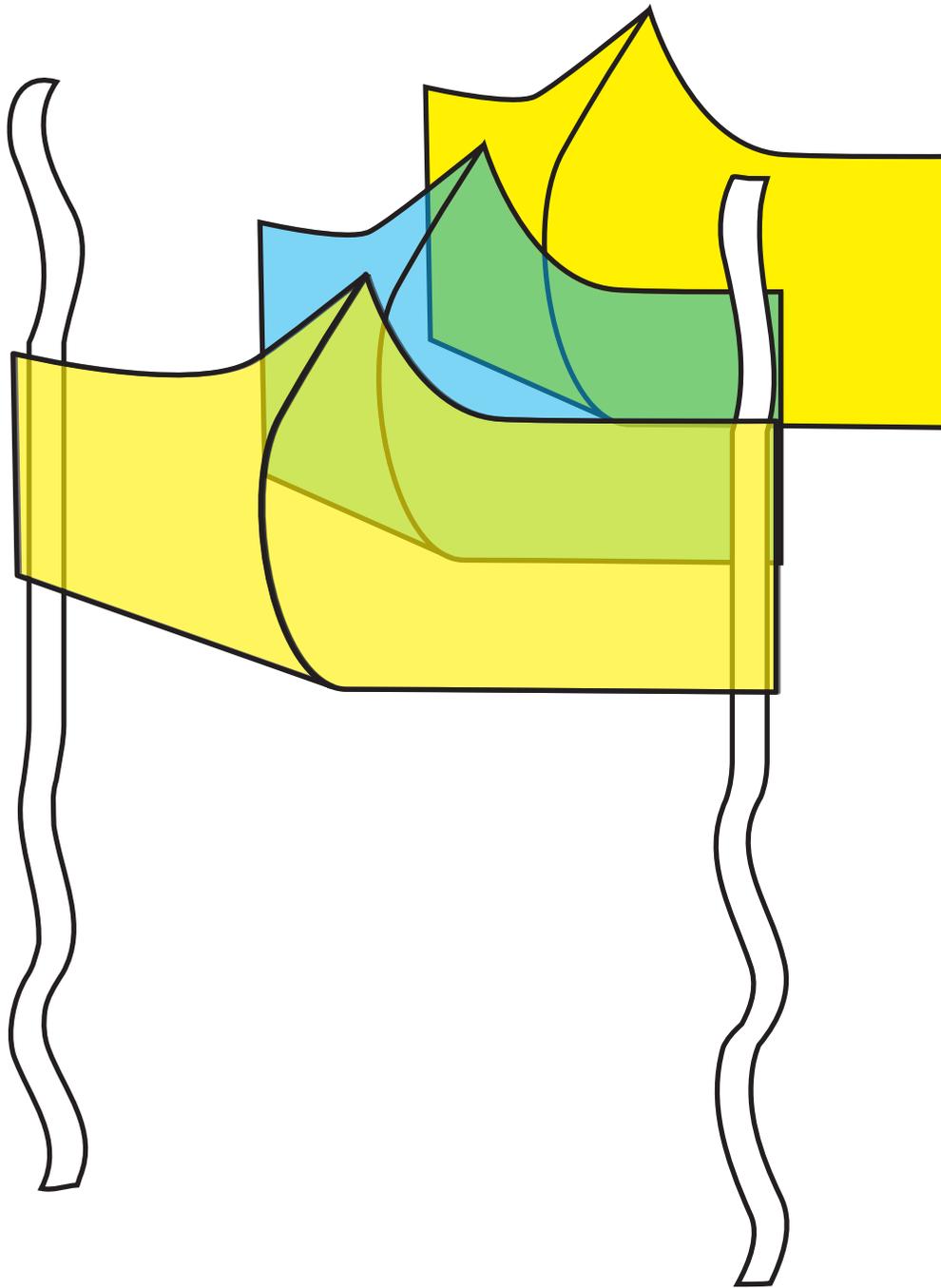


# Three Layer Mask

## *Instruction Guide*

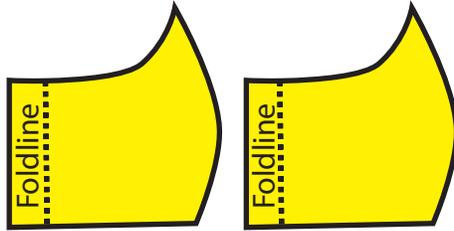


**Pieces Required:**

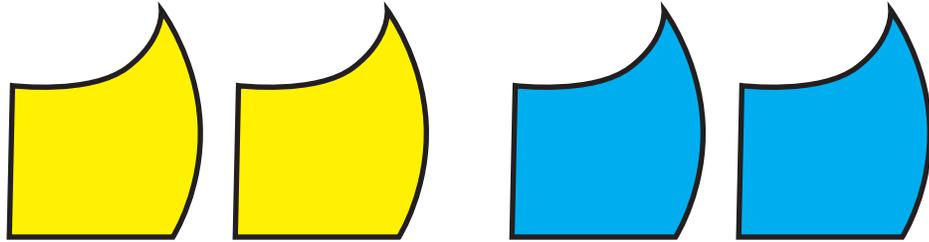
100% Cotton  
Broadcloth

100% Cotton  
Flannel

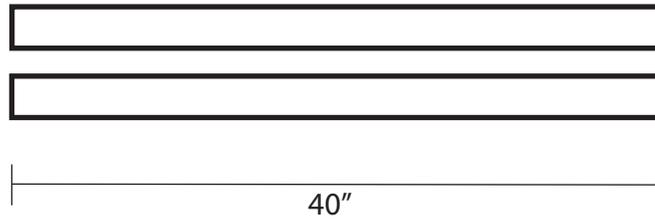
