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## FIT INFORMATION FOR 2020/04/11 BISSONNETTE EYEWEAR-FRIENDLY, TWO-LAYER MASK WITH ROOM FOR A THIRD LAYER

V1 (Version 1 – same fabric all over)  
V2 (Version 2 – dense fabric out and loose fabric in)

Revised April 28, 2020

This homemade cloth facemask is mostly based on a model by Tracy Ma and Natalie Shutler published in the *New York Times* on March 31, 2020, and entitled “How to Make a Face Mask: A sewing pattern for a fabric face mask made from common household materials” (<https://www.nytimes.com/article/how-to-make-face-mask-coronavirus.html>). It has several variations to address:

- the possible use of a **third layer insert** (ideally non-woven cloth like absorbent paper towels);
- a folded edge worn up to allow the **use of eyewear** and a **better mask-to-face seal**, or, alternatively, a single layer stitched edge worn up were a metal wire can be inserted in the seam to contour the nose and create a better mask-to-face seal that may be worn with eyewear;
- a modified version (version 2) that could allow **greater breathability if a densely-woven fabric is used**.

The step-by-step document to make the mask is described at <https://clothingtextiles.ualberta.ca/clothfacemasks/>. That link also has access to peer-reviewed scientific information as well as information from other non-reviewed sources.

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IMAGES TO SHOW DIFFERENT WAYS OF WEARING THE MASK  
AND THE FIT THEY PROVIDE.

**THE SAME MASK IS USED ON A WOMAN AND A MAN**  
TO SHOW ONE MASK MAY FIT DIFFERENT INDIVIDUALS

ON A SMALLER FACE, THERE WILL BE MORE OVERHANG BELOW THE CHIN,  
BUT AS THE TIES PULLS THE MASK CLOSE AT THE CHIN, THE OVERHANG IS OF NO CONSEQUENCE.

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## OPTION 1: MASK WORN FOLD UP

For those who will **use the mask with eyewear**, the section of the mask that is placed on a fold is made thin enough to fit under eyewear and can thus be placed directly under the eyes. Eyewear may help to create a good seal. The removal of a seam leads to only two layers of cloth rather than four layers (because of seam allowances) and stitching, which is bulky and hard to fit under eyewear. Depending on the wearer's eyewear, this may be the best solution to create a seal. Some eyewear may accommodate the wearing of the mask with the fold down (see next section). To know if a good seal is created, try wearing the mask at different heights: find the one that creates the least fogging in your lenses.

**Woman:** fold up with no eyewear



⇒ The seal between the mask and the face in the orbits of the eyes and around the nose is poor: not ideal.

**Woman:** fold up with eyewear



⇒ Eyewear helps to provide a good seal between the mask and the face in the orbits of the eyes and around the nose: if there is no fogging in your lenses, this is good.

**Man:** fold up with no eyewear



⇒ The seal between the mask and the face in the orbits of the eyes and around the nose is poor: not ideal.

