

AUTOCLAVABLE COMFORT-FIT MASK

More pictures and How-To VIDEO at www.LoveMendingSouls.org click on COMFORT-FIT Mask

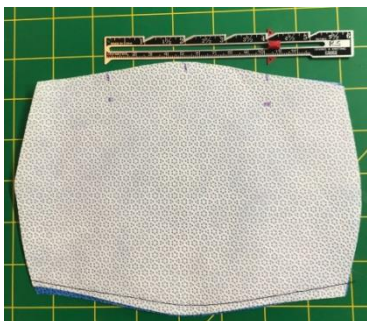
(PAT. PENDING)

**** Comfort Fit has a breathing air pocket with featherweight straps. At all times, treat the 2-ply mask fabric as one piece of fabric for purposes of cutting and sewing. Some fabric is blue-blue. If a layer is white, the outer layer is BLUE. The ties are 1-ply, can be either blue or white, just choose same color per mask. Top is Edge "A" the cheeks are Sides "B" and Bottom is "C." Heat tolerance needed is 165 (home oven at 170 is fine) degrees for 30 minutes, so choose materials accordingly.**

1. Carefully remove all stickers from autoclavable fabric.
2. Fold autoclavable fabric sheet in half, so the perforated fabric edges are on half-as-long sides. See layout for 54", 48", 36" or 24" square. Use clips if necessary to hold fabric (NO PINNING).
3. Cut out masks and 1/2" X 36" ties according to the accompanying layout per your size sheet. Perforated edges can only on the mask sides, not at the bottom or top. A 48" square will yield 36 masks (2-ply blue with white) and 64 1-ply ties. There will be 4 masks without ties. A 36" square sheet will yield 18 masks and 48 1-ply ties (six pairs of extra ties.) A 24" square sheet will yield 9 masks but 1 without ties. The 32 1-ply ties are 18" long and sewn end-to-end to make 16 of 36" ties. See Layout diagrams. The straps are 1-ply for featherweight comfort on the ears.

Sewing Instructions

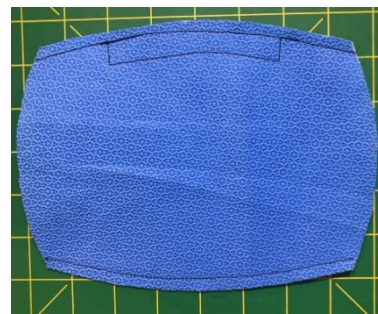
1. Thread sewing machine with a quality polyester thread, any color.
2. Straight stitch 1/4" along bottom "C" edge, the both layers of mask fabric together.
3. Along top "A" edge we are going to make a pocket to insert twist ties. Find center of top and make marks 2" either side of center. Make marks 3/4" down from those marks.
4. Starting at edge straight stitch 1/4" along top edge to first mark. Pivot and sew down to 3/4" mark. Pivot and sew 3/4" from top edge to next mark. Pivot and sew to edge. Pivot and sew 1/4" to side.
5. Insert two or three 4" plastic coated twist ties into the pocket between the fabric layers.
6. Straight stitch along top "A" edge to encase the twist ties (1/4" from edge) into the pocket.



Step 2-3 Lining Side Shown



Step 4



Step 6

7. Fold 2 ply mask in half at center of the side ("B" vertical). Inside layer will be sandwiched inside the blue outer layer.

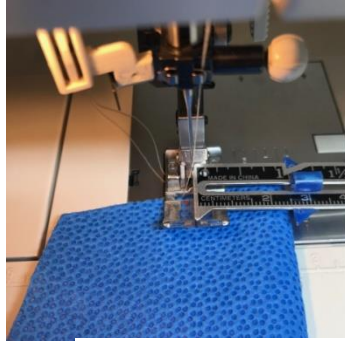
Step 7



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- Starting at the side B raw edge, 1" from the fold, sew for about a 1/2". Be sure to backstitch at beginning and end.
- Repeat on other side B.



Step 8: 1" from fold

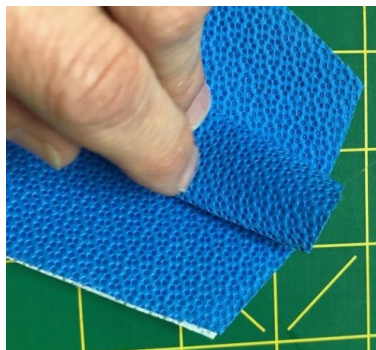


Step 8: Sew for 1/2 inch

- With blue side up, open mask, inner layer side down.
- Flatten the 1" tuck so there is a same size fold on either side of the previously sewn stitch.