Using Stencil A



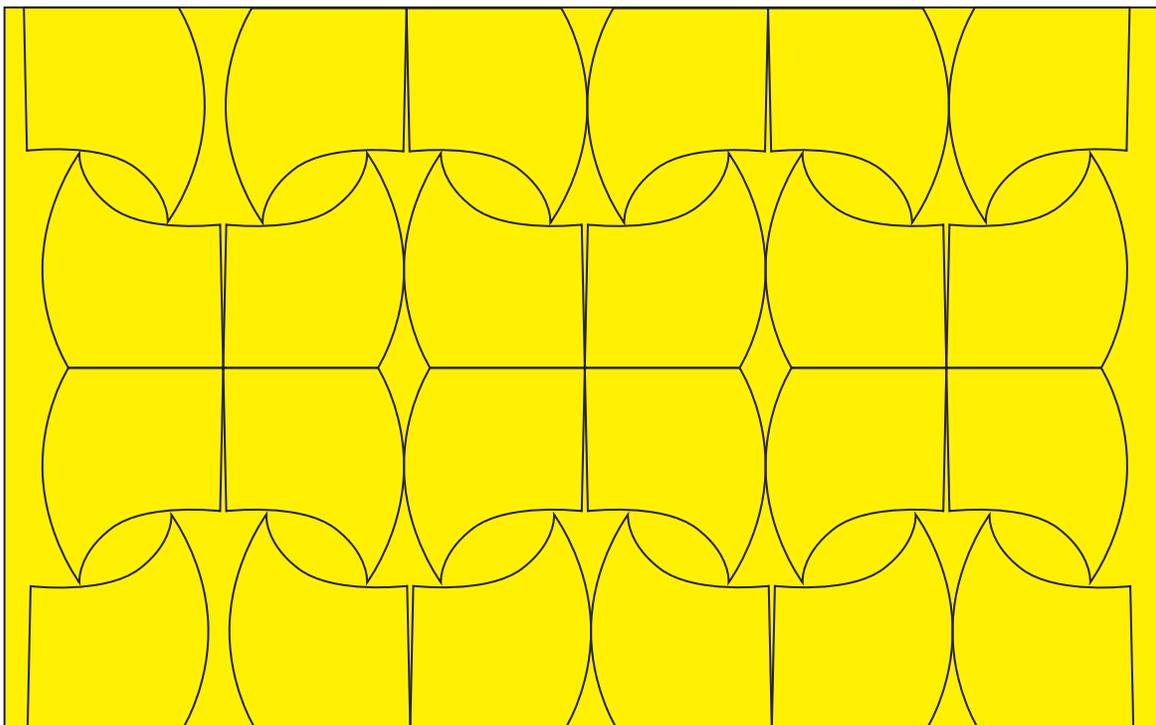
Using Stencil B



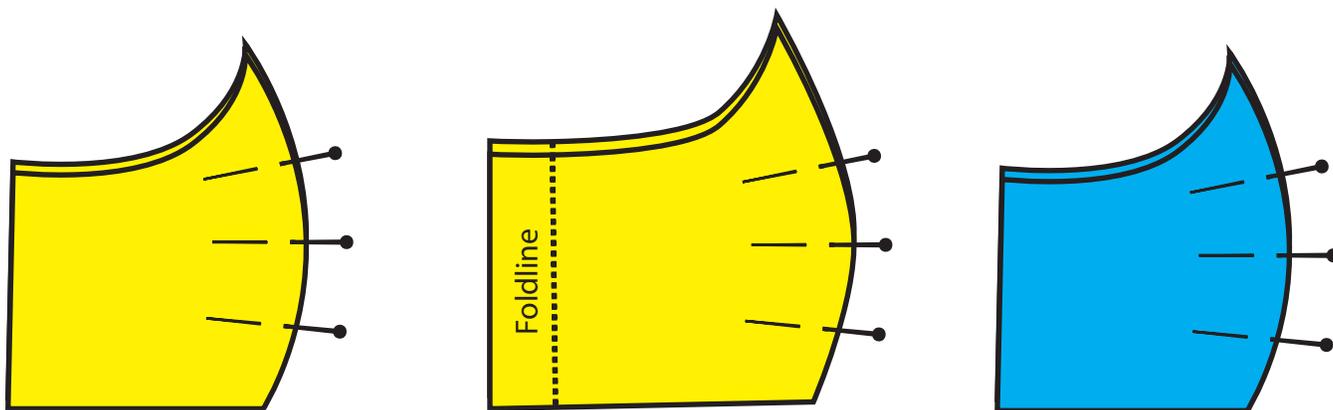
Twine/ Scrap Fabric



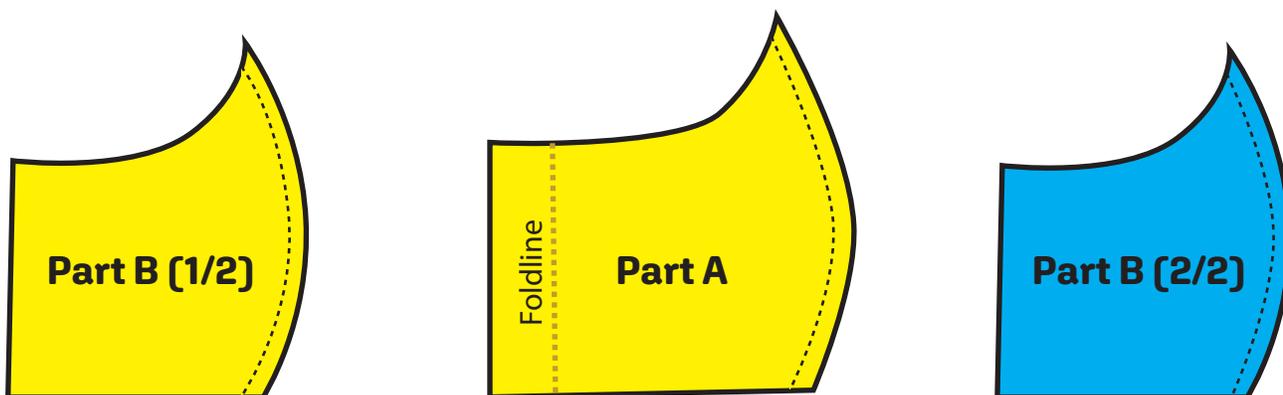
**Most Efficient Layout For Stencil B, same concept for Stencil A**



