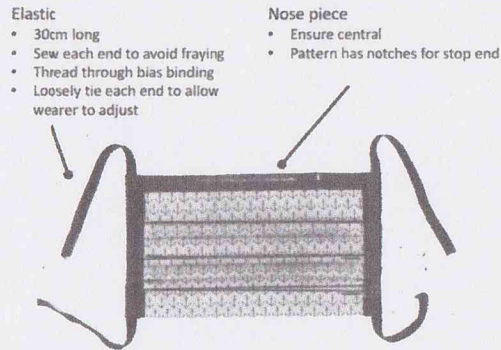


Sewing Tips



This face covering uses the pleats of York Scrubs Style 'Z' and the elastic ear loops of Style 'Y'

Before sewing the face covering check you have all the pieces

Outer patterned layer
Plain lining
2 x thin Peltek filter layer, or 1 x thick Peltek layer

Bias binding
Elastic - 30cm each side
Aluminium nose strip

The two notches show the position of the nose strip on the top edge of the face covering.

The snips down each side show the position of the fold points, and the seam allowance at the chin edge.

If the outer layer and lining need a press, do so before sewing the face covering.

DO NOT PRESS/IRON the filter layer, or the face covering after the filter layer is sewn in.

The ends of the elastic fray quite easily, the original on-line instructions suggest sewing the ends to prevent this, however it is time consuming. Quicker - use a dab of 'Fray Stop', clear glue e.g. Uhu, or that old standby, nail varnish. Allow to dry before threading through the bias channel at each side.

Use a medium stitch to sew all elements of the face covering - it is considerably easier to unpick if you need to make corrections!

Please make sure all seams are securely finished so will not come apart while worn or washed.

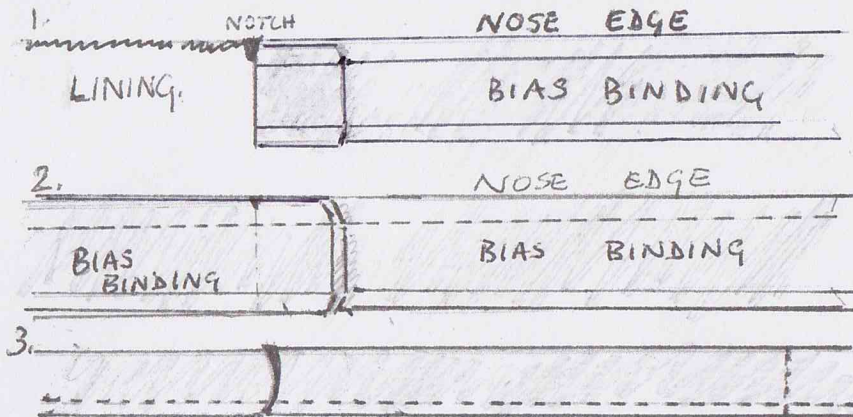
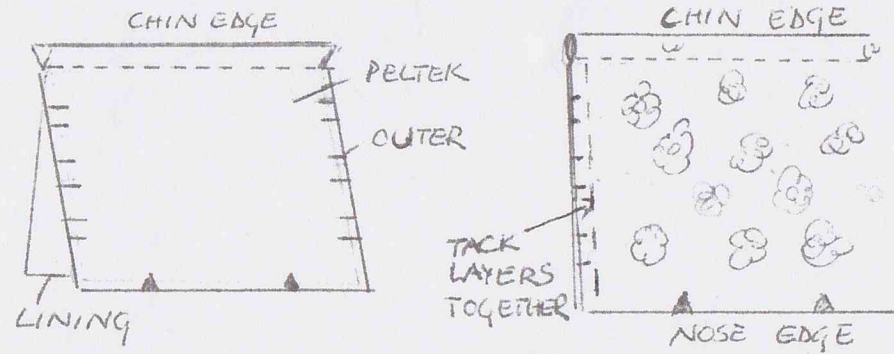
Please don't rush the sewing. Help and advice is at hand if you are unsure about any aspect of the face coverings.

1 Sew the layers, right sides together, at the chin edge following the seam allowance for the size you are sewing.

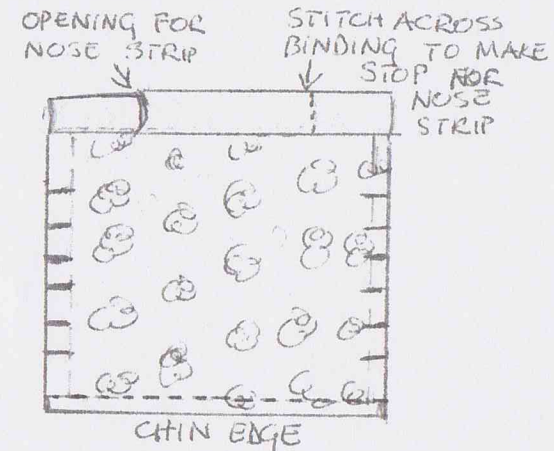
2 Turn the face covering right side out, and top stitch across the chin edge with a narrow seam.

3 It can help to loosely tack the layers along each side and top so that the layers of fabric are treated as one.

4 The aluminium nose strips needs to be removable for washing. Following the position of the notches on the top edges sew the bias binding across the nose edge in two pieces as shown below. Sew into place on inside of covering. Fold over the edge of the covering and top stitch. Sew across the binding at the other notch to make a stop for the nose strip. Please do not sew the nose strip into the face covering.



FRONT



5

Make the pleats, following the snips at each side, folding down towards the chin edge. Tack or pin in place.

6

Sew the side bias binding down each on inside, allowing approx 1cm extra to extend at top and bottom. Fold binding to front, using the extra to fold over and enclose raw edges. Top stitch in place, leaving the ends of the bias open to make a channel for the elastic to go through.

7

Seal the ends of the elastic. Thread the elastic through the channel made by the bias binding and knot loosely to allow the ear loop to be adjusted by the wearer. Please do not sew the elastic into the bias binding channel.

