APPLE af + FIG
Patterns

GOT YOU COVERED
FABRIC FACE COVERING

AF2001 ADVANCED BEGINNER TODDLER – ADULT

TRIPLE LAYER ‖ NOSE BRIDGE WIRE OPTIONS ‖ EAR + HEAD LOOP OPTIONS

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PATTERN POLICY

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Every effort is made to ensure you receive a quality pattern that has been tested by a team of seamsters with different levels of sewing ability. Our goal is simply to share with you our designs that we love so you too can create a special garment whether it be for yourself, a loved one or to add to your businesses repertoire.

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WHAT'S **INSIDE**...

APPLE + FIG
Patterns

THE GOT YOU COVERED FABRIC FACE COVERING
IS NOT A MEDICAL GRADE FACE MASK

They are not medical grade and should not replace the required Personal Protective Equipment (PPE) and surgical masks used by professionals in healthcare and aged care or by people at high risk of the COVID-19 disease. There is no guarantee that wearing a fabric face covering will completely protect you from contracting the Coronavirus (COVID-19) and/or other viruses. However, they are suitable and recommended for the general public during the pandemic as they provide an additional physical barrier and help to reduce community transmission.

The face covering will prevent you from touching the face when outside and are effective in capturing and reducing the spread of droplets when someone speaks, laughs, coughs, or sneezes.

The best way to protect other people against Coronavirus (COVID-19) is keeping 1.5 metres apart, wash your hands often, and cough or sneeze into your elbow or tissue. Face coverings are an additional protective physical barrier to protect you and your loved ones.

APPLE + FIG'S SIZE GUIDE + FABRIC REQUIREMENTS

A CLOTH FACE COVERING SHOULD FIT SECURELY ON THE FACE, SPECIFICALLY COVERING THE NOSE AND THE MOUTH AREAS, SECURED BY TIES/LOOPS AROUND THE HEAD OR EARS.

It is important that all the fabric layers are tightly woven (when held up to the light, the light is filtered – the less light to pass through, the better the fabric.

PLEASE CHECK WITH YOUR LOCAL GOVERNMENT FOR THE FABRIC REQUIREMENTS AND RECOMMENDATION FOR YOUR STATE/TERRITORY.

A+F SIZING		S	M	L
APPROX AGE		2yrs - 6yrs	6yrs - 12yrs	12yrs - Adult

FABRIC
• INNER FABRIC LAYER
  Water-absorbing fabric (cotton)
• MIDDLE FABRIC LAYER
  Fabric blends (cotton polyester blend/polypropylene):
  Clothing, reusable 'green' shopping bags
• OUTER FABRIC LAYER
  Water-resistant fabric (polyester/polypropylene):
  Clothing, reusable 'green' shopping bags, microfibre/exercise wear
		0.25m ($1/3$ yd) x width of fabric
		(Based on a width of 112cm (44"))
		
		OR
		
		3 x 0.25m ($1/3$ yd) squares		

BINDING 12mm (1/2") Bias binding OR 4cm (1$5/8$") fabric strip		20cm (8")	20cm (8")	20cm (8")
LOOP/STRAP OPTIONS • 1/2" strips of stretch fabric – pulled tight (with a lycra/elastane component) • 3mm - 6mm braided, flat, knitted or soft elastic. • 1mm - 2mm round millinery elastic • Shoe laces or fabric binding (open ended straps - not loops!)	2X FIXED EAR LOOPS (sew-in)	14cm (5 $1/2$")	14cm (5 $1/2$")	15.25-16.5cm (6 - 6$1/2$")
	2X ADJUSTABLE EAR LOOPS (sew-in or thread-through)	25cm (10") approx.	25cm (10") approx.	25cm (10") approx.
	1X ADJUSTABLE HEAD LOOP (thread-through)	42cm (16$1/2$") approx.	46cm (11$1/8$") approx.	50cm (19$1/2$") approx.