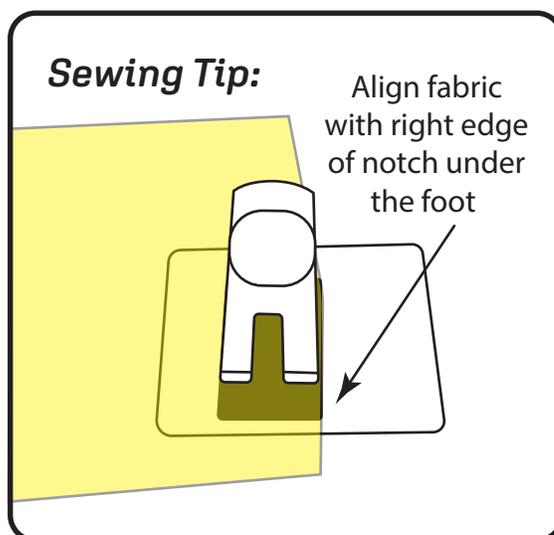
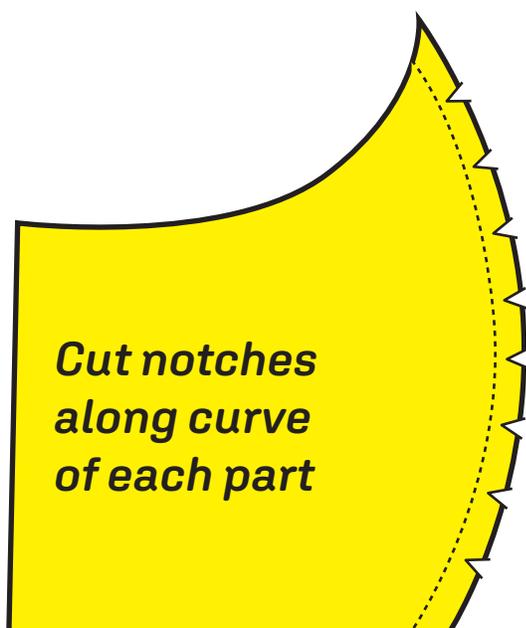
**Step 1: Pin the front of each half together like so**



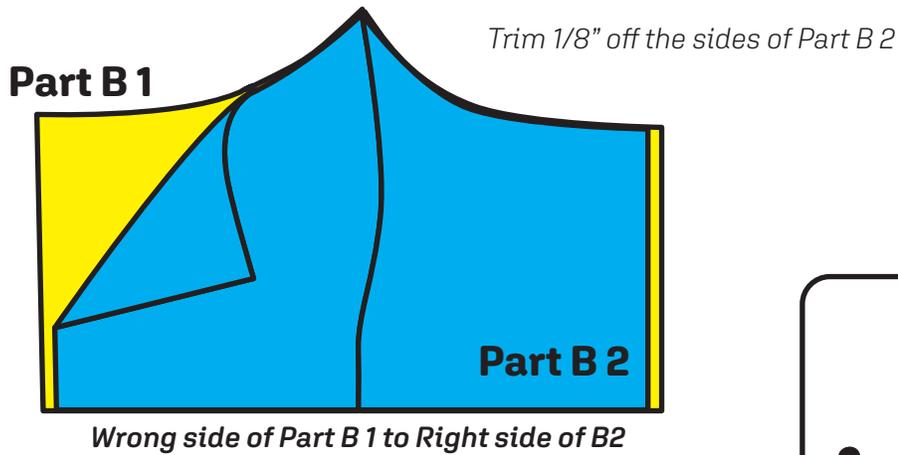
**Step 2: Sew along the front of the mask leaving 1/4" Seam allowance**



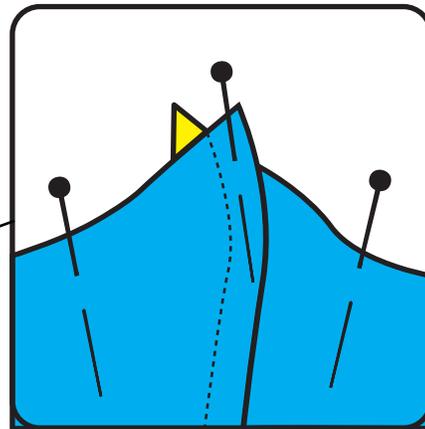
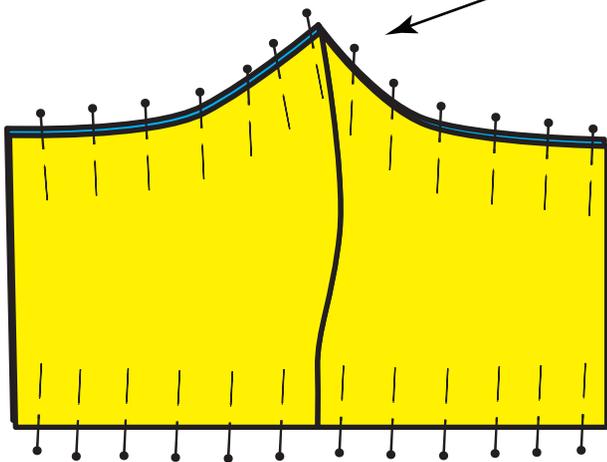
**Step 3: Cut notches along curved edge**



