taking care not to slide the pleat around.

If your machine is pushing the pleats out of place, instead of sewing around all four sides of the mask in one step, you can sew it in parts. Sew down the pleats with the fold facing towards you. When you get to the side where the pleats face away from you, stop and sew from the other direction so you are always sewing with the pleats and not against them.

Instead of using the foot pedal, use the handwheel on your machine to sew, taking care not to force your machine but to be able to feed the fabric through in a controlled fashion over the problem areas.

CUT PIECES:



Cut Tie 1 & Tie 2

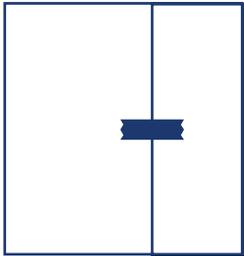
Pattern pieces,
assemble (see pattern)



Cut 4 Ties

2 x 20"

FOR LARGE MASK ONLY:



Cut Mask A & B

Pattern pieces,
assemble (see pattern)



Cut 2 of Fabric

Cut 1 of Non-Woven
8.5 x 9"

ASSEMBLE TIES:



FOLD



FOLD



PRESS TO CREASE, OPEN



FOLD



FOLD

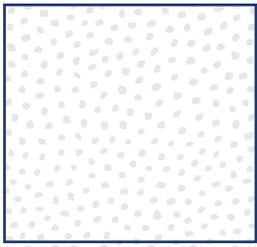


FOLD IN HALF

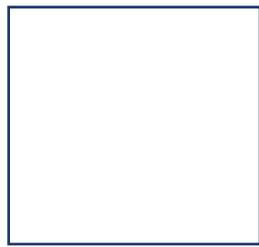


SEW

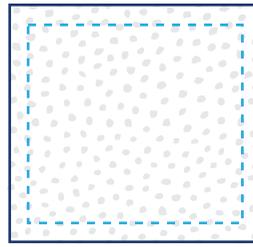
ASSEMBLE MASK:



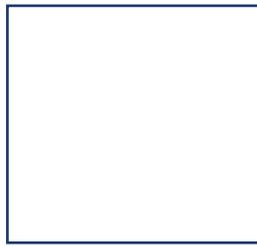
INTERFACING



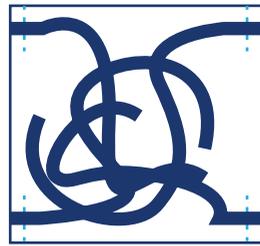
COTTON 1, RIGHT SIDE UP



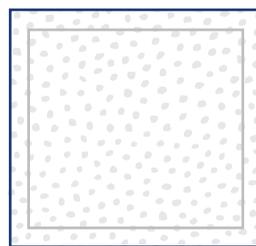
SEW



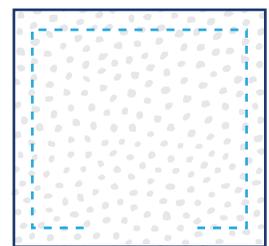
COTTON 2, RIGHT SIDE UP



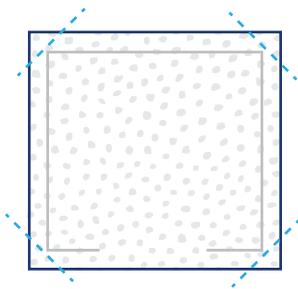
BASTE X 4 TIES



SEW



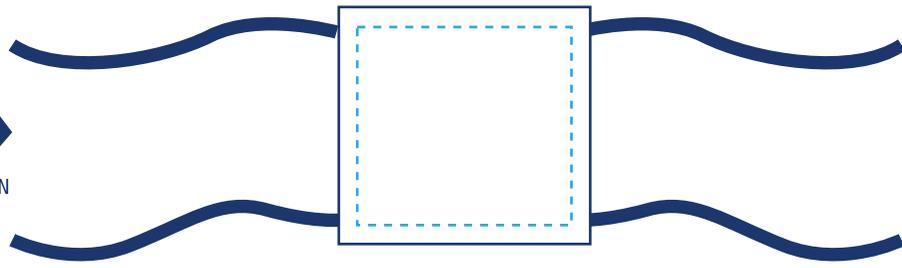
SEW



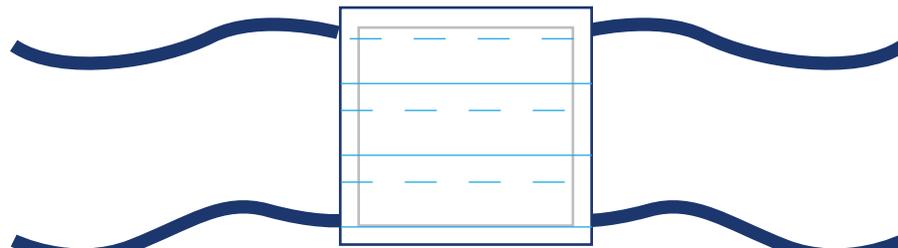
CLIP



TURN



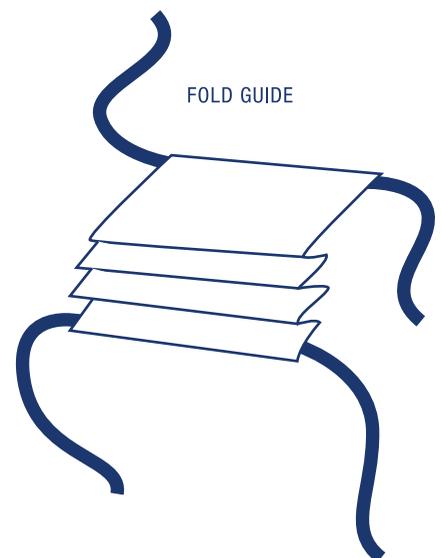
SEW



MARK PLEATS



FOLD + SEW



Created for Crisis 3-Layer Mask (Large)

BEFORE YOU CUT FABRIC: You need to cut out both Mask A and Mask B for this pattern, then combine them by butting them up (DO NOT OVERLAP) and taping them together. The final pattern piece is 8.5 inches long by 9 inches wide. See diagram on next page.

Tie



Created for Crisis 3-Layer Mask

LARGE

Mask A

{ Cut 2 }

from cotton fabric*

{ Cut 1 }

from lightweight non-woven, non-fusible interfacing**

1/4" seam allowance is included

* Choose a patterned fabric to help identify front/back of mask. See Material Guide
** Do not use fusible interfacing. See Material Guide

{ Attach Mask B pattern here }

Tie





BY NC SA

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Created for Crisis 3-Layer Mask (Large)

● Tie

Created for Crisis 3-Layer Mask

LARGE

Mask B

● Tie

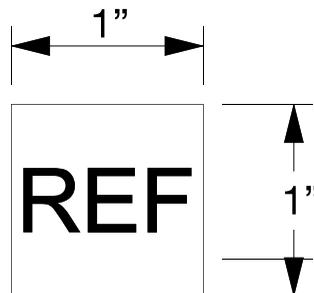
Pattern by Created for Crisis with special thanks to Professor Pincushion

{ Attach Mask A pattern here }

IMPORTANT:
You need to cut out both Mask A and Mask B for this pattern, then combine them by butting them up (DO NOT OVERLAP) and taping them together. The final pattern piece is 8.5 inches long by 9 inches wide. See diagram:

9"

8.5"