OPTIONAL NOSE WIRE (SEW-IN OR REMOVEABLE)
RECOMMENDED FOR THOSE WHO WEAR GLASSES

• Aluminium nose bridges
• Aluminium foil (folded several times to form a strip)
• Gardening twist ties
• Jewellery/craft/florist wire (20 guage or less)
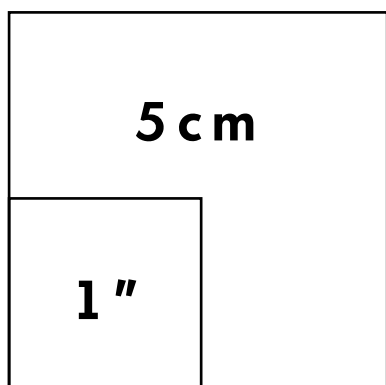• Pipe cleaners

TOOL + NOTIONS
Sewing Scissors, Iron, Pins, Fabric Pen/Chalk, Thread, Sewing Machine, Needle – consider what fabric you are using to determine type of needle(s).

PRINTING + ASSEMBLY

PREPARING PATTERN FOR PRINT

Before printing all the pattern pieces, first print this page on A4 or Letter paper and check the size of the test square. The large test square should measure 5 x 5cm and the smaller square 1" x 1"
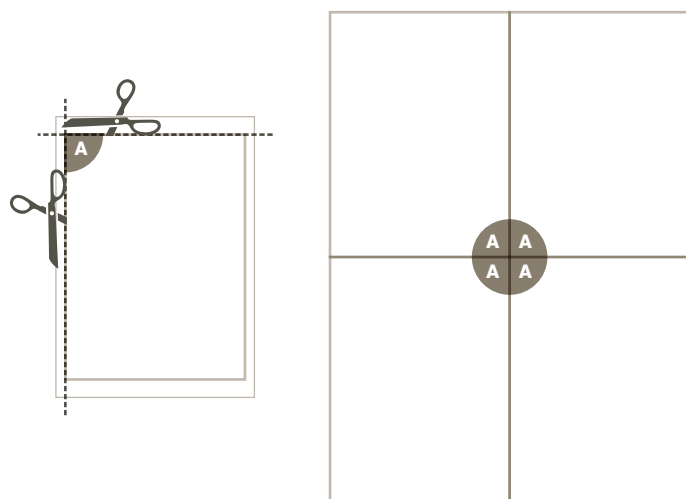
- *It's important **not** to scale, shrink or fit to page. The document must be printed at actual size.*

5 cm

1"

ASSEMBLING PATTERN PIECES

Print the pattern pieces.

Arrange the pages to match the Tiled Layout Illustration ('Pattern Piece Layout' – page 5) and join sheets together where necessary by cutting off or folding the top and one side margin on each page. Ensure all edges align correctly with the corresponding 'Letter Wedge' as per diagram.

FIND THE RIGHT SIZE

Use the size chart to determine your size.

Find the lines on the pattern that correspond to your size. Either trace onto paper or cut out pieces directly.

CUTTING & MARKING YOUR FABRIC

Use pattern weights to hold the pattern in place or pin the pattern to the fabric.

Lay out the other pieces, making sure the grain line arrow is parallel to the selvedge.

Use your marking pen, pencil, or chalk to trace the pattern pieces onto your fabric, and transfer all of the pattern markings onto the wrong side of the fabric, including notches and circles.

Mark the center front of pieces that are cut on the fold. This will help you to align pieces accurately.

Cut along the outlines you've traced, cutting away any pen or pencil lines. Or, as an alternative to tracing, you can use a rotary cutter and mat.

- *Make sure you cut out any notches that may be present. These will help you to line up specific pieces.*

SEAM ALLOWANCE

Seam allowances are included in the pattern, and are a standard 1cm {3/8"} for all seams, unless otherwise noted in the pattern.