Step 10



Step 11 Press Flat

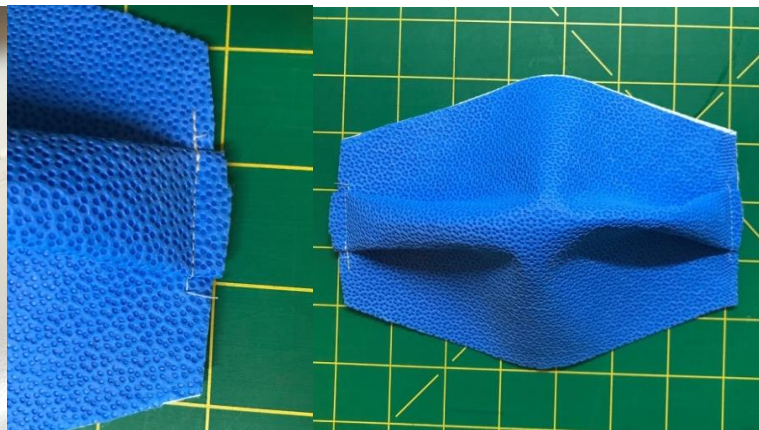


Step 11 Cross Section View

- Sew down along side B raw edge using 1/4" seam. Repeat on other side B.



Step 12 Stitch Flat Sides B



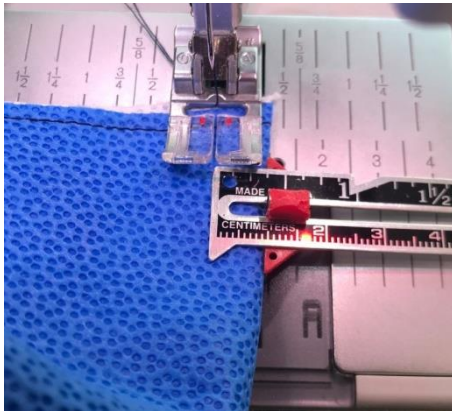
Step 13

- To create a shaping tuck at bottom of mask (chin), edge "C", fold bottom in half at center, inner layer sides together.
- Starting at raw edge of bottom, sew 3/8" in from fold. Sew for about a 1/2". Be sure to backstitch at beginning and end.

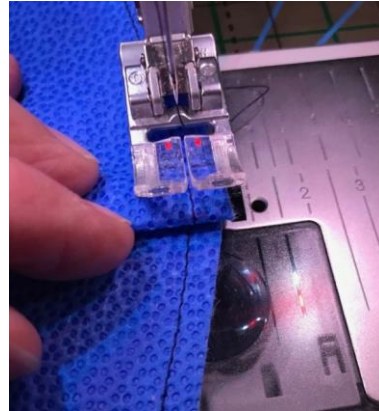
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15. Push this chin tuck to one side and straight stitch down to bottom ("C") of mask. Backstitch at beginning and end. This will make the fold smooth to the chin/neck so layering PPE is easier.



Step 14 Sew 3/8 inch from fold

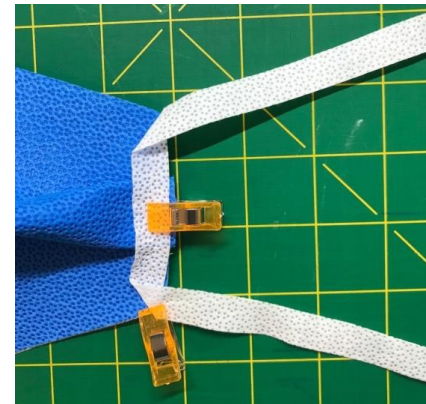


Step 15 Chin Tuck Sew to 1 side



Step 15 Chin Tuck Sewn

16. Set sewing machine to a zigzag stitch, (W 4.0, L 3.0)
17. Center a 1 ply tie (white or blue) 36" long (or two 18" ties sewn end-to-end) on center of tuck on side ("B" vertical). Clip to hold. Choose same color ties, but both are fine.
18. At top and bottom edge of side (B" vertical), angle fold the tie to upwards to the back. *Tip: angle folding under may be easier to sew with presser foot sliding over.*
19. Zigzag the tie to the side ("B" vertical) edge being sure to backstitch at beginning and end of seam. Repeat on other side ("B" vertical) using the same color tie if you have it.
20. TRIM any loose tickly threads because it's dangerous for one to touch his or her face. Put completed masks in a bag with any leftover pieces. Include drop tag with your name and # of completed masks upon return to Mending Souls.