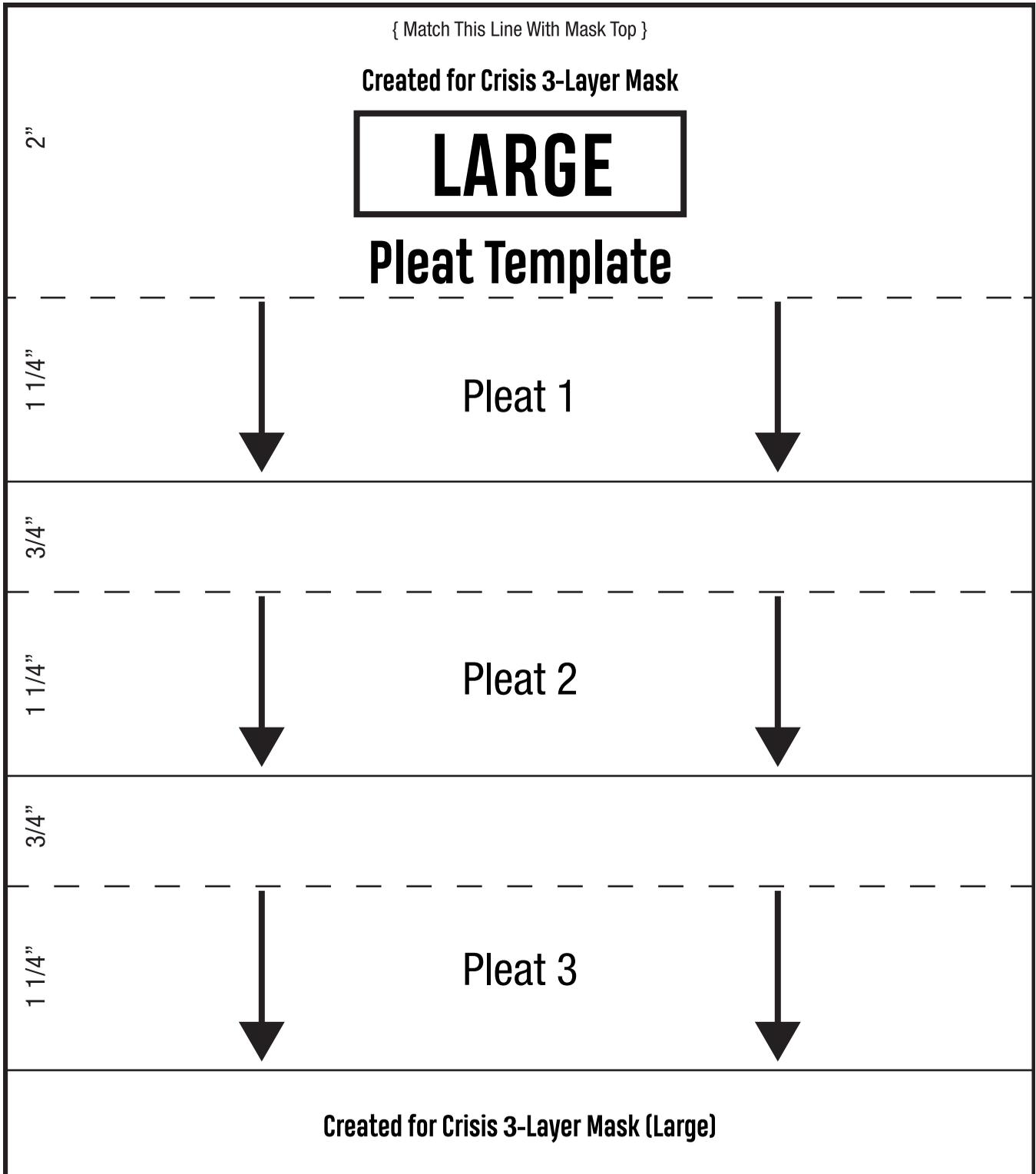


IMPORTANT:
Print at 100% scale.
Check that this box measures 1" x 1" before proceeding.

IF THIS BOX IS NOT 1" X 1":
Make sure "Fit to page" is not selected in print dialogue.



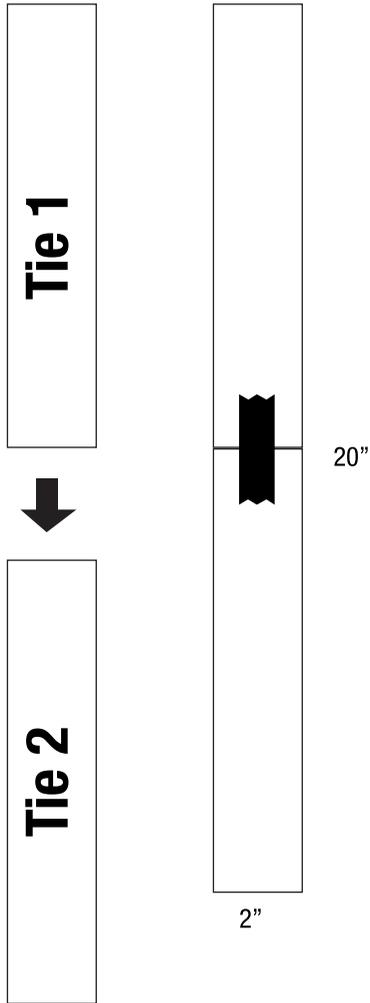
Created for Crisis 3-Layer Mask (Large)



Created for Crisis 3-Layer Mask

IMPORTANT:

You need to cut out both Tie 1 and Tie 2 on this page, then combine them by butting them up and taping them together. The final pattern piece is 20 inches long by 2 inches wide. See diagram:



Tie 1 of 2

Created for Crisis 3-Layer Mask

1. Cut out pattern, tape Tie 1 to Tie 2 to create a 20 inch by 2 inch tie pattern
2. Cut 4 from cotton (AFTER combining tie pattern pieces)

{ Attach Tie 2 pattern here }

Tie 2 of 2

{ Attach Tie 1 pattern here }

Created for Crisis 3-Layer Mask (Small)

Tie ●

Created for Crisis 3-Layer Mask

SMALL

● Tie

3-Layer Mask (Small)

{ Cut 2 }
from cotton fabric*

{ Cut 1 }
from lightweight non-woven, non-fusible interfacing**

1/4" seam allowance is included

* Choose a patterned fabric to help identify front/back of mask. See Material Guide