PATTERN KEY

——————— SIZE S

– – – – – – – SIZE M

–·–·–·–·– SIZE L

◄————► GRAIN LINE
This line should run parallel to the grain line of the fabric.
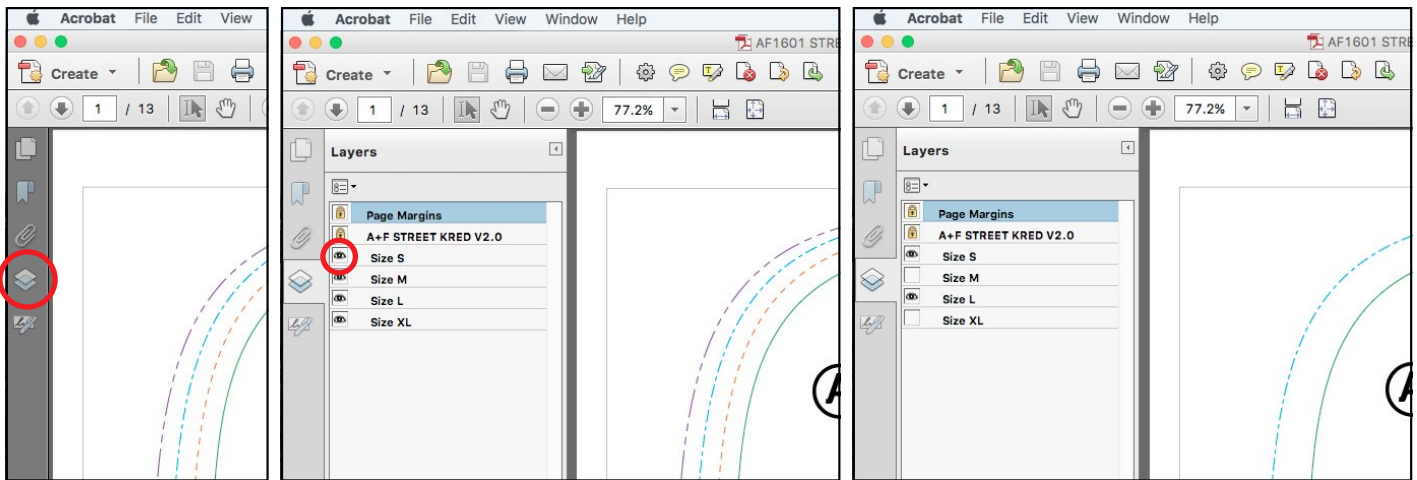
PLEAT LINES
Indicates folds/pleats.

PRINT INDIVIDUAL SIZES

SAVE TIME, INK + CONFUSION BY PRINTING ONLY THE SIZE(S) YOU NEED!

This feature will only work in adobe reader or acrobat – make sure you have the most up to date version.
(Note: this feature won't work on the Adobe Reader Touch App)

a Download the PDF pattern file to your computer. (Do not attempt to print from your web browser).

b Open the file with Adobe Reader/Acrobat. Navigate to the pattern page(s) to be printed.
Select the 'Layers' Icon from the side bar menu.

c Click on the small triangle next to the pattern/style pieces to open up the list of sizes. Click on the eye icon to turn off the sizes you do not want to print and they will no longer be visible.
Only the sizes with the eye icon present will print.

GLOSSARY

PLEASE READ THE GLOSSARY **BEFORE** WORKING THROUGH THE TUTORIAL TO FAMILIARISE YOURSELF WITH THE TERMS AND PHRASES THAT MAY BE USED.

BASTE

Long stitches done by hand or machine to hold fabric in place before sewing.

They are removed once the final seam is in place.

CLIP

To help flatten a curved seam for sewing, clip inner curves by snipping into a curve at even intervals, being careful not to snip to close to the stitching.

EASE

Easing helps you sew a larger edge to a smaller edge, resulting in a slight fullness.

To ease, use a long stitch length and stitch two rows parallel to each other. Leave long thread tails which can be tugged to adjust ease before you sew.

EDGE STITCH

Stitching sewn very close to the stitches on your seamline on the right side of fabric.

FINISH SEAM

There are many ways to finish a seam or raw edge, depending on the type of fabric you've chosen.

Here are some of the more common finishes:

- *Clean Finish:*
  A straight stitch at the raw edge to help prevent fraying which may be combined with a pinked finish.

- *Pinked Finish:*
  A zig zag edge created with pinking shears, used mostly for sturdy fabrics that don't fray easily.

- *Zigzag Finish:*
  Created using a zig zag stitch setting on the sewing machine. This can help prevent the fabric from fraying.