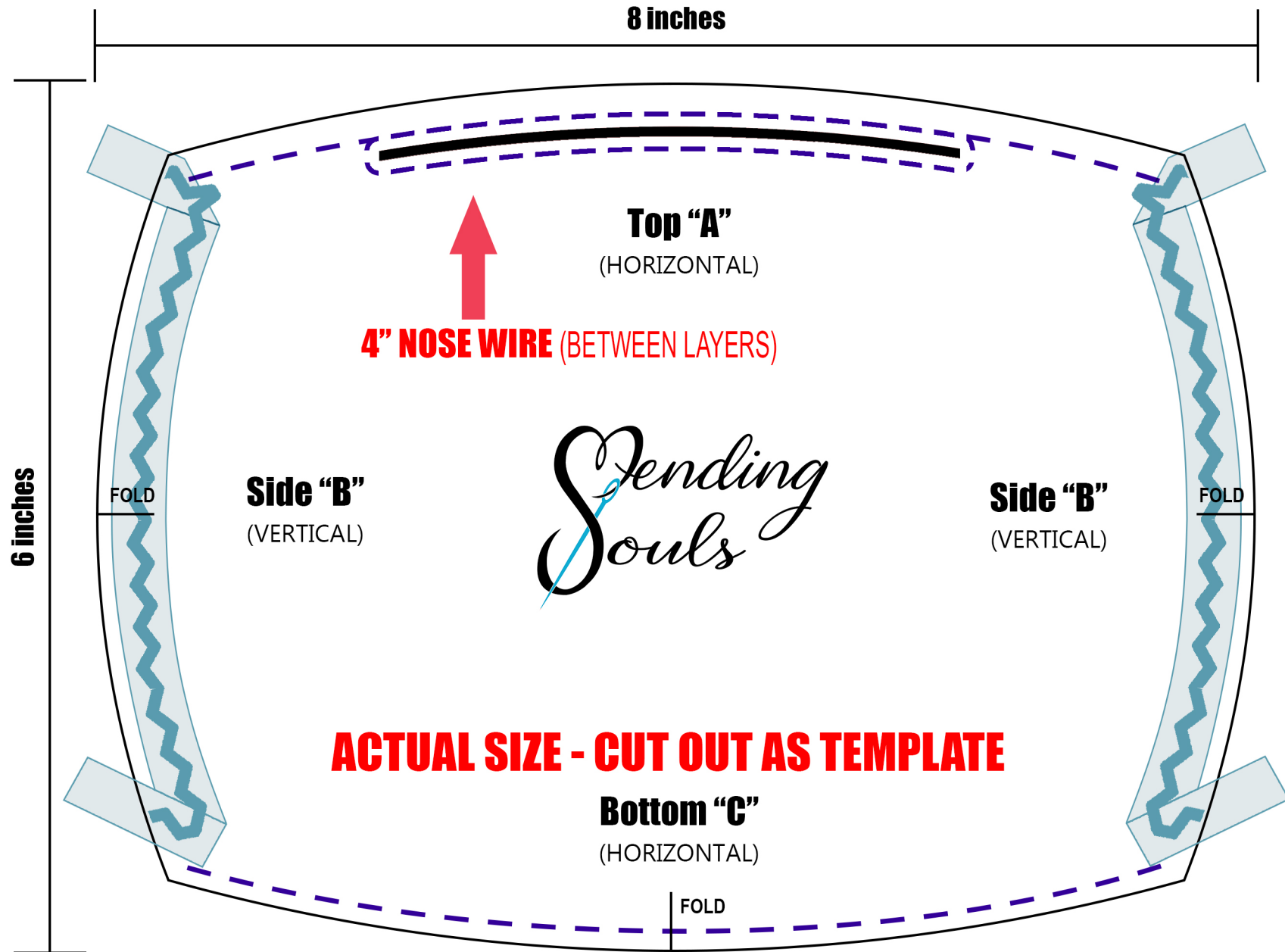
Step 18

Thank you, our Mending Souls Mask Warrior!!!