**Step 4: Stack the two completed parts of Stencil B together**

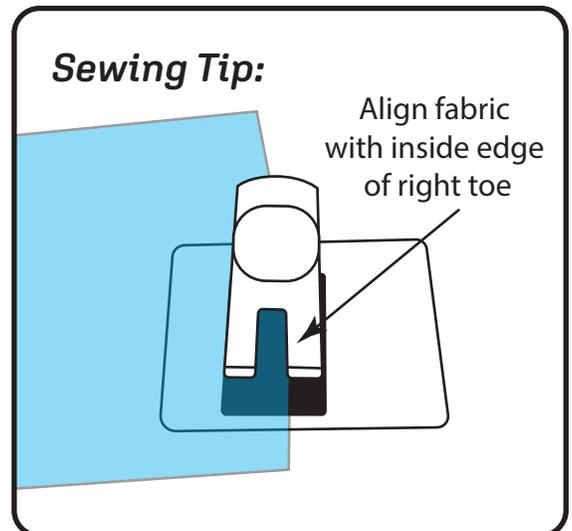
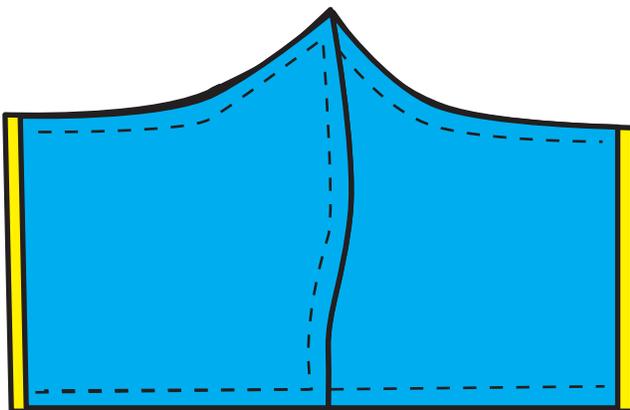


**Step 5: Pin the two layers together**

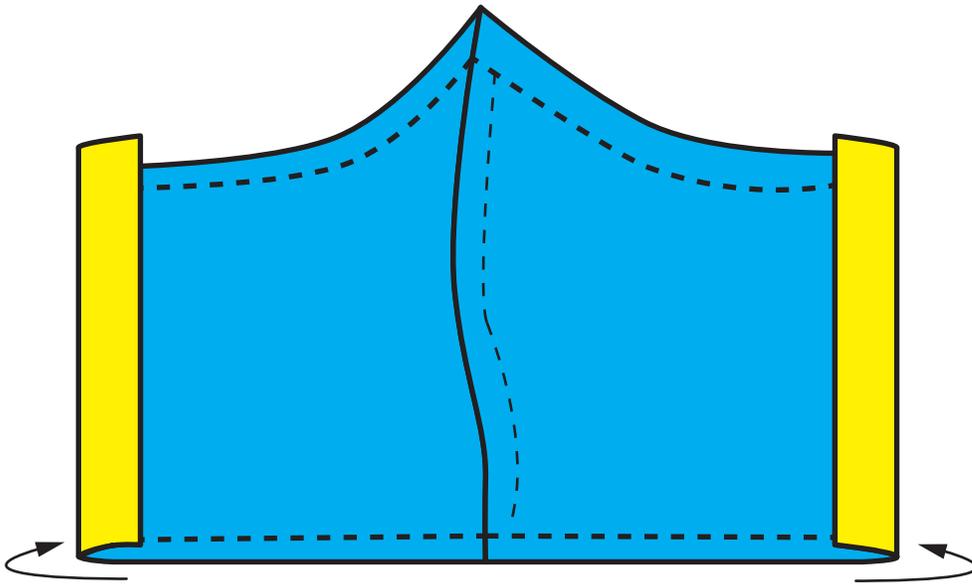


*Helpful tip: Pin so one seam allowance is facing left and the other is facing right*

**Step 6: Sew the two layers together with 1/8" seam allowance**



**Step 7: Fold in the outer edges 1/4" and iron flat**

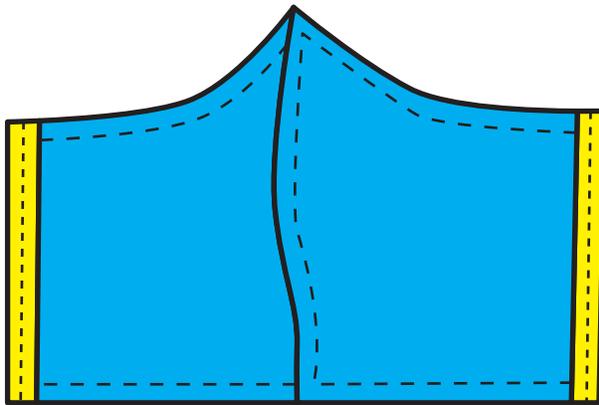


**Sewing Tip:**

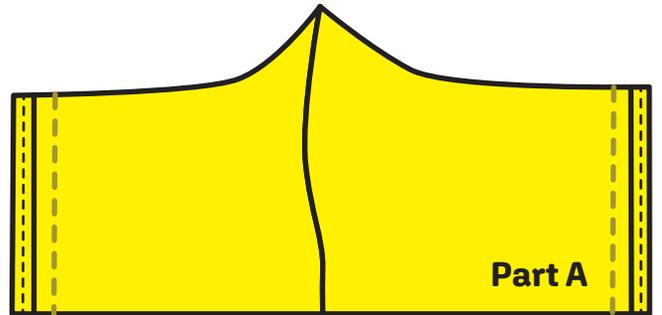
If you don't have an iron, a hair iron will work as well



