The Valami Face Mask Pattern

By Valli Schiller & Ami Simms

- Adjustable Cloth Mask in 2 Styles for Personalized Fit
- Gapless Fit for All Face Shapes
- Integrated Pocket for Filtration Media
- Optional Flexible Wire Nosepiece
- NEW! Child Sizes for ages 5-8 and 9-11

Six Fastening Options
We designed the *Valami Mask* to serve several purposes:

1. To fit over an N95 respirator, potentially extending its life during a severe shortage.
2. As a "better than nothing" alternative should medical grade masks become unavailable. The mask has a pocket into which filtration media can be inserted.
3. As a "courtesy mask" to protect our communities from COVID-19 spread through coughing, sneezing, and speaking. **A CLOTH MASK IS NOT A SUBSTITUTE FOR SOCIAL DISTANCING.** Wash your hands often and avoid touching your eyes, nose, and mouth.

The *Valami* is a seamless face mask with either integrated fabric ties (Style A) or side casings (Style B). Side casings enable multiple fastening options, including ear loops. Both styles offer an adjustable, personalized fit in a single adult size. Additionally, two sizes designed for school aged children are included. Nose and chin pleats, as well as an optional wire nosepiece, ensure gapless fit. The *Valami* also features a built-in filter pocket, easily accessible from both left and right sides of the mask.

**READ THIS BEFORE MAKING MASKS**

Homemade fabric face masks are not equivalent to, nor should they replace, certified personal protective equipment (PPE). We are making no claims regarding the efficacy or safety of masks made with this pattern. **YOU MUST PRACTICE SOCIAL DISTANCING EVEN WHEN WEARING A MASK.** Recipients are solely responsible for determining the appropriateness of using a homemade mask made with this pattern. **WEAR HOMEMADE MASKS AT YOUR OWN RISK.**

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Supplies

- 1 yard (total) quilting weight 100% cotton fabric (44”-45” wide) will make FIVE adult masks
- ¾ yard (total) quilting weight 100% cotton fabric (44”-45” wide) will make SIX child masks
- General purpose thread (cotton or polyester)
- Straight-stitch sewing machine, zipper foot (optional)
- Iron and ironing board
- Rotary cutter, mat, and ruler
- Fabric scissors, wire snips (or household/utility scissors)
- Marking pen or pencil, and straight pins
- Safety pin or bodkin to feed ties through casings on Style B masks.
- Optional Nosepiece: 18 gauge copper hobby wire, needle nose pliers
- Optional Barrier Layer: lightweight non-woven polyester fusible interfacing to line mask front for decreased permeability. See options at BestDIYFaceMask.org
- Ear Loops: soft, spandex blend fabric that curls when stretched, plastic pony beads, and tweezers

Preparation

1. Wash, dry, and iron all fabric. Do this to remove residual chemicals from manufacture, pre-shrink fabric so mask stitches to intended size, reduce color migration, and increase fabric cling so less pinning is required.

2. Thoroughly clean sewing area and banish pets. Mask recipients may have allergies.

3. Sew ONE mask to learn the pattern before "production sewing." (Wear it while sewing the rest.)

4. Print Mask Template at 100% and confirm size. For production sewing, print 5 copies of adult template (page 19) or 6 copies of either child template (page 20 and 21).

Cutting (for 5 adult masks)

- **Mask Fronts:** Cut 1 strip 10½" x WOF (Width of Fabric).
  *(Optional: fuse interfacing to wrong side of fabric following manufacturer's instructions.)*

- **Pocket Linings:** Cut 1 strip 7½" x WOF.

- **Chin Bindings:** Cut 2 strips 1¼" x WOF.

- **Nose Bindings:** Cut 2 strips 1¼" x WOF (50" total). Visibly different fabric.

- **Side Casings:** (Style B only) Cut 2" x 6" rectangles, 2 per mask. If possible, cut with long side on straight of grain (parallel to selvage).

- **Ties:** Cut 10 strips 1¼" x WOF. Keep selvage edges intact. For other fastening options, see page 17.
Cutting (for 6 Child Masks)  See page 18 for child mask instructions.

- **Mask Fronts:** Cut 1 WOF (Width of Fabric) strip as indicated on template.  
  *(Optional: fuse interfacing to wrong side of fabric following manufacturer's instructions.)*

- **Pocket Linings:** Cut 1 strip 6" x WOF.

- **Chin Bindings:** Cut 1 strip 1¼" x WOF.

- **Nose Bindings:** Cut 2 strips 1¼" x WOF. Visibly different fabric.

- **Side Casings:** Cut 12 rectangles, each 2" x 5½". If possible, cut with long side on straight of grain (parallel to selvage).

- **Ear Loops:** Stretchy fabric tubing. (See page 17.) Refer to child mask template for length to cut.