- *Serger or Overlock:*
  A stitch that sews over the edge. A professional finish that prevents fraying.

GATHER

Like easing, gathering helps you sew a larger edge to a smaller edge, but results in much more fullness. Either use a two parallel lines long stitch on your machine and pull the thread tails to desired fullness or use the gathering setting on your overlocker/serger.

GRADE SEAM

Grading helps make seams that are pressed in a single direction less bulky. After you've sewn the seam, trim the seam allowance in half. Identify which seam allowance will be laying against the fabric once you press the seam, and trim this one in half again.

NOTCHES

There are two types of notches. The notches you see on the pattern help you to align pattern pieces when you're sewing.

The other type of notch are ones you add yourself to help you sew curves. Cut small wedges into outer curves on a seam allowance at even intervals, being careful not to snip to close to the stitching.

RIGHT SIDE/WRONG SIDE

The right side of a fabric is the side that will show on a finished garment.

The wrong side will be on the inside.

STAY STITCH

Staystitching is a line of stitching on a piece that helps to stabilize the edge before it is sewn, preventing it from becoming distorted.

TOP STITCH

Similar to edgestitching, but a little further away (1/4in approx) from the seam.

Topstitching is sewn parallel to the seam and through the pressed seam allowance which keeps the seam flat.

UNDER STITCH

Understitching helps seams lie flat and prevents facings and linings from rolling to the outside of your garment.

To understitch a facing, press the seam toward your facing. Stitch the facing to the seam, very close to the seamline.

LET'S GET STARTED!

ALL SEAM ALLOWANCES ARE 7MM (1/4") UNLESS OTHERWISE STATED

CUT OUT ALL THE COMPONENTS & TRANSFER CENTRE FOLD AND PLEAT MARKINGS

You will need:

- 3 layers of fabric for the face covering – inner layer, middle layer and outer Layer
- 12mm ($^1/_2$") Bias binding or 4cm ($1^5/_8$") fabric strip
- Ear or head loops

OPTIONAL NOSE BRIDGE WIRE (RECOMMENDED FOR THOSE WHO WEAR GLASSES)
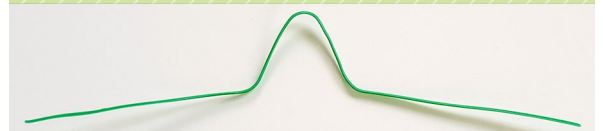
If a close fitting face covering is required, consider adding a nose wire.

There are many alternatives to the aluminium nose bridge wires if availability is limited:

- Gardening ties
- Silver jewellery/craft (18 gauge) wire
- Pipe cleaners
- Aluminium foil (folded to form a sturdy strip)

The thin plastic coated garden twist ties are non-bulky & work perfectly to bend & reshape

EAR AND HEAD LOOP OPTIONS

If you are using adjustable ear loops or head loop, you can use a plastic clip, add beads or tie to join the ends together at the back of your ears/head to make sure it fits snugly on your face. Here are a few options:

Most methods are suitable for sew-in or thread trough depending on the thickness of the loop (if thicker than 3mm, sew-in is recommended)

A - Double beads (adjustable)
B - Single bead and tie-off (adjustable)
C - Basic tie-off (adjustable)

STRETCH FABRIC LOOP OPTION

(with good stretch recovery – a lycra/elastane component works well!)
Cut 1/4" strips.
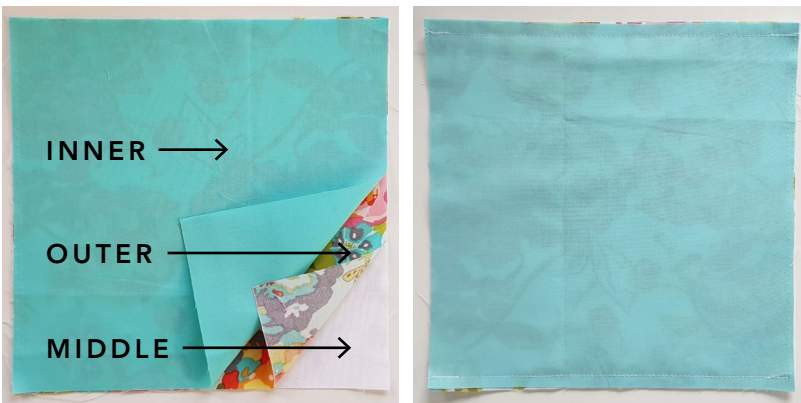Pull the strips to curl the fabric onto itself.

