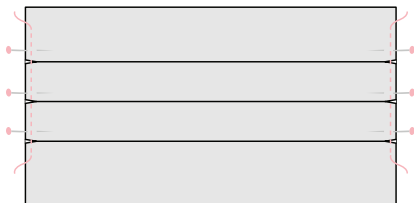
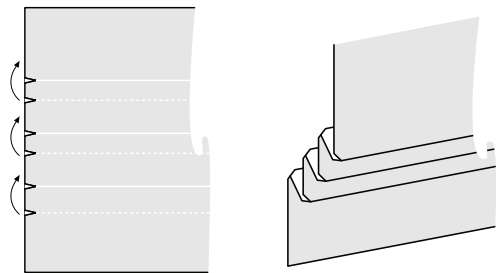
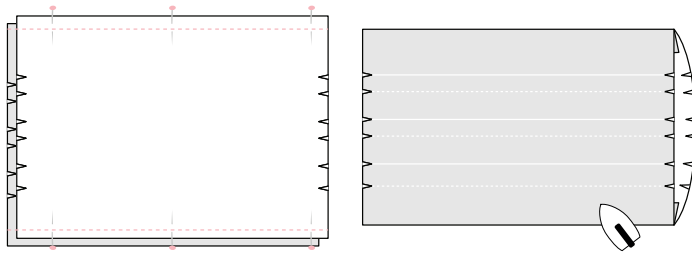
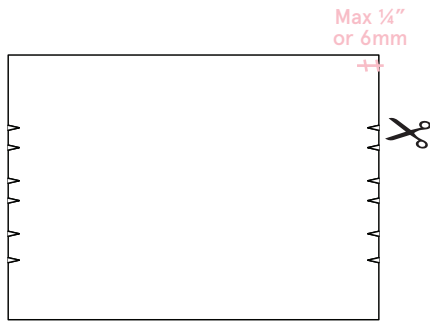


Sew off you go! (sorry, couldn't resist...)



Seam allowances are 1cm

1. Cut and prep your fabric

- Use the pattern to cut two layers of fabric. Mark the pleats by snipping into the fabric at the notches no more than $\frac{1}{4}$ " or 6mm in from the raw edge.

TIP If you're not using the pattern provided, cut a rectangle measuring 28cm x 20cm for the ADULT size, or 25cm x 16cm for the KIDS size.

2. Join the two layers

- Place your layers of fabric with right sides together and stitch the two long sides.

TIP If you're using a sewing machine, remember to backstitch at the beginning and end of your line of stitching.

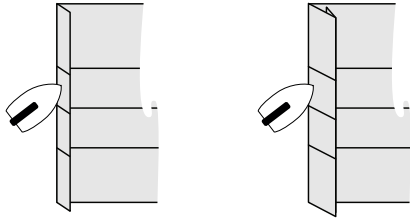
- Turn your face covering out to the right side and press the seams.

3. Assemble your pleats

- Fold and press the pleats into place and secure with pins either side. You will have three pleats going across your face covering.

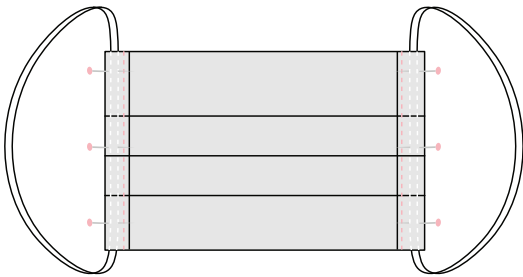
TIP If you're not using the pattern provided, simply create three pleats by folding and pressing across the width of the fabric.

- Stitch the pleats to secure at both ends.



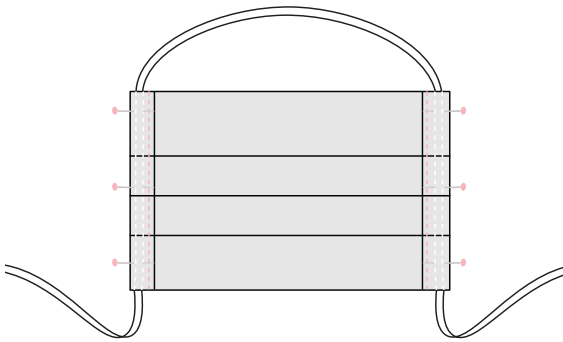
4. Create the elastic channels

- Fold and press one of the short ends in by 1cm, and then again by 2cm.
- Repeat for the other side.



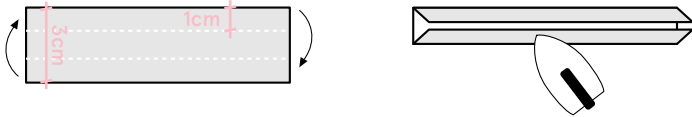
5. Finishing your face covering

- Slip one of the elastics into the channel and pin along the pressed fold to keep it in place. Stitch close to the fold to secure the channel.
- If you are using lengths of elastic as opposed to hair elastics, feed one end through the channel and then tie the ends into a knot to create the ear loop.



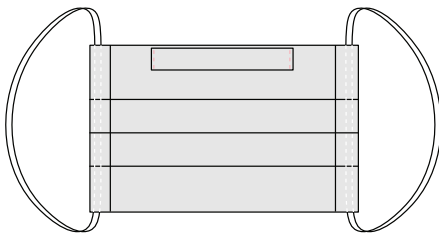
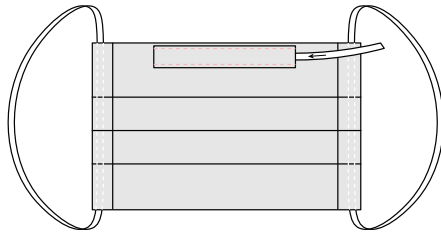
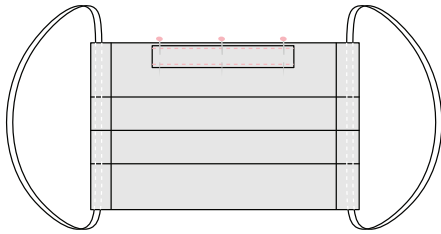
- TIP** If you don't have any elastic, feed a length of ribbon, shoe lace or string through the two side channels and tie around the back of your head.

Variations



Nose wire

- Cut a strip of fabric about 10cm x 3cm and press the two long edges in by 1cm.
- Pin and stitch this channel into place along the middle of the top line of the inside of your face covering close to the folded edges of the strip.
- Feed a length of wire through this channel and then stitch the two short ends closed.
- Now you can mold this wire over the bridge of your nose for a closer fit.



Love what you made?

Well, show us! You can share your photos with us by tagging us @bigcommunitysew on Instagram so we can marvel at your creations. Be sure to use the hashtag #bigcommunitysew so we can find you!

Enormous thanks goes to [By Hand London](#) sewing patterns for creating these patterns and sewing instructions exclusively for Big Community Sew.