



DIRECTIONS & TIPS FOR 'SEW A MASK WITH FILTER POCKET'
by Rabbit & Rocket | Video Instructor Andrea Verley

[View the Original YouTube Tutorial](#)

[Visit the Rabbit & Rocket YouTube Channel](#)

We received a lot of great ideas for variations on this design and some questions. At the end of the directions we have a round-up of modifications and answers to those questions!

MATERIALS

15" x 10" fabric (*the video sizing is slightly smaller – this size makes it easier to resize as needed*)

10" elastic x 2

Twist Tie or Pipe Cleaner

Darning Needle or crochet hook for pulling elastic through channel

Scissors or Rotary Cutter

Pencil

Ruler

Sewing Machine

Thread

Pins or Fabric Clips (*can use office clips*)

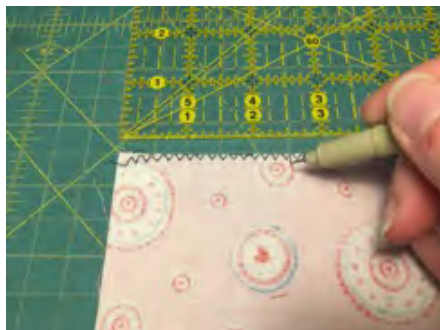
Directions start on the next page!

DIRECTIONS

1. Sew a zig-zag stitch along the 10” ends of the fabric to prevent fraying.
2. Take the fabric to your table and fold it matching right sides together on the short (10”) side. The zig-zag edges should meet and you should be seeing the ‘wrong’ side of the fabric.



3. Measure 2-1/2 inches from each side after matching right sides together on the open, zig zag edge and make marks there.



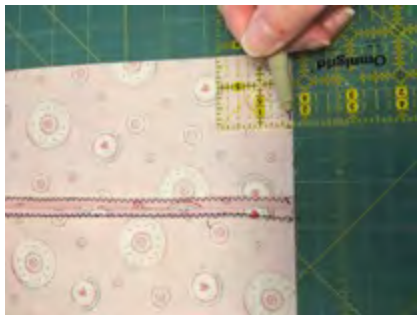
4. Sew 1/4-inch seam from the end of each side to the pencil mark at 2-1/2 inches from each side, securing each end with a backstitch. The opening in the center will be the place where a filter can be inserted. Check with your health professional regarding filter types that are acceptable.



5. Center the seam and press open the seam, press both sides of the mask.



6. Measure in 1-3/4" from each side of each corner. You'll use these marks to draw a line from mark to mark at each corner to create a triangle shape in each corner.



7. Straight stitch each of the diagonal lines you just created at each corner, securing each end with a backstitch.

8. Cut off the excess fabric at each of the corners, leaving a 1/4-inch seam.



9. Turn the mask right side out. Make sure fabric lays nicely at the corners. Press the mask around all edges.

10. With the filter slit side facing you, take the twist tie and center it at the top of the long side.



11. Sew a 1/8-inch to a 1/4-inch seam around the top edge of the mask, starting at the lower corner of the left upper corner, across the flat long side, being sure not to catch the wire (you're sewing it into the seam), and around the right upper corner. Repeat the same with the lower side. DO NOT sew the side entries shut.



12. Fold upper and lower long ends to meet in the middle using the corners as a guide for where to fold. The ends will overlap a little in the middle.



13. Take the corner (end point of the fabric) and fold it up to the long edge of fabric so it becomes a 90-degree angle and pin. The stitching should be perpendicular to the edge of the fabric. Do this to the upper and lower fabric on one side of the mask.



14. Fold the open end over once 1/4-inch and again another 1/4-inch. Pin this folded small seam and then sew it, being sure to leave enough space to pull the elastic through this side 'tunnel'.



15. Repeat steps 13 and 14 for the other side of the mask.



16. Slide the elastic through the eye of the darning needle and feed it through the side seams.

17. Sew the ends of the elastic together so that it makes a continuous loop of elastic. Slide the sewn edge of elastic into the fabric so that the seam is inside the mask. If you choose to tie the elastic in a knot rather than sew the ends, that will work as well.

See the next pages for Questions & Answers and Design Tips

A big THANK YOU to all who have contributed suggestions!

Chris & Andrea

QUESTIONS & ANSWERS

SIZING

Many people wanted to know about sizing of this mask and how to adjust sizing for various size faces. We can tell you the finished mask measurement from left to right (across the mouth) is 7 inches. On some people the ends will fit ear to ear; for others it may almost be ear to ear - both are fine as long as mouth and nose are covered. The finished length from tip of nose to chin (when folds are extended) is also 7 inches.

TO RESIZE: Our suggestion is to measure the face of the person who will wear the mask and adjust the size of your fabric piece.

To adjust left to right sizing (ear to ear), adjust the size of your fabric on the LONG side of the fabric piece – reduce for a smaller mask; increase for a larger mask. Example: if the preferred measurement is 6 inches, reduce the length of the LONG side by one inch – make it 14 inches instead of 15. If the preferred measurement is larger (8 inches) increase the length of the LONG side by one inch (16 inches instead of 15).

IMPORTANT: When adjusting for smaller or larger faces, the ONLY thing you will change is the size of the fabric. Do not alter any of the other marks you'll make where you sew to create the filter pocket (still 2-1/2 inches from each side of the short side and still 1-3/4 inches at each corner to close the sides of the mask).

USING PINS

In the original video, you'll see Andrea using pins to tack the fabric on the sides where the elastic channel is sewn. Some expressed concern about the use of pins since they create small holes in the fabric. In the spot where they're being used, the fabric is doubled and folded multiple times so we don't think it's a problem but please remember – this mask is not intended to replace a medical-grade mask, even with filtering (unless you have access to an N95 filter to insert into the filter pocket).

The alternative to pins (which we actually like better!) is clips. These are used in quilting and shown in the photos in our directions here. You can purchase them online or at your local sewing store but basic metal clips (the kind you use to secure stacks of paper) work just fine if you have some around the house.

FILTERS

We recommend this article that describes various effective filter types:
[Read Filter Type Article](#)

DESIGN TIPS

Several people offered variations on the pattern and additional tips so we pulled those together to share here in the event you'd like to try something different! Thanks to all these YouTube comment contributors!

Irai Rod

I have discovered it is not necessary to fold back and stitch the flaps that wrap around the nose and chin. I simply do the casing for the elastic and stop there. The mask will fold flat, and contours around the face.

Jackie Clolinger

I used a crochet hook to pull the elastic through the channel

Herferville

I like to take the metal out before washing, so I use a $\frac{3}{4}$ " on either side to jimie a pipe cleaner in/out.

Regina Hay

I am going to use t-shirt cord instead of elastic and a pipe cleaner rather than a twist tie. I am going to add a small pleat on the outer chin area and to sew down the ear side angle, to turn it inside out and turn in one inch to make the casing.

Heather duLuard

Would it be easier to sew the short ends before turning right side out? You can turn through the filter opening and then only have to fold once for the finished elastic casing.

KP

Would use a double layer of fabric so that there is not a single layer of fabric against the mouth prior to the filter.