

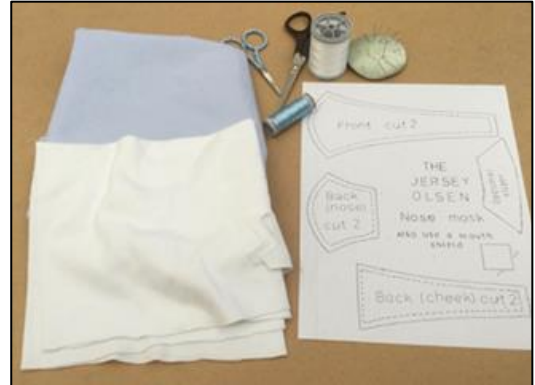
The Jersey Olsen Visual Mask Making Instructions

Size:

This size of nose mask (when printed correctly, 100%) will suit many men and women. When printing do not choose 'scale to fit'. To make it a different size print it at a different scale e.g. 75% for children.

For the Nose cover you will need:

Pattern
Scissors
Pins
Sewing machine or thread/needle
Cotton Fabric



Velcro (soft side to sew). The hooks side ideally needs to be the self-adhesive on type. (Velcro make a pack called 'stick and sew').

1/2" cotton tape, more fabric or 2 hair bands



Pipe cleaner for the optional nose top shaper

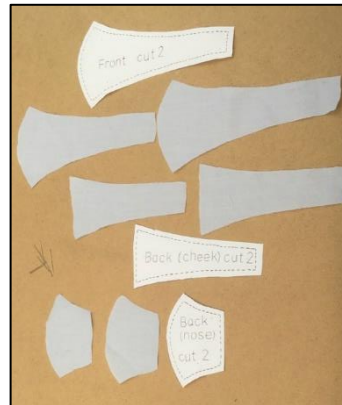
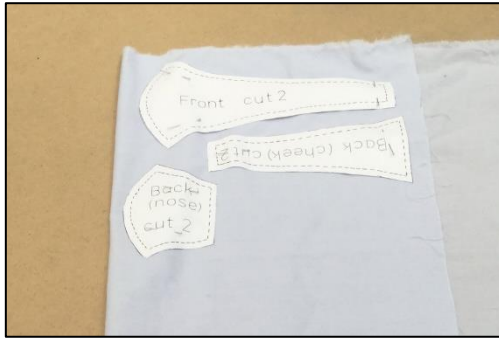


A fabric vacuum bag for the optional filter



To sew

Lay your pieces of pattern on a double layer of fabric and cut them out. You should have two of each pattern piece.



Sew curved sections together.



Cut fluffy Velcro into a long thin strip the length of the mask.

Sew on the front along the centre line.



Turn over, iron and sew straight edge on 'back (nose)'.

Turn over, iron and sew appropriate edge on 'back (cheek)' (see photo).

Put sections right side together such that when turned the correct way the 'back (nose)' overlaps 'back (cheek)' with no raw edges.



If using cotton tape for ties:

Sew along the top and bottom of the mask.

Use the gaps to thread in some lengths of cotton tape so that the tape is enclosed, and the end is in line with the mask.

Sew the mask ends.



If using fabric for ties:

Make some ties by cutting 1" strips of material on the bias.

Fold over along the length.

Stitch.

Turn the right way.

Follow instructions as per cotton tape.

Tidy the tie ends.

If using elastic hair bands:

Sew all around the mask including the ends.

Turn the mask right side out.

Fold over the mask ends enclosing one elastic hair band and stitch (see photo).

Turn the mask right side out.



For the Mouth guard you will need:

Scissors

A4 transparent sheet e.g. overhead projector sheet **or** a laminating sheet

Velcro (hook side to stick)



To make

Cut the A4 sheet in half length ways.
(If it is a laminating sheet put it through the laminator. It is easier to cut the sheet prior to putting it through the laminator).

Cut a thin strip of Velcro the length of the longer side of the cut piece.



Stick along one edge length.



Care:

Throw away between use

or

Clean with care (e.g. Clinell wipes, disinfectant wipes) or wash with soap and water. You may need to replace the Velcro.

Glasses /Goggles -

With a standard cloth mask glasses tend to 'mist up'. The Jersey Olsen is less susceptible to this. You may find that sitting the bottom of the glasses onto the top of the nose mask fabric improves things further.

You will find an instructional video at - <https://www.youtube.com/watch?v=O3H9InYusHU>

Credits

Janet Rothwell (prototype & video camera)

Fiona Sheehy (tester & video sewer)

Doreen Mills (tester)

On behalf of the Jersey dDeaf Society

If publishing these instructions, please credit the Jersey dDeaf Society
(www.jerseydeafociety.org)

