



These instructions we created as part of a WE-SPARK Health Institute and University of Windsor funded grant project. Windsor-Essex Sewing Force would like to thank our collaborators who continue to work with us to create the best homemade mask possible. (Updated Sept. 15, 2020)

Instructions for sewing an Essex Pleated style mask with pre-cut pieces from a WESF kit
For an adult, pieces are cut 9"x9", with channels that measure 2.5" x 5" and ties that are 2" x 40" or width of fabric (WOF). Final measurement of mask is 4" x 9- 9 ½".

1. Start with two contrasting mask pieces, and two channel pieces:



2. Place the mask pieces right sides together and sew the top and bottom edges:



3. Turn right way out and press:



5. To make the pleats, fold the mask in half with the outside towards you, press. Open it up and fold the top and bottom towards the middle so it looks like a Kleenex. Press again, without touching the pleat in the centre:



6. Make your pleats from the bottom up. Pinch the third fold into a pleat and press it. Now pinch the middle fold towards the pleat you have just made and fold it into place right above. Repeat with the top fold. Press.



After pleating, the mask should measure 4". This is important because the channel that is attached to it in the next step is 5" long, which provides a ½" hem on each end.

You can also see how to do this on this [quick YouTube video tutorial](#).

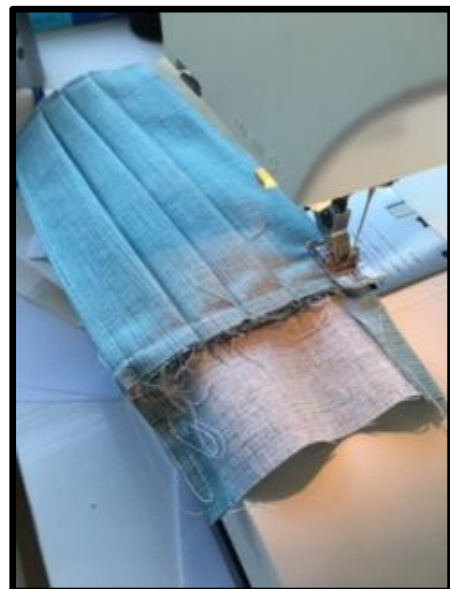
7. To make the channels, lay the two small pieces over the mask, *right sides together*. Attach with a single line of stitching using a generous $\frac{1}{2}$ seam allowance. If theseam allowance is too small, your mask will be too wide.



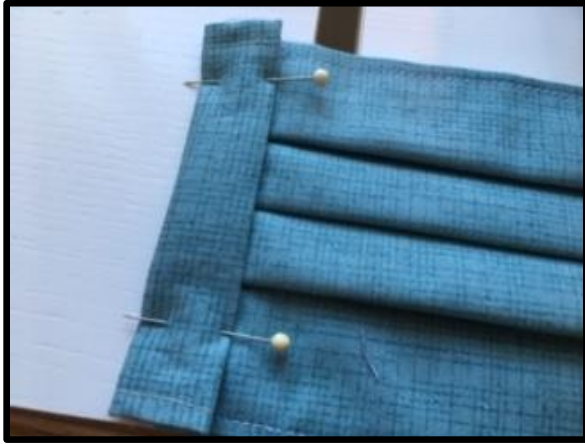
8. Turn the mask over and fold down the top and bottom raw edges. You can use your nail to smooth the fabric down.



9. Sew all the way along the long edges.



10. Pin the channel back onto the inside of the mask, making sure the edge overlaps the row of stitching.



11. With *the patterned side on top*, sew the channel in place. Stitch in the ditch if you can for a nice clean look on both sides. The final step (not pictured) is to insert elastic or ties through the channels.