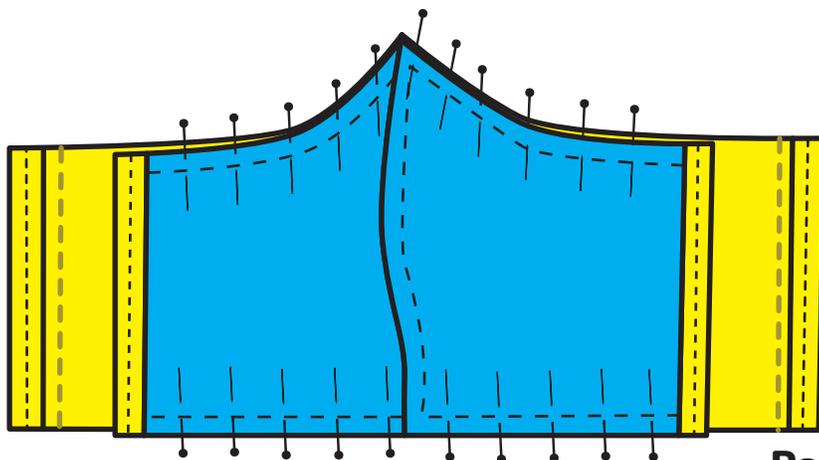
**Step 8: Top stitch the folded edge**



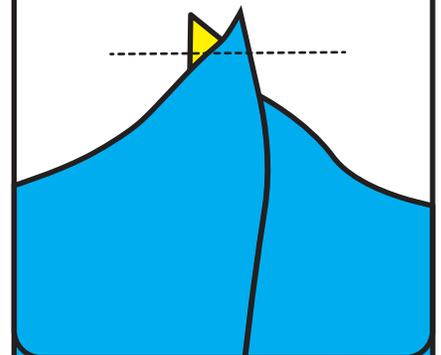
*Do the same for Part A*



**Step 9: Pin Part A and Part B together, Stich top and bottom with 1/4" seam allowance**

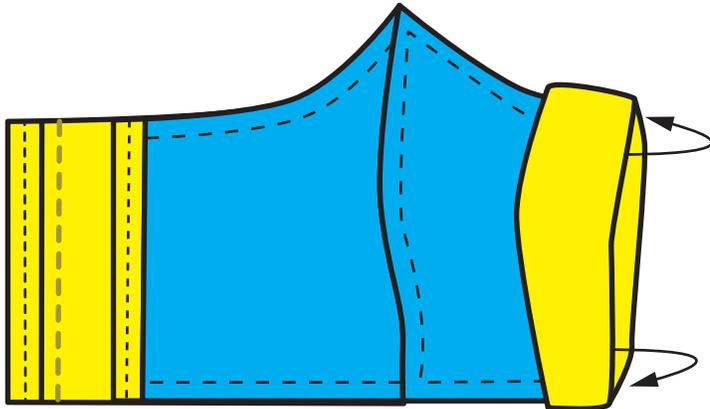


**Cut the excess tip off**

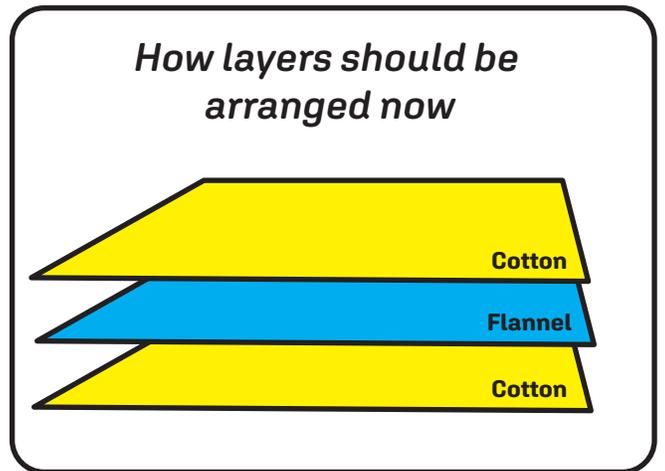


**Part A**

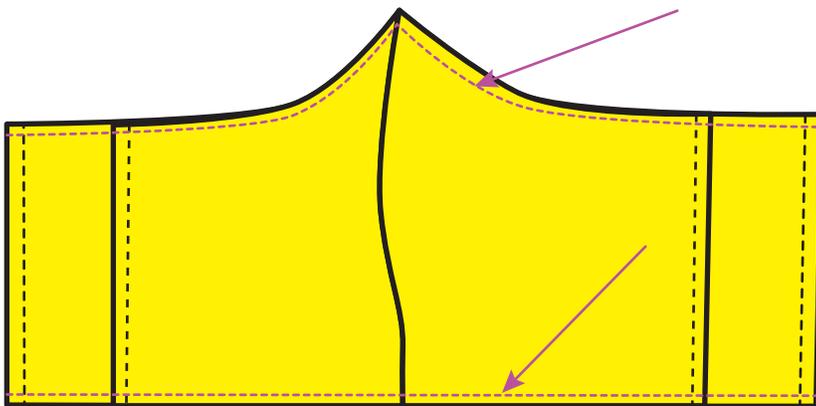
**Step 10: Flip the mask inside out**



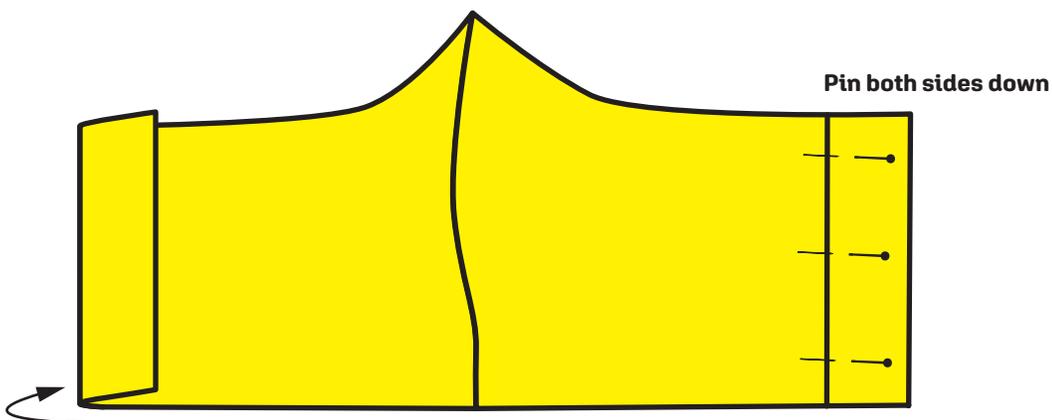
Flannel layer should be between the two cotton layers now