PREPARE THE BINDING

If using pre-made bias binding, skip this step.

1 Fold the fabric in half lengthways (wrong side together) and press, creating a centre crease.

2 Using the crease as a guide, fold one of the long edges down 7mm (1/4") toward the centre crease and press. Repeat for the other long edge.

3 Fold the fabric in half lengthways again and press.

Set aside.

INNER →

OUTER →

MIDDLE →

4 Layer the fabric with the middle layer on the bottom, the outer layer right side up and the inner layer right side down.

5 Sew together along the top and bottom edge.

6 Turn right side out, sandwiching the middle layer in between.

7 Press the seams.

TIP *For a crisp seam – first position the seams in the centre of the fabric. Press the bulk of the seam allowance to the outer and middle layers. Then position the seams at the top and bottom and press again.*

OPTIONAL NOSE WIRE

THE TYPE OF WIRE YOU CHOOSE WILL DETERMINE HOW YOU ADD/INSERT THE WIRE

← Insert wire

OPTION #1

OPTION #2

OPTION #3

OPTION 1: Add a pocket/channel

8 Stitch a pocket or channel along the top edge. The size of the pocket will depend on the length and width of the wire.

9 Insert the wire/bar and stitch the open end(s) of the pocket/channel closed.

OPTION 2: Add the wire directly to the seam

10 Turn inside out – with the middle layer on top of the outer layer.

Sew-in wire:
Centre the wire along the seam allowance. Using a zig zag stitch, sew over the wire (adjusting the length and width settings on your sewing machine as necessary).

Be careful not to sew directly on top of the wire.

Self-adhesive wire:
Adhere the wire in the middle of the seam allowance – close to, but not over the seam.
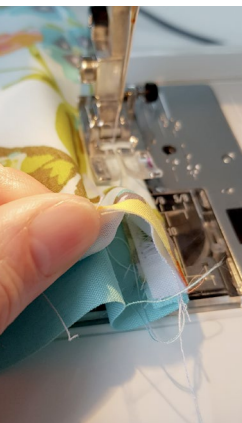
11 Turn right side out. Topstitch along the edge containing the wire – the distance from the edge will depend on the thickness of the wire.
Edge stitch along the bottom edge.

OPTION 3: Add pocket for removable wire

Pocket – The length and width of the pocket will depend on the size of the wire you use.

12 Follow the 'Prepare the Binding' steps (1-3) on page 8. Open the binding and fold in the short ends approx. 7mm (1/4"). Press and refold.

13 Pin the folded pocket centrally to the top edge of the inner side of the face covering. Edgestitch along the length of the top edge making sure to catch the pocket. Edgestitch the bottom of the pocket down, leaving the side(s) open to insert and remove a wire.

CENTRE FOLD

2cm
3/4"

2.2cm
7/8"

14 Fold in half (inner side together) aligning the top and bottom seams.
Using the notches transferred from the pattern piece, sew a 2cm (3/4") line from the raw edge (parallel to the centrefold).
Repeat for the other raw edge.

TIP *Check the notches are still 2.2cm (7/8") from the centre fold on both the raw edges. They may have 'moved' depending on how accurately the two end seams have been sewn.*

CENTRE POINT

15 Open the ends and lay flat. Mark the centre point on the fold.

16 Push the fold down flat, centering the fold over the stitch line to 'create a pleat'.
Sew in place.

17 Press the pleat in place.

18 Turn over with the inner side facing up.

19 Fold one edge up to the centre crease. Press.

20 Repeat for the opposite edge – both edges now meet in the middle. Press.

21 Edge stitch along the top and bottom folded edges.

22 Baste along the raw (side) edges.

23 Cut 2x binding pieces – making sure they are at least 2cm longer than the short sides of your face covering.

24 Position with the underside facing up. Open the bias and with right sides together, align a long raw edge of the binding central to the raw edge of the face covering.
Sew along the crease of the bias (0.7cm (1/4") seam allowance).

