The instructions given is for making a 3 layered 3 pleats face mask. The outer fabric should be water repellent/waterproof. If it is not because it has a print you want to use, then next layer should be have a water repellent/water proof barrier. The inner layer should be a filter like fabric. The layer next to your skin should be absorbent. Please do your own mask research if you are planning to make and wear a mask for protection against particles smaller than dust, such as a mask to protect you from airborne viruses. When sewing, treat all layers as one.

Recommended Fabrics:
- Gore-Tex is breathable and water repellent/waterproof.
- Some Micro-Fibre Taffeta fabrics are breathable and water repellent/waterproof. Please check manufacturers instructions. It is best to test the breathability of the fabrics on your face before buying/cutting.
- Spraying fabric with waterproofing spray is not recommended because of the close proximity of the chemicals next to your respiratory system.
- Inner and lining fabrics such as cotton, double gauze and any fabrics with absorbing properties are the best choices, as well as creating a layer for you to breathe.

Face mask size:
- Teenage/Adult 19cm x 23cm
- Elastic Cord 2 x 23cm

Binding for the side of mask:
- Cut 2 strips of fabric the same as the outer fabric or a contrasting fabric, at least 2cm longer than the length of the mask when all pleats and edges are folded. The width should be no smaller than 4cm wide. This measurement includes the seam allowance of 1cm.