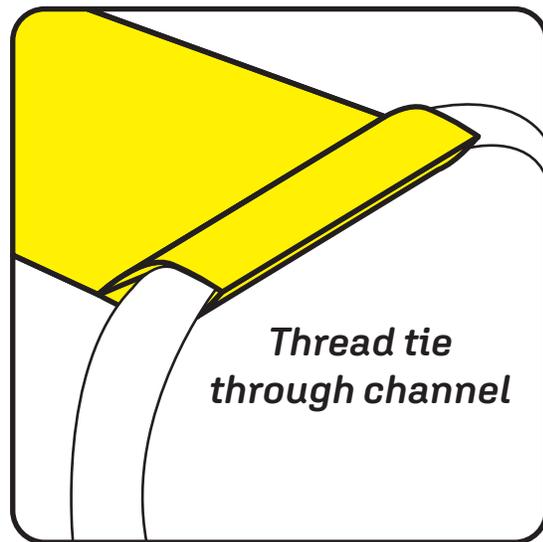
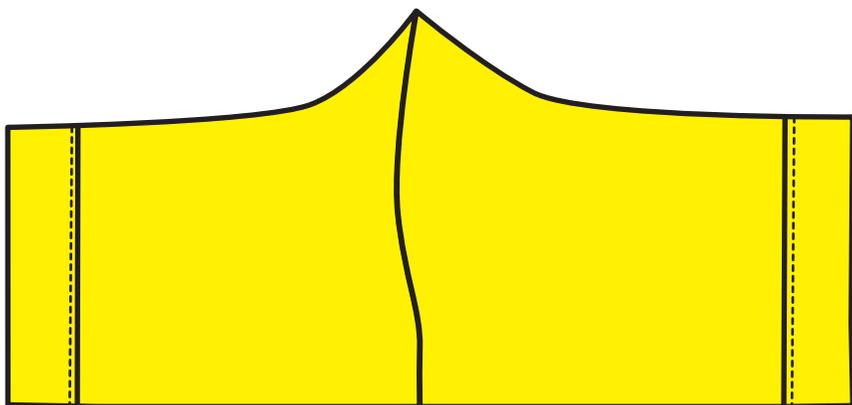
**Step 11: Top stitch the top and bottom edge of the mask**