EAR LOOPS / TIES

EAR LOOPS CAN BE SEWN IN OR THREADED THROUGH DEPENDING ON THE TYPE OF LOOP YOU CHOOSE.

OPTION 1: THREAD-THROUGH
Suitable for thin elastic/rope/string

Bias channels to thread through adjustable ear and head loops:

25 Using the fold creases as your guide, fold the bias over the seam and bring to the front.

26 Fold the short ends of the bias over the face covering edges.

> **TIP** *Clip the corners of the bias to reduce bulk in the fabric when folding*

BIAS STITCH LINE ⟶

27 Fold the long raw edge of the bias in toward the raw edge of the face covering. Bring the folded edge of the bias over the top of the face covering – covering the bias stitch line.

> **TIP** *Avoid threading the ear or head loop piece through the small bias opening in the following step by laying the loop along the raw edge sandwiching it between the edge of the face covering and the bias.*

28 Sew the bias in place along the long edge only. Repeat for the other side.

A

B

Measure to the loops using the size guide on page 3 or to the wearers personal measurements.

29 Thread the ear/head loop through the bias openings as pictured:

    A - Ear loops
    B - Head loop

Tie off the ends.

BIAS STITCH LINE

1.25cm
1/2"

Sew-in ear loops:

30 Turn right side up (the bias laid flat on the underside). Pin the ends of the loops approx. 1.25cm (1/2").
Sew the loop ends to the sides by stitching close to raw edge of the loops.

Be careful not to sew beyond the bias stitch line!

31 Fold the bias out from under the face covering to bring it to the front.
Move the loop out of the way and fold the short end of the bias over the edge.

Make sure the folded bias does not cover the loop - trim if needed.

32 Bring the loop back over the folded short edge and hold in place. Repeat for the other side.

BIAS STITCH LINE

33 Fold the long raw edge of the bias in toward the raw edge of the face covering. Bring the folded edge of the bias over the top of the face covering – covering the bias stitch line.
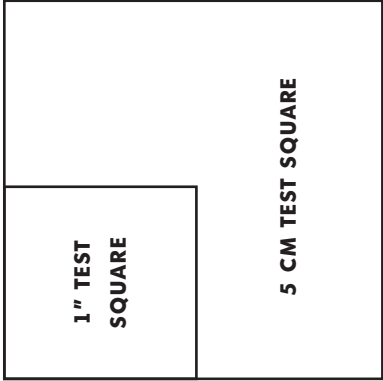
34 Sew the bias in place.
Repeat for the other side.

