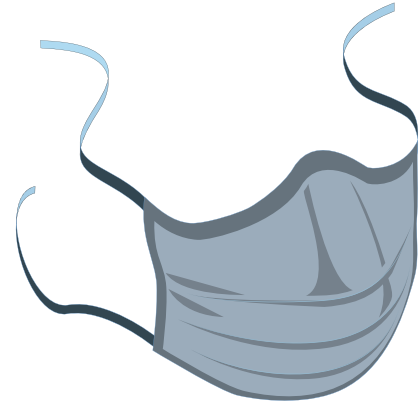


# HOW TO MAKE AND DONATE FACE MASKS

We are welcoming fabric masks from our community and greatly appreciate the outpouring of kindness, thoughtfulness and support for our team members.

While fabric masks cannot be used by healthcare providers as protection from the **COVID-19** virus, they can be used in non-patient care areas



## What you Need:

- Basic sewing supplies
- Suggested Fabric:  
Tightly woven cotton or viscose/rayon
- Ties or elastic can be used to fit over the ears or back of the head
- Add a pipe cleaner, twist tie or any thin metal at the top of the nose and sew in between the seam allowance space on the inside of the mask. This is so that it can best fit over the nose
- The top could be left open for 2-3 inches between the front and inside materials. This would allow for an insert of filtering material to be placed inside for additional protection
- Wash your hands prior to making any masks
- **DO NOT** launder prior to delivery. The medical center will launder all collected masks prior to use

Please remember that both women and men in a variety of roles may wear these masks.

## Drop off:

When your masks are complete, please drop them off in the bins located at the Flag Circle entrance. Drop-off bins are available Monday through Friday, 8am -5pm.



WISDOM FOR YOUR LIFE

# HOW TO MAKE AN ADULT MASK WITH TIES

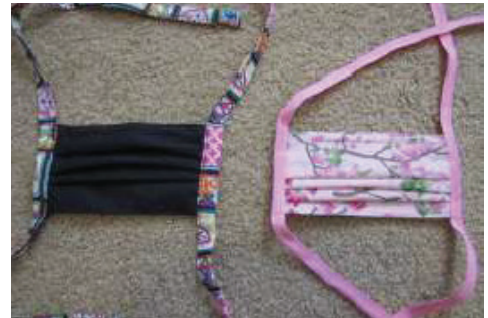
## Option 1

### Supplies for 1 mask:

One (1) 8"x14" piece of cotton fabric

Two (2) 1.5" x 34" strips

Thread and sewing machine



### Prepare the Mask:

- On 8x14 inch piece, right sides together, sew  $\frac{1}{4}$  inch seam, creating tube.
- Turn right sides out, press seam and fabric.
- Make 3 pleats, approx. 1 inch each in size, using steam or pins to hold. Mask will be approximately 3-3.5 inches in width.
- Sew  $\frac{1}{4}$  inch seam on each side of mask, securing pleats.
- Trim seam allowance.

### Prepare the Ties:

- Fold in half and press ( $\frac{3}{4}$  inch). Open tie back up.
- Fold each edge in to meet middle ( $\frac{3}{8}$  inch/ $0.375$  inch) and press.
- Fold in half again, securing raw edges inside and press. Each tie will be approx.  $\frac{3}{8}$  inch in width.

### Assembly:

- Align center of tie with side of mask, open tie so edge of mask fits snugly inside. Pin.
- Sew tie to mask, seam will be very short, get as close as able while still catching all fabric. You are just attaching the mask to the tie at this point, not sewing the whole tie yet.
- Repeat for other tie and other side of mask.
- Sew down edges of tie, securing raw edges inside. Seam is very short. You will stitch over where mask is already attached. This is good because it helps reinforce.
- Repeat for other tie and other side of mask.
- Clip any stray fabric

