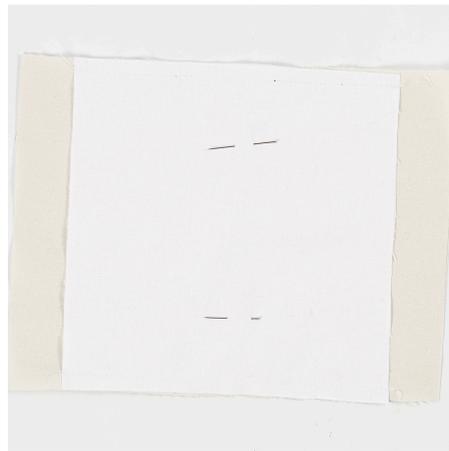# Sew a face mask with pleats

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Sew your own face mask with pleats. This face mask is for general protection of the mouth and airways, but has no documented effect in relation to preventing infection with a virus. Fabric is not a material that can be used for professional face masks. Therefore, homemade face masks made from fabric are not approved by the authorities. Face masks that are used in the health care sector must meet special EU standards and are made from a special material. For making face masks, we recommend using 100% cotton fabric certified according to Oeko-Tex® Standard 100 which can be washed at 60°C. The Oeko-Tex® Standard 100 certification ensures that the fabric doesn't contain harmful chemical products.

Comment faire

1 Cut two square pieces of fabric. The 18 x 18 cm square is for the back (here white) and the 24 x 18 cm square is for the front (here beige).

2 Place the small white square in the middle of the large beige square, leaving 3 cm of the beige fabric on each side. Sew the two pieces together on a sewing machine along the edges at the top and the bottom with an approx. 0.5 cm seam.
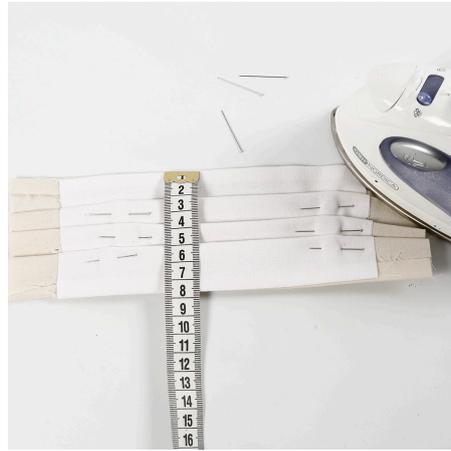
3 Turn outside in, so that the outer side is face out and the seams are on the inside. Iron the fabric completely flat along the seams.

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4 Make pleats on the long side by folding and then ironing the fabric. The first fold should be approx. 2.5 cm and then the other folds should be 1.5 cm.

5 Make three pleats, iron and insert pins to keep the pleats in place.

6 Sew the pleats together at both sides, approx. 0.5 cm from the edge. Sew in the same direction as the pleats.

7 Sew a casing in each side of the face mask for the elastic. Fold the sides twice; first fold to the edge of the white fabric (the inside) and then make the second fold over the inside fabric. Sew the casing so that the elastic can be fed through the casing. Repeat at the other side of the face mask.

8 Cut two pieces of elastic, each measuring 20 cm and feed them through the casings on both sides of the face mask. Use a piece of doubled over bonsai wire or florist wire and feed it through the casing with the elastic attached as shown in the photo.

9 Finish with a knot and adjust so that the knots are hidden in the casings.

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