Autoclavable 2-ply Comfort-Fit Mask (Pat. Pending)

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FOR COTTON MASKS: CUT TWO PIECES OF FABRIC OUTSIDE SOLID LINE BY 1/4" FOR SEAM ALLOWANCE

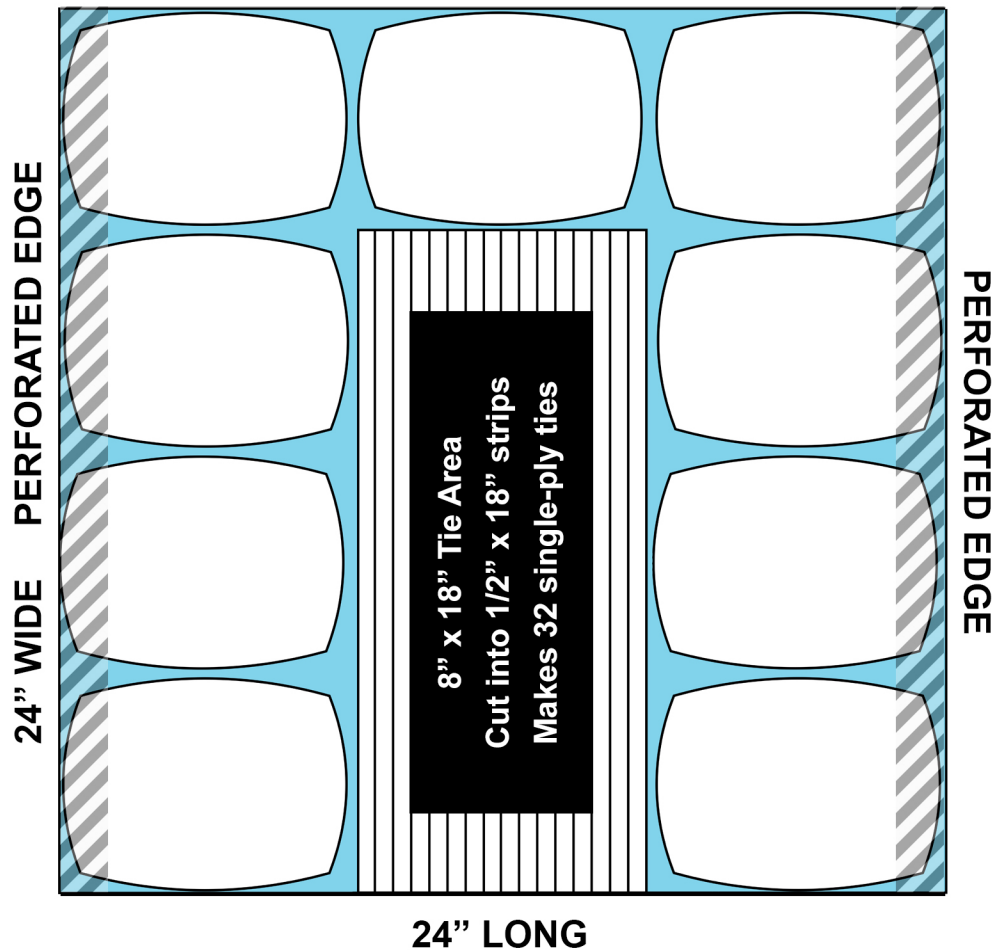
COMFORT-FIT LAYOUT OF AUTOCLAVABLE MASKS