### Drop off:

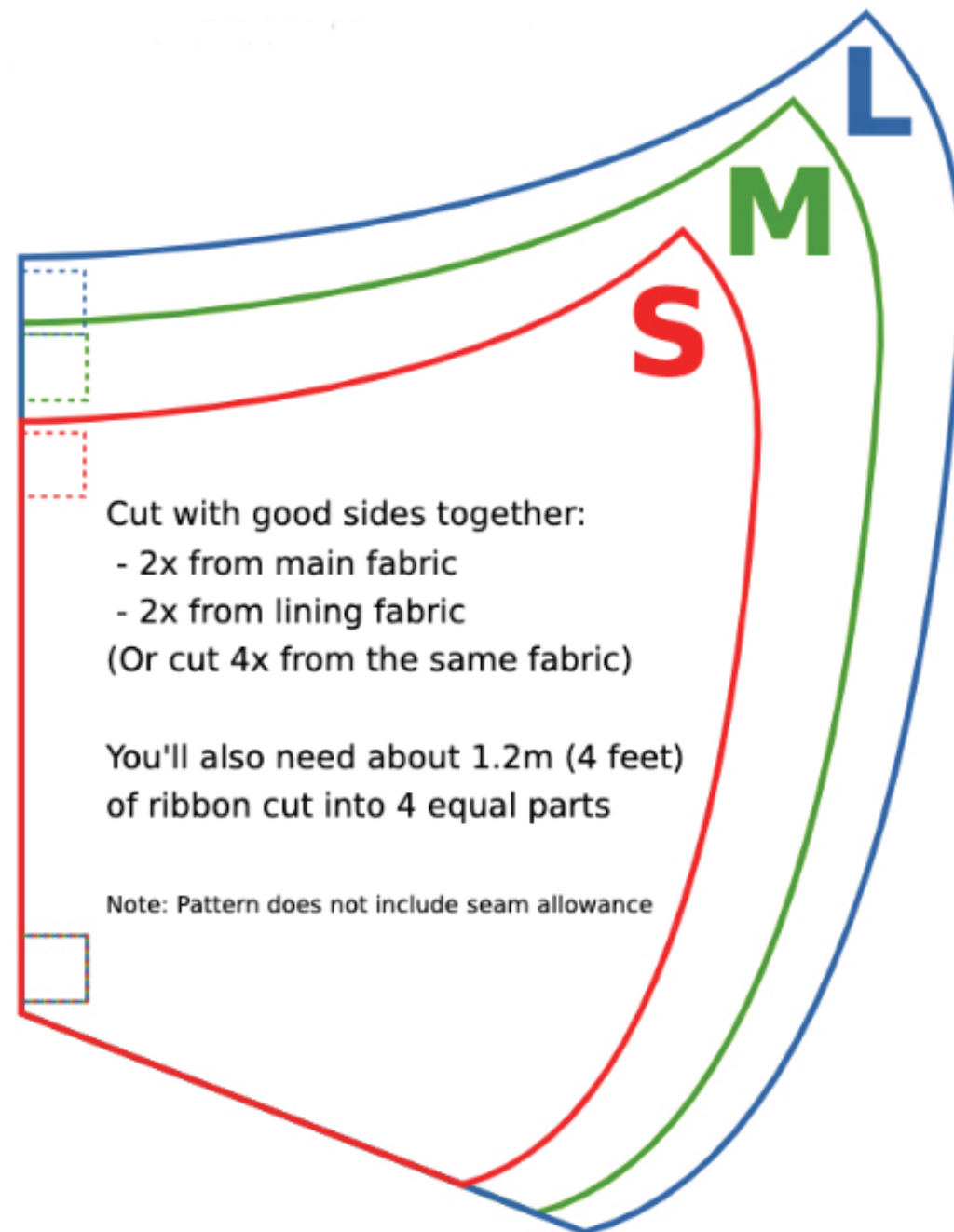
When your masks are complete, please drop them off in the bins located at the Flag Circle entrance. Drop off bins are available between 8am and 5pm Monday through Friday.

# HOW TO MAKE AN ADULT MASK WITH TIES

## Option 2

This pattern is courtesy of:

[freesewing.org](http://freesewing.org)



The (white) inside of this box should be 10cm wide  
The (black) outside of this box should be 4" wide

## Cutting

This pattern only has one part, the **MASK**. This is half of the mask, so we will need two of them. In addition, we want an outer and inner layer of fabric, so we'll need four in total:

- **Main fabric**
  - Cut **2 mask** parts
- **Lining fabric**
  - Cut **2 mask** parts

If you're using the same fabric in and out (which is fine) then simply cut **4 mask** parts.