** Do not use fusible interfacing. See Material Guide

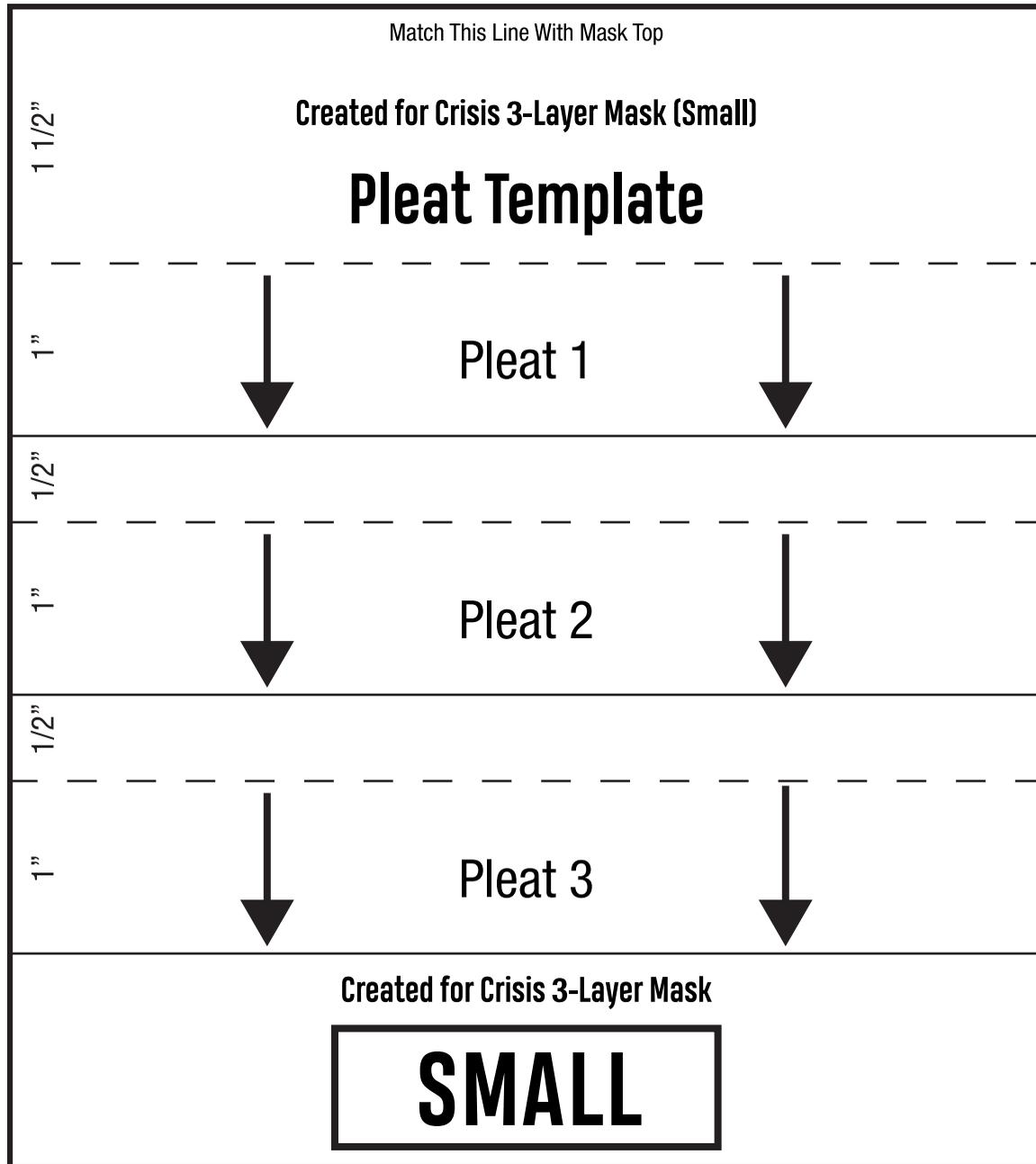
● Tie



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● Tie

Created for Crisis 3-Layer Mask (Small)



FRONT AND BACK LAYER OPTIONS

Cotton/polyester blend of at least 50% Cotton

100% cotton

MIDDLE LAYER OPTIONS

100% polyester or polyester/rayon blend with minimum 70% polyester

Therm O Web Q2030, Q2130, Q2230 (Available at thermowebmasksnow.com)

Pellon 830

Light or midweight non-woven sew-in interfacing that is 100% polyester. An example of this would be Pellon 30 or 40.