TIP *Use a pin or fine tip tweezers to gently pull the bulky short end of the bias under the sewing foot and to reduce the thread and fabric from bunching.*
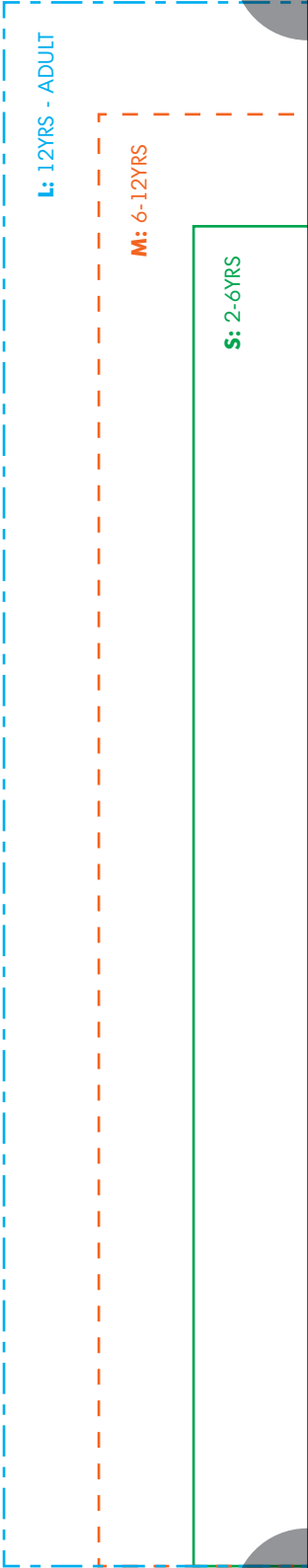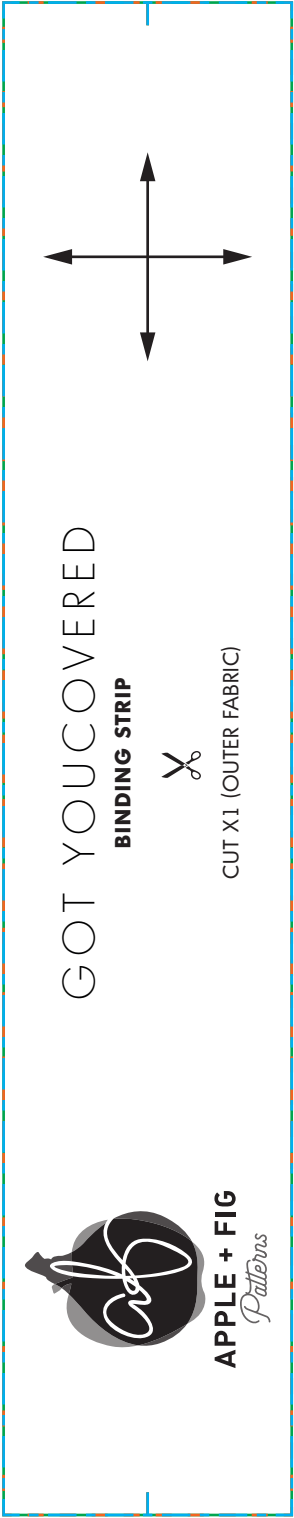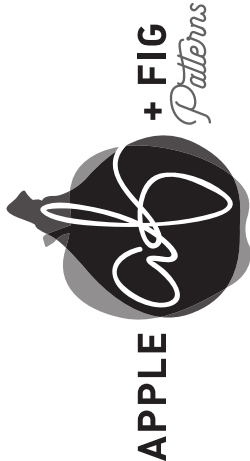
YOUR FACE COVERING IS COMPLETE!

—— SIZE S

– – – SIZE M

-·- SIZE L

**PRINT AT 100% ACTUAL SIZE
DO NOT SCALE**

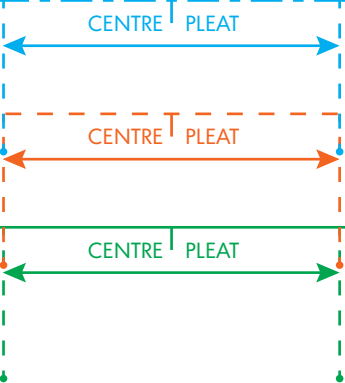**0.7 [1/4"] SEAM ALLOWANCE**
UNLESS OTHERWISE STATED

1" TEST
SQUARE

5 CM TEST SQUARE

GOT YOUCOVERED

BINDING STRIP

CUT X1 (OUTER FABRIC)

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L: 12YRS - ADULT

M: 6-12YRS

S: 2-6YRS

B

A

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GOT YOU COVERED

FABRIC FACE COVERING

✂

CUT X3

(1x OUTER, 1x MIDDLE, 1x INNER)

CENTRE PLEAT

CENTRE PLEAT

CENTRE PLEAT

CENTRE PLEAT

LOOP OPTIONS: **Fixed ear loop (x2):** 14cm (5¹/₂") **Adjustable ear loop (x2):** 25cm (10") **Adjustable head loop (x1):** 42cm (16¹/₂")

LOOP OPTIONS: **Fixed ear loop (x2):** 14cm (5¹/₂") **Adjustable ear loop (x2):** 25cm (10") **Adjustable head loop (x1):** 46cm (11¹/₂")

LOOP OPTIONS: **Fixed ear loop (x2):** Reg 15.25cm (6") Lge 16.5cm (6¹/₂") **Adjustable ear loop (x2):** 25cm (10") **Adjustable head loop (x1):** 50cm (19¹/₂")