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**Style A and Style B Mask Instructions**

1. For optional barrier layer, fuse non-woven polyester interfacing to wrong side of **Mask Front** strip.

2. Hem **Pocket Lining**. With wrong side up, fold and press ½" on both long sides.

   *If ½" is too hard to eyeball, mark a line on the wrong side of the fabric 1" from the raw edge and fold to the line.*

   Tuck raw edges into pressed fold and stitch to form a ¼" narrow hem.

   *Or try Ami's no-iron method: Video #1 at BestDIYFaceMask.org*
3. Lay **Mask Front** strip right side down. Center hemmed **Pocket Lining** on top, right side up. Strips will be wrong sides together.

4. Place first paper template on layered **Mask Front** and **Pocket Lining** so hemmed **Pocket Lining** aligns with gray pattern guides. Pin.

5. Pin remaining four paper templates to fabric strips. Cut out all five. Do NOT un-pin.

*Or make a durable template and trace around it like Ami does: [Video #2](#) at [BestDIYFaceMask.org](#)*
6. Transfer pleat lines from paper template to fabric with a \( \frac{1}{8} \)" snip. Use small, sharp scissors to carefully snip on the printed line from the edge of the paper/fabric toward the dot. Only snip halfway to the black dot. Do this in 18 places:

- Chin Pleats (3 — left, middle, and right)
- Nose Pleats (3 — left, middle, and right)
- Left side (6)
- Right side (6)

### WHY SNIP?

Snips aid in folding pleats as they can be seen from both sides of the fabric AND from the edge.

7. Carefully un-pin paper template without shifting fabric pieces. Turn template over and fold sides to back so diamonds are visible. Place template face down on fabric and make a tick mark on the Pocket Lining hem next to each diamond. These marks indicate where to stop and start stitching to attach the Pocket Lining to the Mask Front.

*Or try Ami’s durable template marking method: Video #2 at BestDIYFaceMask.org*
8. Without shifting fabric position, pin **Pocket Lining** to mask. Stitch along both edges of **Pocket Lining** leaving area between marks open. Backstitch at each mark to reinforce pocket opening.

9. From **Pocket Lining** side, form Nose Pleats and Chin Pleats. Fold right and left snips to meet at center snip, keeping raw edges even.

   *In these photos, snips have been marked for visual clarity.*
10. Secure Nose Pleats and Chin Pleats by machine basting ¼" from the raw edge. Remove pins.

11. Use a 1¼" x WOF strip to chain sew chin edge of all 5 masks. Position both binding and mask right sides up. Place first mask on top of strip about ½" down from selvage edge. Stitch with a ¼" seam allowance. Leave 1" between masks so they can be cut apart.

Or try Ami’s hack for binding without machine basting the pleats:
Video #3 at BestDIYFaceMask.org
12. To complete Chin Binding:

Pull strip away from mask.  
Fold in raw edge to center.  
Wrap folded edge over, encasing  
seam allowance.  
Fold and hold only a few inches of  
binding in place at a time.

Binding fold should just cover the previous line  
of stitching so it can't be seen. Stitch close to the  
edge to secure binding. Stop, fold over another  
few inches, and resume sewing. Repeat until  
entire binding is stitched down. Trim binding  
ends even with mask.

13. Use 1¼" x WOF contrasting strips to chain sew  
nose edge of all 5 masks (as in Step 11). Mask  
edge is curvy. To prevent distortion, tug binding  
just a little to align raw edges. Do not stretch mask.  
Align and sew a few inches at a time. After  
completing binding (as in Step 12) trim binding  
ends even with mask.
14. For optional nosepiece, use wire snips or utility scissors to cut a 6½" length of 18 gauge copper hobby wire. With needle nose pliers, form small, flat loops at both ends of the wire. Loops must face in the same direction.

Hold mask as shown. Feed wire under binding layer closest to outside of mask so remaining seam allowances will cushion nose. Position loops up toward top edge of mask.

Center wire in binding channel and pin vertically to hold it in place.

Position needle as close to pin as possible. Stitch forward and back a few times on the binding. This will keep wire from shifting during wear and washing. A zipper foot is helpful here. Remove pin.

Or try Ami's alternate method for adding the nosepiece: Video #4 at BestDIYFaceMask.org
15. With **Mask Front** up, fold snips together to form pleats. Push pleat fullness up on **Pocket Lining** side. All pleats on **Mask Front** face down. Form and pin pleats on both right and left sides of mask.

Pleated side edge (including binding) should measure no more than 2 3/4".

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**Finishing: Style A**

16. With right sides up and mask on top, match center of 1 1/4" x WOF strip to nose edge of mask. With raw edges aligned, sew ¼" seam, removing pins as they near needle. Repeat for other side.
17. To finish side binding and Ties, pull strip away from mask. Fold raw edge about ¼" to wrong side of Tie. Fold binding onto Mask Front. Pin at mask edge if desired.