**Step 12: Fold the edges of Part A over to the inside of the mask to create a channel for the straps**

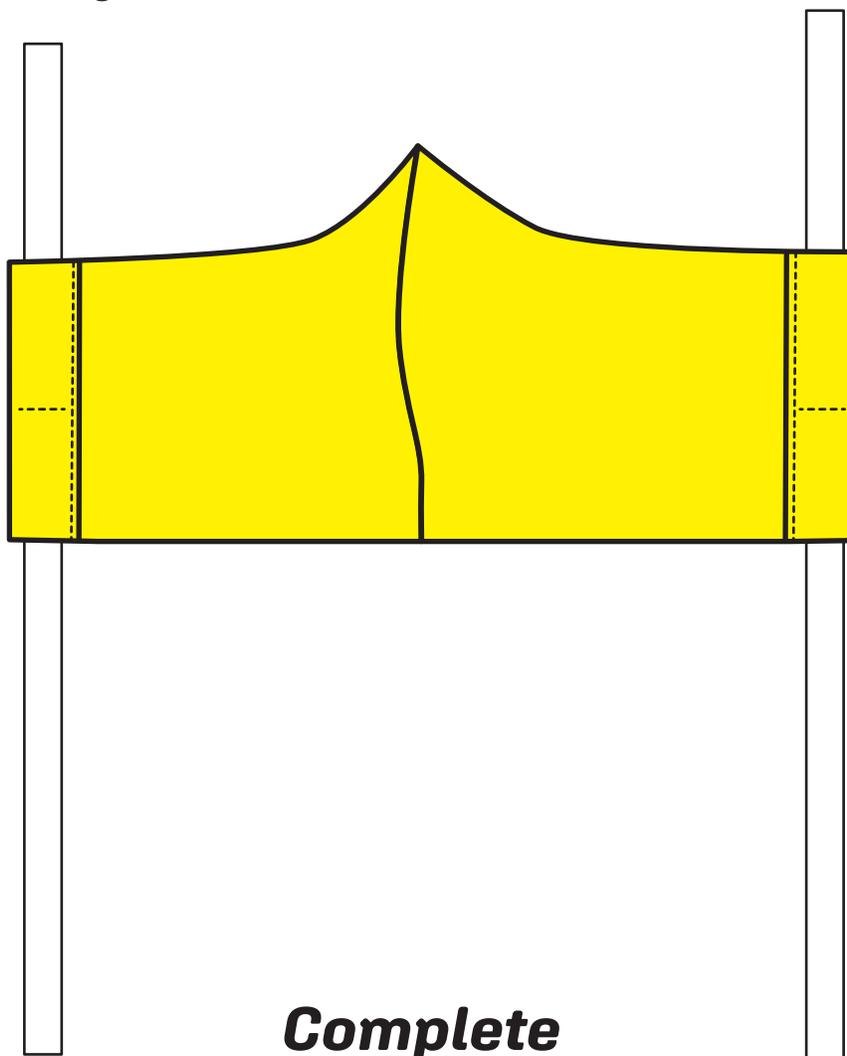


**Step 13: Sew the flaps down to complete the channel**



**Step 14: Thread tie through both sides**

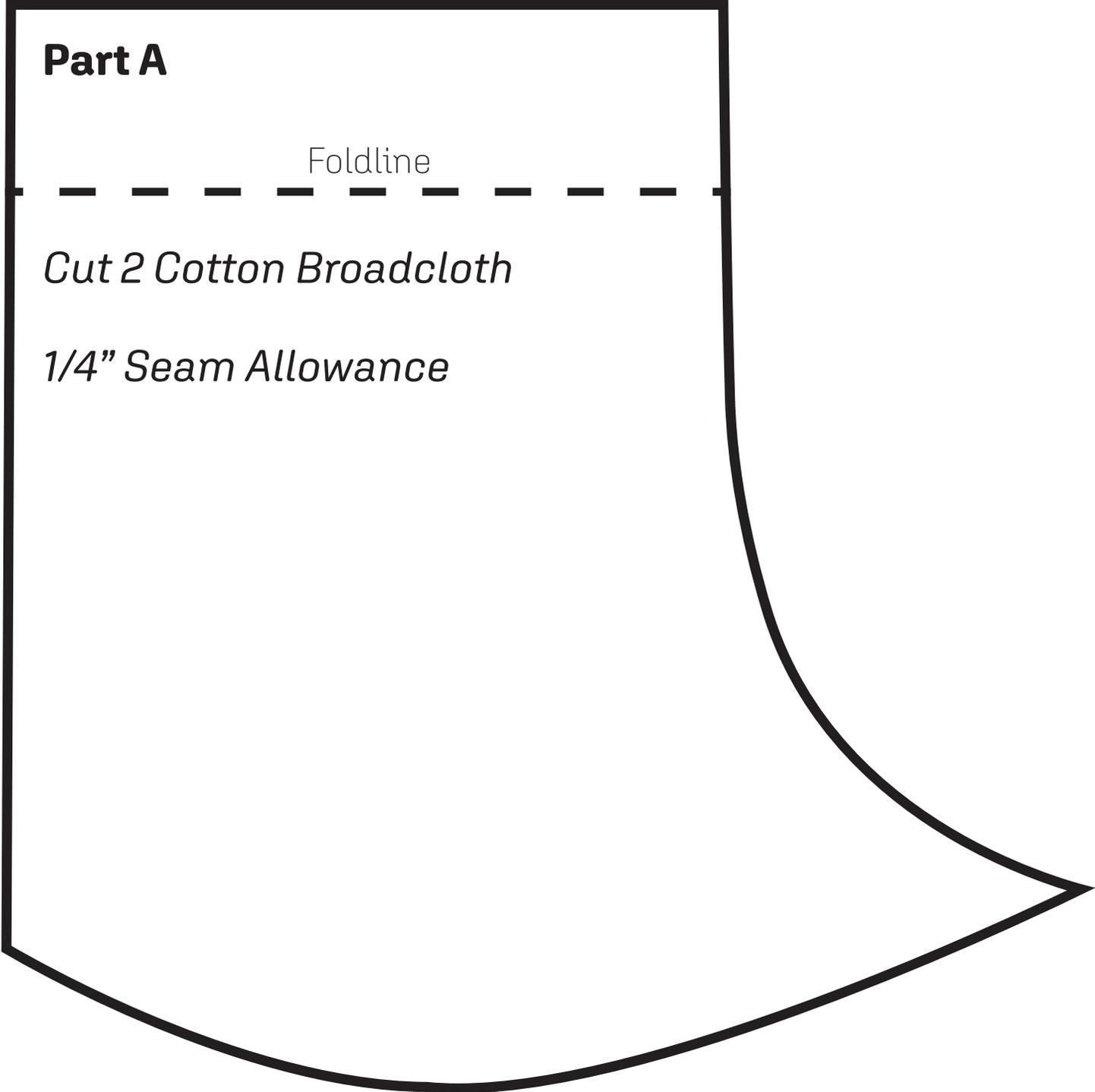
*Sew a tack at center of channel through all layers to secure tie*