From 24-inch square, 2-ply Blue-Blue Sheets

Yields 8 masks with 4 ties each and 1 mask without ties

Connect two 18" straps to make a 36" strap

Attach this new 36" strap to each side of mask

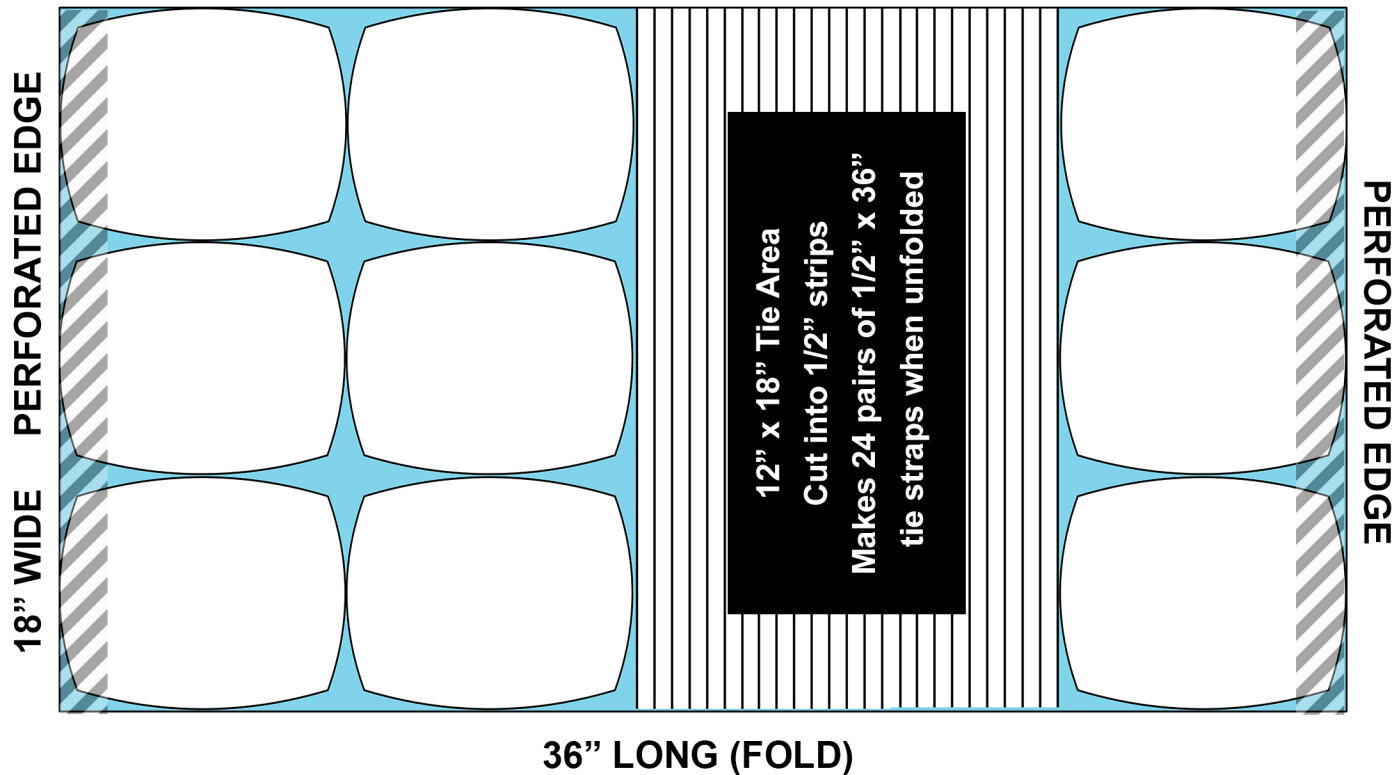


COMFORT-FIT LAYOUT OF AUTOCLAVABLE MASKS

From 36-inch square, 2-ply Sheets (folded in half)

