



## HOW TO SEW A PLEATED FACE MASK WITH FILTER POCKET

Video Tutorial and PDF Pattern Download at  
[www.5MinutesforMom.com/PocketFaceMask](http://www.5MinutesforMom.com/PocketFaceMask)



*Please note that face masks should not be used by anyone having difficulty breathing, nor should face masks be used on children under two years old or on anyone who cannot remove the mask themselves. This mask is not a replacement for N95. 5 Minutes for Mom does not guarantee effectiveness against disease. Use at your own discretion and risk.*

### SUPPLIES

- Woven Cotton Fabric 8"x16"
- Woven Cotton Fabric 2"x4½" x 2
- Knit Fabric Ties 10" x 2
- Thread
- Scissors
- Ruler
- Pipe cleaners x 2
- Craft wire 5" x 1 (optional)

## INSTRUCTIONS

Fold 8"x 16" fabric in half, with right sides together, to form an 8"x 8" square with the folded edge at the bottom and raw edges flush together at the top.



To make the pocket, you will sew in 2" from sides, leaving a 4" opening in the middle of the seam. You may wish to place pins at the 2" mark to remind you to stop sewing for the 4" opening.

Sew with 1/2" seam allowance to the 2" mark. Remember to backstitch at the 4" opening.



After sewing, turn square right side out and slide the stitch line and pocket opening down 1/2" from the top fold.

Do not press open the seam allowance. Leave it facing down and press.

Topstitch 1/4" below seam to 2" mark to secure seam allowance. Do not sew over the opening.



You may wish to place pins to mark 4" opening.  
Only topstitch below the seam. Do not topstitch above seamline.



The next step is to add pipe cleaners to the bottom and top of the mask to create a snug fit.

To reinforce the pipe cleaner over the bridge of the nose, you can wrap 5" of craft wire around pipe cleaner.

You can position the pocket opening near the bottom or the top of your mask. I prefer to have the pocket opening at the bottom of my mask, but either way will work fine.

Place the reinforced pipe cleaner inside the square along the top seam and the other pipe cleaner inside the square along the bottom seam and clip in place.



Stitch pipe cleaners in place, sewing 3/8" from the edge, on top and bottom seams.







Now you have sewn your pipe cleaners in place and you have the pocket opening for your removable filter.



Turn over the mask, so that the front of the mask is facing up. The pocket opening, which will end up on the inside bottom of finished mask, is facing the table.



Now, starting at the end with your reinforced pipe cleaner, which will cover the nose bridge of finished mask, begin to fold the three pleats. Fold pleats about 3/4" and nest each next to one another. Don't worry, the pleats do not need to be perfect.



If you prefer to mark pleats before folding, download our free pattern for pleat markings.  
Fasten with clips and press.



Stitch sides at 1/4" seam allowance to hold pleats in place.



Place mask front/right side up.  
Place trim/binding fabric right side down, raw edges together.



Stitch 1/2" from raw edge on the sides of the mask.



Trim pipe cleaners and fold in sharp ends.





Fold back binding pieces at seams and press.  
Turn over to the back of the mask and fold in raw edges of trim/binding pieces and press.



Repeat on the other side.  
Topstitch the side binding 1/8" catching folded edge of binding fabric in back.



Using a bodkin, bobby pin, or safety pin, thread knit ties or elastic through binding on sides.



Watch our video tutorial at 5 Minutes for Mom to learn how to make stretchy knit fabric ties.

Knot 7"-10" ties or elastic to fit snugly around ears or use one 25" tie or elastic to go around head.

The pocket for an optional, removable filter, for additional filtration, is at the bottom inside of the mask.



You can make a DIY filter from a coffee filter. Cut an oval slightly smaller than mask, about 6.5" x 4.5" and insert in the pocket.  
(Don't forget to remove disposable filter before washing mask.)



To create a snug fit around bottom of chin, you can fold small pleats at bottom of mask.

The reinforced pipe cleaner at the top helps the mask to fit snugly around the nose and cheeks.

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