*Fold left and right edges to middle of Tie.

*Fold Tie in half and pin.

*(Instructions for Style B mask Ties also.)
18. Lower needle into **Tie** near folds (left); remove pin. Take several stitches, then backstitch to secure thread. Use right hand to exert gentle tension on the **Tie**. Sew along edge until fingers approach presser foot. Stop needle down. Release pressure on **Tie**.

Scoop up **Tie** near end of sewing table. Fold as before, using table as support. Hold folded **Tie** against table with right hand.

Pull slightly and use left index finger to stroke raw edges into fold. Proceed bit by bit in this manner until the entire **Tie** is sewn. *

*Watch Ami demonstrate how to sew ties quickly and accurately: *Video #5* at BestDIYFaceMask.org*

**Style A mask is now complete!**

**How to Wear**

Bring mask to nose level. Secure upper ties with a bow at crown of head. Bend optional nosepiece so it fits face closely. Pull bottom of mask under chin. Secure lower ties with bow at nape of neck.
Finishing: Style B

19. To prepare Style B mask, machine baste side pleats a scant ¼" from the raw edge, removing pins as they approach the needle. Set mask aside.

20. The basic Style B mask features stitched fabric ties. For other fastening options, see page 17.

Unfold two 1¼" x WOF strips. Cut each so they are 30" long and have one selvage edge intact. (Use discarded pieces for nose or chin binding on future masks.)

Join strips along cut ends creating one strip about 60" long with selvage edges at both ends. (A diagonal seam distributes bulk.)

Trim seam to ¼". Cut off dog ears. Press seam open.

Sew Ties using instructions in Step 17 (start at the *) and Step 18 (end at the * in Step 18).
21. To add **Side Casing** to mask, join short sides of a 2” x 6” rectangle into a tube with a ¼” seam allowance. Backstitch at beginning and end to secure thread. Center the seam and press open.

With **Mask Front** right side up, slide pleated edge of mask into **Side Casing**. Center the seam on **Mask Front**. Align raw edges of mask and tube. **Side Casing** should snugly encase mask edge. Pin though all layers as shown.

Stitch through all layers with ¼” seam allowance. Secure stitches at beginning and end. Pull tube away from mask to turn it right side out.
22. Finish Side Casings:

With Mask Front up, press raw edges of Side Casing about ½” toward Mask Front.

Fold pressed edge onto Mask Front, about ⅛” past Side Casing. This will minimize bulk.

Topstitch Side Casing in place; it may extend slightly above and below mask.

Use safety pin or bodkin to feed fabric Tie through Side Casing forming a closed loop above nose edge of mask. Knot Tie ends to keep them from coming out of Side Casing.

How to Wear

Place closed loop at crown of head. Bring mask up to face by pulling ties sideways. Bend optional nosepiece so it fits face closely. Secure mask by tying a bow at nape of neck.

Style B mask is now complete!
Optional Fastening Strategies for Style B Masks

Style B masks can accommodate many additional types of ties, including paracord, ⅛" shock/bungee cord, stretchy fabric tubing, elastic, shoe/boot laces, twill tape, grosgrain ribbon, etc.

CORD LOCKS
Putting on a mask with a cord lock is faster than tying a bow. Cord locks are convenient and sporty looking. Feed tie ends together through a cord lock with a hole at least 6mm (about ¼" wide). To wear mask, slip lower loop over head so it rests at nape of neck. Bring mask to face, then pull top strap to crown of head. Adjust cord lock for snug fit.

For non-stretchy cords use a 50" tie length.
For stretchy cords use a 40" tie length.

HALTER STYLE
Some people find it easier to fasten a mask at the top of their head than at the nape of their neck. Feed a 60" Tie through Side Casings so closed loop is BELOW mask.

To wear mask, slip lower loop over head so it rests at nape of neck. Pull ties sideways to bring mask up to face. Tie ends in bow at crown of head like a hair ribbon. Or, skip the bow and use a cord lock following recommendations for tie length above.

EAR LOOPS
For an easy-on/easy-off mask, try ear loops made with stretchy fabric tubing. Use soft, knit fabric that curls along the cut edge when pulled from selvage to selvage. The higher the fabric's spandex content, the better the stretch.

To make stretchy fabric tubing, cut 1" x WOF strip of knit fabric with spandex. Stretch strip lengthwise until raw edges curl into a tubular shape.

For each ear loop, cut a 12" length of stretchy tubing. Feed one end through a Side Casing. Bring loop ends together and push through pony bead. Tweezers will help.

Adjust ear loop size by sliding pony bead up or down. Cut ends to desired length and knot to finish.
Instructions for Child Mask

To choose size, measure child from bridge of nose, over the chin, to the neck. Compare this measurement to mask height. Ages are only approximate guides.