**Man:** fold up with eyewear



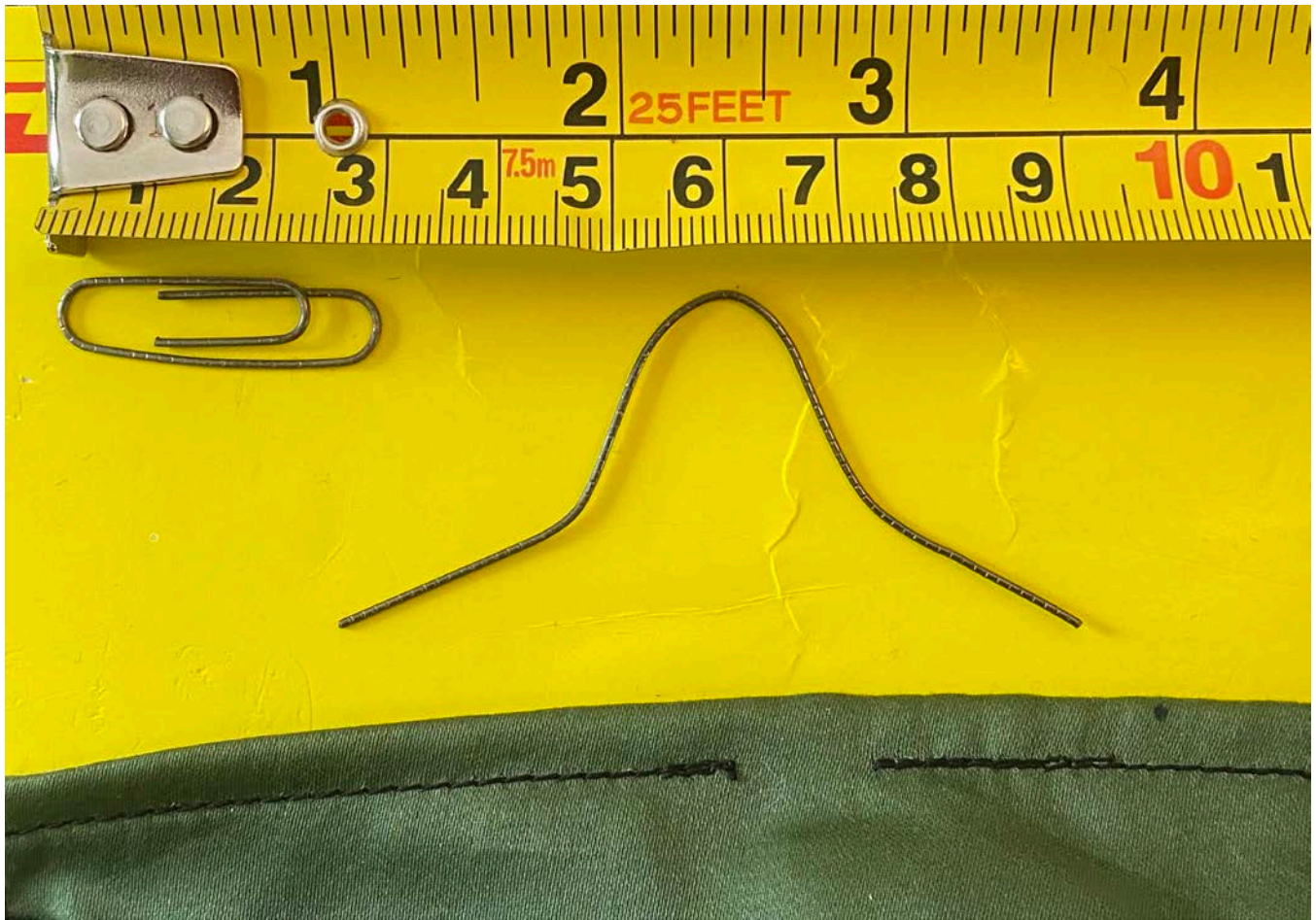
⇒ Eyewear helps to provide a good seal between the mask and the face in the orbits of the eyes and around the nose: if there is no fogging in your lenses, this is good.

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## OPTION 2: MASK WORN FOLD DOWN

You may choose to wear the mask with the fold line below the chin. The stitch line and seam allowances will create more bulk under eyewear. However, the section of the mask that is not stitched close (and thus left with an opening to insert a non-woven cloth filter) has the advantage of having a channel that accommodates a metal wire that will be placed over the nose. This metal wire can be made of a paperclip, garden wire, or any type of wire that retains its shape once bent. Before the insertion of the wire inspect the end for sharp edges. If need be, use pliers to turn the end of both extremities at least 180 degrees to lessen sharp edges.

Once manipulated, the wire from a 3 cm (0.8") paperclip should look like this:



⇒ Insert one extremity of the paperclip into the unsewn opening and slide to have the apex at the centre of the mask.

**Woman:** fold down with wire and no eyewear



⇒ The seal between the mask and the face in the orbits of the eyes and around the nose is good.

**Woman:** fold down with wire and eyewear



⇒ Eyewear **may or may not fit over wire** to provide a good seal between the mask and the face in the orbits of the eyes and around the nose: if the glasses sit where they should and if there is no fogging in your lenses, this is good. Do you have older glasses you may try? If not, decide between Option 1 (fold up) and Option 2 (fold down): which works best for you?

**Man:** fold down with wire and no eyewear



⇒ The seal between the mask and the face in the orbits of the eyes and around the nose is good.

**Man:** fold down with wire and eyewear



⇒ Eyewear **may or may not fit over wire** to provide a good seal between the mask and the face in the orbits of the eyes and around the nose: if the glasses sit where they should and if there is no fogging in your lenses, this is good. Do you have older glasses you may try? If not, decide between Option 1 (fold up) and Option 2 (fold down): which works best for you?

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All photographs by Anne Bissonnette