Yields 18 masks and 24 pairs of tie straps

2 single-ply ties = 1 pair



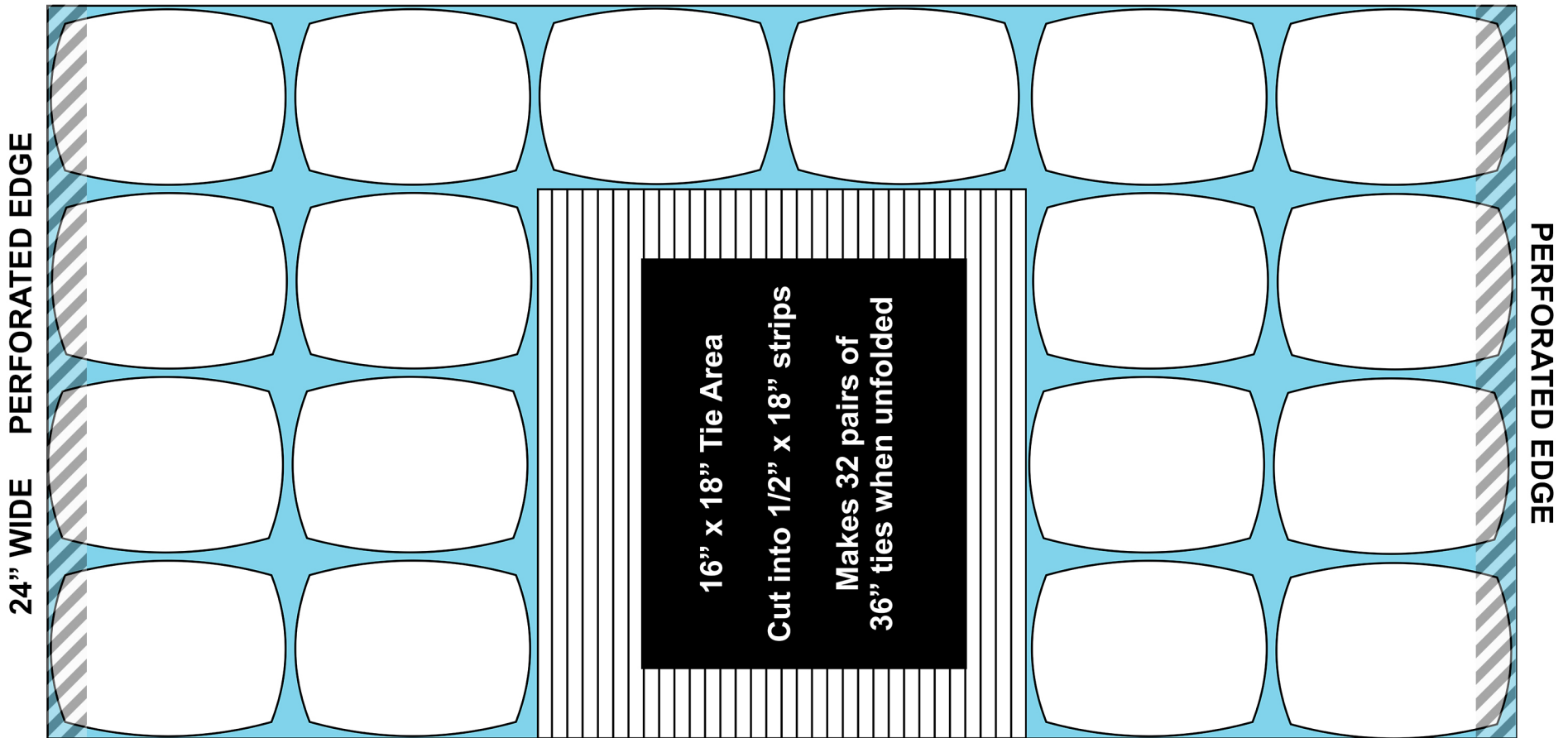
NOTE: If sheet is not full 36"x36", then tie strap area can be as small as 9" x 18" at the fold for 18 sets of 1/2" x 36" straps

COMFORT-FIT LAYOUT OF AUTOCLAVABLE MASKS

From 48-inch square, 2-ply Blue-White Sheets

Fold at middle to cut

Yields 32 masks with ties and 4 masks without tie straps



48" LONG (FOLD)

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To Customize Mask to Face:

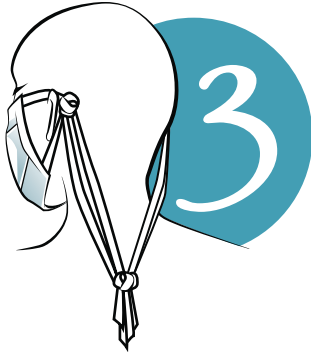
(It helps to have a partner make the knots for you!)



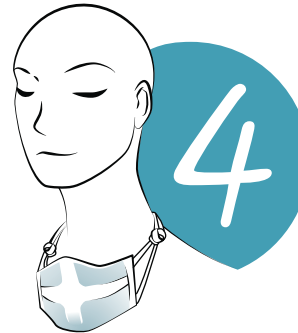
Center mask and pinch at nose wires.



Hold in center while taking the two straps on one cheek and tie in a knot comfortably behind the ear.
Repeat for other ear.



The 2 straps will hang down from each ear knot. Tie all 4 ties together at the tips with a 3rd knot.



While looping and unlooping around ears all day to take on and off, it should hang comfortably around your neck.

Why are Comfort-Fit masks the best for comfort?

- A. 100% cotton, tight-weave, double layer with soft and coated nose wire to prevent poking through fabric.
- B. No touch air pocket is breathable, stays dry and won't move while talking.
- C. No stitches or folds across nose and mouth.
- D. Strong, durable, serged tie straps can be worn multiple ways. In order to hang around neck when not in use, make knotted ear loops and then tie again at tips' ends in the back (see illustrations "To Customize..."). Customized sizing of mask may be maintained by washing with knots in place.



Care Instructions

Care Instructions for Cotton Masks:

Wash in cold water and air dry to prevent shrinking. Do not untie knots.

Care Instructions for Autoclavable (Surgical Wrap) Masks:

Heat in home oven 170 degree for 30 minutes on cookie sheet. Do not wet.