DO NOT USE FUSIBLE INTERFACING.

Other non-woven breathable materials:

We do not recommend polypropylene as it is unable to maintain integrity under the high temperatures needed to sanitize the masks.



Process Guide

CLEANING GUIDELINES

FOR EVERYONE:

- 1) Wash your hands! Wash hands before handling materials or making masks. When handling donations, wash hands both BEFORE and AFTER to minimize your own exposure risk as well as that of the next person in the supply chain.
- 2) Place all donations into sealed plastic bags! This minimizes contamination during travel.
- 3) Social distancing! Stay six feet from others and practice not touching your face, eyes, and mouth.

FOR MAKERS:

We recommend consolidating donations with others to minimize the number of individuals going to donation collection sites.

- 1) Wash hands before working on masks and before returning to them after breaks.
- 2) Work with clean, pre-washed fabrics.
- 3) Wash the completed homemade masks on a HIGH temperature (preferably at least 158°F or 60°C) standard wash cycle using standard laundry detergent. Dry on high temperature.
- 2) Remove masks from dryer with clean or gloved hands. Place directly into a clean, sealable plastic bag.

FOR COLLECTION SITES:

- 1) Place receiving box in a clearly visible location. Outside is ideal to avoid contact and maintain cleanliness inside of your facility.
- 2) Wash hands BEFORE and AFTER handling donations to store at your location until collected by a volunteer.
- 3) Volunteers will contact you to set up a collection time. Place donations at the pick-up location, preferably outside, for the volunteer to collect. Allow volunteers to do this by themselves if possible. If this is not possible, maintain 6ft distance at all times.

PACKING GUIDELINES

- 1) Box: All homemade facemasks must be distributed in a plain paper box such as a corrugated cardboard box.
- 2) Outer Labeling: The box must not make any content indications or claims beyond the Masks Now logo. The use of the words “mask”, “facemask”, “surgical”, “protective”, or any other related term must not appear on the outer box.
- 3) Packing Materials: Packing materials such as tissue paper or packing paper may be used to prevent damage to the face masks but should be limited where possible.
- 4) Packing Slip: The Packing Slip must be completed in full in indelible ink (such as pen) in legible handwriting and provided within every shipping container. Where colored printing is not available, black & white is acceptable, provided all content is fully legible.



Thank you

Donate today: MasksNow.org/Donate

In this unprecedented moment in history, we thank you for your commitment to the well-being of our community, nation, and world at large. Please accept these masks as a token of our gratitude for your immeasurable dedication.

THIS PACKAGE CONTAINS _____ ITEMS

ITEM STYLE: 3-Layer Mask Pocket Mask Mask Cover Caps Other

MADE WITH LOVE BY:

These have been donated for FREE by volunteers.

IF YOU'D LIKE TO SUPPORT US:

Visit MasksNow.org/Donate or mail a check to Created for Crisis Inc. c/o Jodi Murray 69 Pine Hawk Dr. Spring Lake, NC 28390. Please make checks payable to Created for Crisis Inc and include "MasksNow" in the memo.

MATERIALS USED

BACK LAYER (BODY CONTACTING LAYER):

- 100% Cotton
- Cotton/Polyester Blend
- Other: _____

MIDDLE LAYER: (IF USED)

- Therm O Web Q2030, Q2130, Q2230
- Pellon 30 40 810
- Other non-woven, non-fusible poly/poly blend interfacing _____

FRONT LAYER:

- 100% Cotton
- Cotton/Polyester Blend
- Other: _____

MASK CARE

BEFORE DISTRIBUTION: Homemade masks should be washed after every use, or as frequently as possible. Wash the homemade mask on a HIGH temperature (preferably at least 158 F or 60 C) standard wash cycle using standard laundry detergent. Dry on high temperature.

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- Significant exposure to liquid, bodily, or other hazardous fluids
- A high level of infection risk through inhalation exposure
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See www.createdforcrisis.org/labelingandsafety for more information.

FOR CAPS:

- Created for Crisis does not recommend the use of these homemade scrub caps when commercially manufactured caps are available.
- These caps are not masks or surgical caps.
- Using buttons to hold face mask ear loops in place may affect the fit of the mask. Follow manufacturer recommendations when wearing face masks.

WARNINGS:

- These caps SHOULD NOT be used in a surgical setting or where significant exposure to liquid bodily or other hazardous fluids may be expected, used in a clinical setting where Level 3 or 4 protection is warranted, or used in the presence of high intensity heat source or flammable gas.
- Caps are intended for adults only. Caps should not be placed on children or anyone or otherwise unable to remove the cap without assistance.