<table>
<thead>
<tr>
<th>Age</th>
<th>Mask Height</th>
<th>Page</th>
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</thead>
<tbody>
<tr>
<td>Child SMALL</td>
<td>5-8</td>
<td>5¾&quot;</td>
</tr>
<tr>
<td>Child LARGE</td>
<td>9-11</td>
<td>6½&quot;</td>
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</tbody>
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Child mask construction is the same as Style B with the exceptions listed below. Review cutting instructions on page 4. Cutting instructions are also on mask templates.

**Step 5:** Mask Front and Pocket Lining strips accommodate 6 child mask templates.

**Step 6:** SMALL masks have 2 pleats, not 3.

**Step 14:** Cut nosepiece wire 5¼" for SMALL and LARGE.

**Step 15:** Pleated side edge (including binding) should measure no more than 2½".

**Step 16-18:** Skip.

**Step 20:** Skip.

**Step 21:** Cut Side Casings 2" x 5½".

**Step 22:** Disregard instructions for fabric ties. Proceed to page 17 and make Ear Loops instead. For SMALL, cut 10" lengths of stretchy tubing. For LARGE, cut 12" lengths.

**IMPORTANT:** Around-the-head ties are not safe for children's masks as they could pose a strangulation risk. Only use ear loops to secure children's masks.

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We created this pattern to do our part in response to the most severe global health crisis in recent history. We intend for it to be freely distributed. We hope you will share it far and wide, but please respect our copyright by sharing the pattern in its entirety. You may not sell the pattern.

We hope you will make great fitting Valami Masks for all the people you care about. Be sure to include basic use, care, and safety information with each mask. We’ve made this easy for you. Just print the final page of this document and you’ll have two notes ready to enclose with your Valami Masks.

We do understand that you may need to defray your costs. If you are considering selling Valami Masks, please contact us first. We’re friendly.

Be well. Stay safe.

Valli and Ami
ValamiMask@aol.com
Valami Face Mask v2.0
by Valli Schiller & Ami Simms

ADULT MASK TEMPLATE

Pattern updates at
www.BestDIYFaceMask.org

Cut Mask Front strip 10½" wide
Cut Pocket Lining strip 7½" wide

For ONE mask, you will also need:
  Chin Binding .....................1¼" wide x minimum 9" long
  Nose Binding (contrast) ....1¼" wide x minimum 10" long
  Style A Fabric Ties ...........2 WOF strips cut 1¼" wide
  Style B Side Casings ......2 rectangles, each 2" x 6"
    Fabric Ties...........1½ WOF strips cut 1¼" wide

For Style B fastening options other than stitched Fabric Ties, see pattern p.17 for instructions.
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CHILD SMALL TEMPLATE

Pattern updates at
www.BestDIYFaceMask.org

Cut Mask Front strip 8½" wide
Cut Pocket Lining strip 6" wide

For ONE mask, you will also need:
- Chin Binding .....................1¼" wide x min. 7" long
- Nose Binding (contrast) ....1¼" wide x min. 8" long
- Side Casings ....................2 rectangles, each 2" x 5½"
- Ear Loops .........................2 lengths of stretchy tubular fabric, each 10"
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CHILD LARGE TEMPLATE

Pattern updates at www.BestDIYFaceMask.org

Cut Mask Front strip 9" wide
Cut Pocket Lining strip 6" wide

For ONE mask, you will also need:

- Chin Binding .....................1¼" wide x min. 7½" long
- Nose Binding (contrast) ....1¼" wide x min. 8½" long
- Side Casings ....................2 rectangles, each 2" x 5½"
- Ear Loops .........................2 lengths of stretchy tubular fabric, each 12"
I made this Valami Mask for you. Wash it before you wear it, by hand or machine (delicate cycle/lingerie bag). Reshape optional nosepiece after laundering.

A Valami Mask won't protect you from the virus. It is a "courtesy" mask to protect others from your germs when you sneeze, cough, or speak. **A CLOTH MASK IS NOT A SUBSTITUTE FOR SOCIAL DISTANCING.** Wash your hands often and avoid touching your eyes, nose, and mouth.

It may not be a good idea to wear a mask if you have trouble breathing. Check with your doctor. Ultimately it is your responsibility to decide whether to wear it or not. **USE THIS MASK AT YOUR OWN RISK.**

Add an Optional Filter
Roll a piece of filtration media no larger than 6” wide by 5” tall into a tube and slide it from either side into pocket opening. Unroll inside pocket, making sure filter covers mouth area of mask. For filtration media suggestions and more, visit: BestDIYFaceMask.org

- Adult
- Child LARGE
- Child SMALL

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- Adult
- Child LARGE
- Child SMALL