*Tie knot or sew ends of ties*

**Complete**

# Three Layer Mask Template 1/2



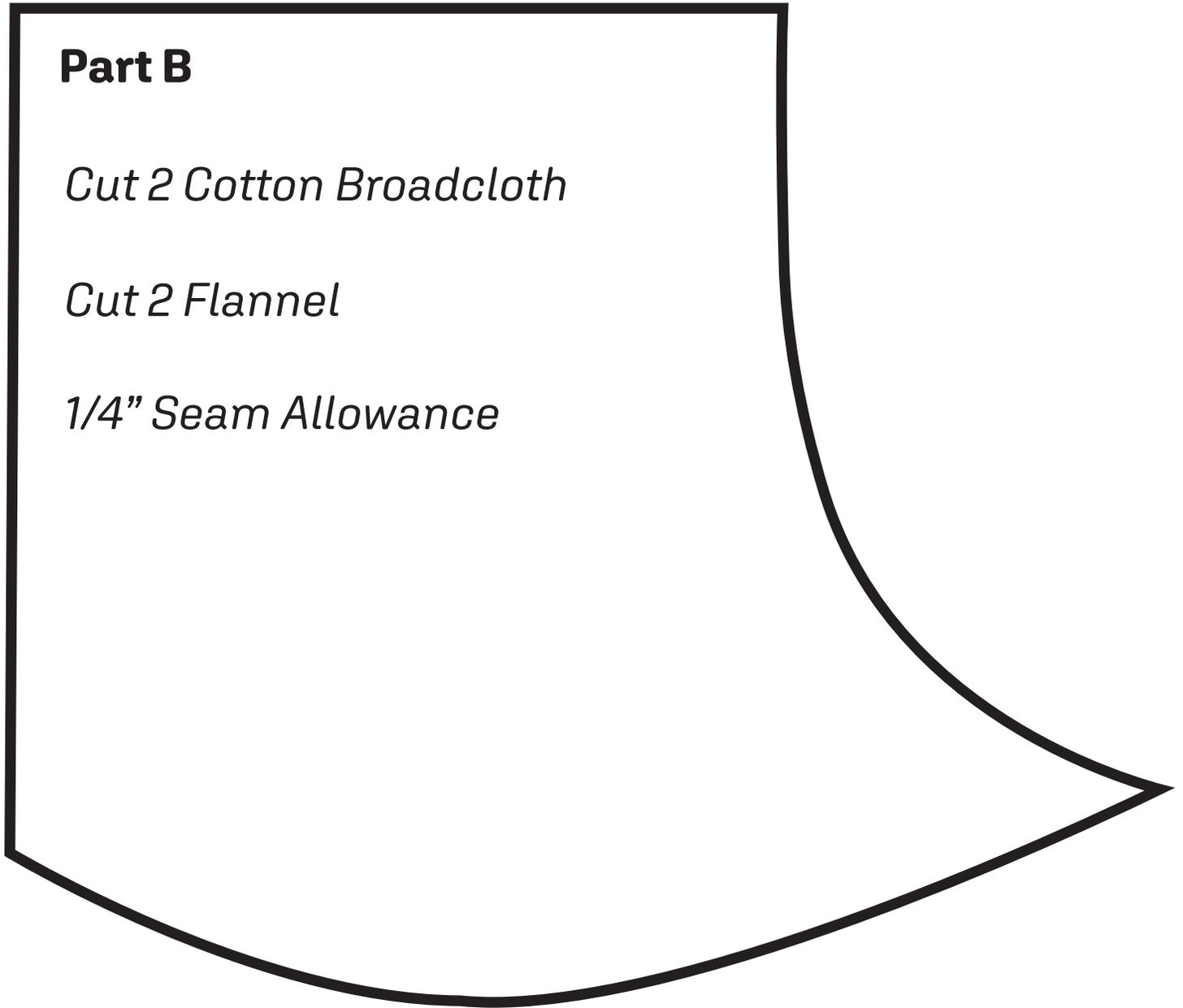
# Three Layer Mask Template 2/2

## **Part B**

*Cut 2 Cotton Broadcloth*

*Cut 2 Flannel*

*1/4" Seam Allowance*



**This complimentary mask was made by hand by Colorado State University students and employees. These masks should be worn for personal, non-medical use only. This mask has not been tested nor certified for disease prevention or medical use and is not a respirator.**

**Estudiantes y empleados de la Universidad Estatal de Colorado fabricaron a mano esta mascarilla gratuita. Las mascarillas fueron diseñadas para uso personal, no médico. Esta mascarilla no ha sido aprobada ni certificada para prevención de enfermedades u otros usos médicos, y no es un respirador.**

### **Safely Using Your Reusable Cloth Mask**

Cloth faced coverings are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance. A cloth face mask can reduce the number of microbes released when someone talks, coughs, or sneezes and can protect other people from becoming sick.

#### **Putting the cloth mask on**

1. Cloth masks should be washed before use.
2. Wash hands with soap and water for 20 seconds before you put the mask on.
3. Determine which side of the mask is the front.
4. Mask styles vary and may need to be adjusted for design. Generally:
  - Face Mask with Ear loops: Hold the mask by the ear loops. Place a loop around each ear.
  - Face Mask with Ties: Bring the mask to your nose level and place the ties over the crown of your head and secure with a bow.
  - Face Mask with Bands: Hold the mask in your hand with the nosepiece or top of the mask at fingertips, allowing the headbands to hang freely below hands. Bring the mask to your nose level and pull the top strap over your head so that it rests over the crown of your head. Pull the bottom strap over your head so that it rests at the nape of your neck.
5. Adjust the mask:
  - a. High enough on the bridge of the nose so that nostrils are covered and not constricted.
  - b. If using a face mask with ties: secure the bottom ties with a bow at the base of your neck.
  - c. Pull the bottom of the mask over your mouth and chin.
  - d. Make sure to adjust the mask comfortably on your face so that you minimize the need for adjustments as you use the mask.

#### **Wearing the cloth mask**

1. Once the mask is on your face, it should be a reminder not to touch your face.
  - Consider the mask contaminated, and if you do touch the mask, wash your hands to avoid spreading microbes
2. Do not wear the mask around your neck when it is not on your face to avoid accidental contamination of your neck, face, and surfaces that you touch.

#### **Taking the cloth mask off**

1. Do not touch your face or the front of the mask with your hands when removing the mask – only touch the ear loops/ties/band.

2. Bend head forward when removing the mask so that the mask falls away from your face, avoid touching your eyes and the mask surface:
  - Face Mask with Ear loops: Hold both of the ear loops and gently lift and remove the mask.
  - Face Mask with Ties: Untie the bottom bow first then untie the top bow and pull the mask away from you as the ties are loosened.
    - Untie the bottom ties first, allowing them to fall forward
    - Untie the top ties slowly, allowing the mask to fall away from your face and into laundry bag or other washing container.
  - Face Mask with Bands: Lift the bottom strap over your head first then pull the top strap over your head.
3. Wash hands with soap and water for 20 seconds.

### **Washing your cloth mask**

1. The mask should be washed after every use to reduce the number of microbes on the mask and to avoid cross contamination from the inside and outside of mask.
2. Do not shake used masks.
3. Wash used mask in hottest water setting with detergent and bleach or other disinfecting detergent (follow label instructions). Let the mask soak in the hot water/detergent wash water for 20 to 30 minutes. If washing by hand, rinse with clean hot water until detergent is no longer evident.
4. Dry before re-using the mask.

### **References**

<https://www.sfcddp.org/communicable-disease/healthy-habits/how-to-put-on-and-remove-a-face-mask/>

Input and Review: Colorado State University Occupational Health, Biosafety, and Public Health; Office of General Counsel