## Fabric options

The goal of our mask is to stop droplets. So you want to go for something that filters those out. Then again, you need to be able to breath through your mask, so we want fabric that breathes, without letting droplets through.

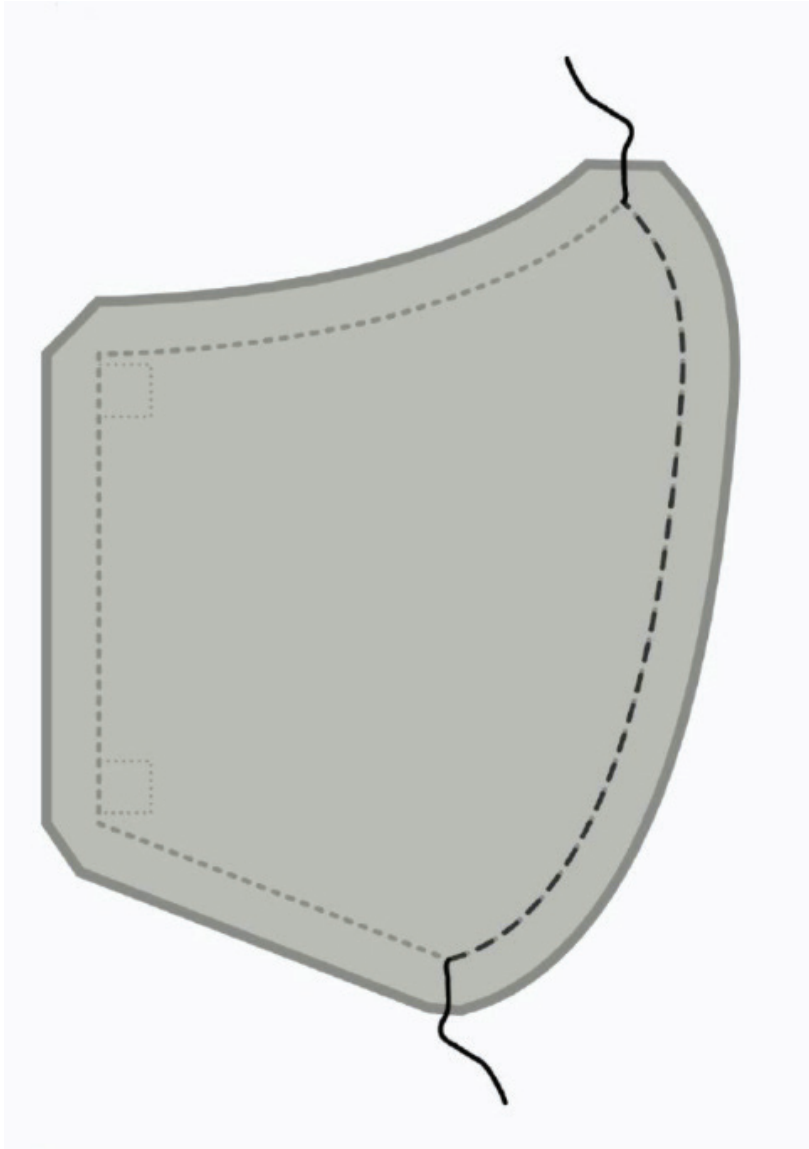
In addition, we want the inside to be comfortable on our skin. So here I'd suggest a tightly woven cotton or viscose/rayon. For the outer fabric, cotton again, or tightly woven wool.

Note that fabric that is *breathable* is not the same as fabric you can breath through. There are many so-called waterproof *breathable* fabrics – or MBFs – that are used for outdoor gear because they repel water and are breathable but would make a poor choice for a face mask. Look no further than your umbrella for an example. Chances are it's more of a fabric you can breath through, but only with substantial effort, which would not work for a face mask.

## Instructions

### Step 1: Join center seam

Join the curved seam that is center of our mask by placing the *good sides together* and sewing them in place.



Repeat this step for both the outer (main) fabric, and the inner (lining) fabric.

## Step 2: (optional): Press the center seam

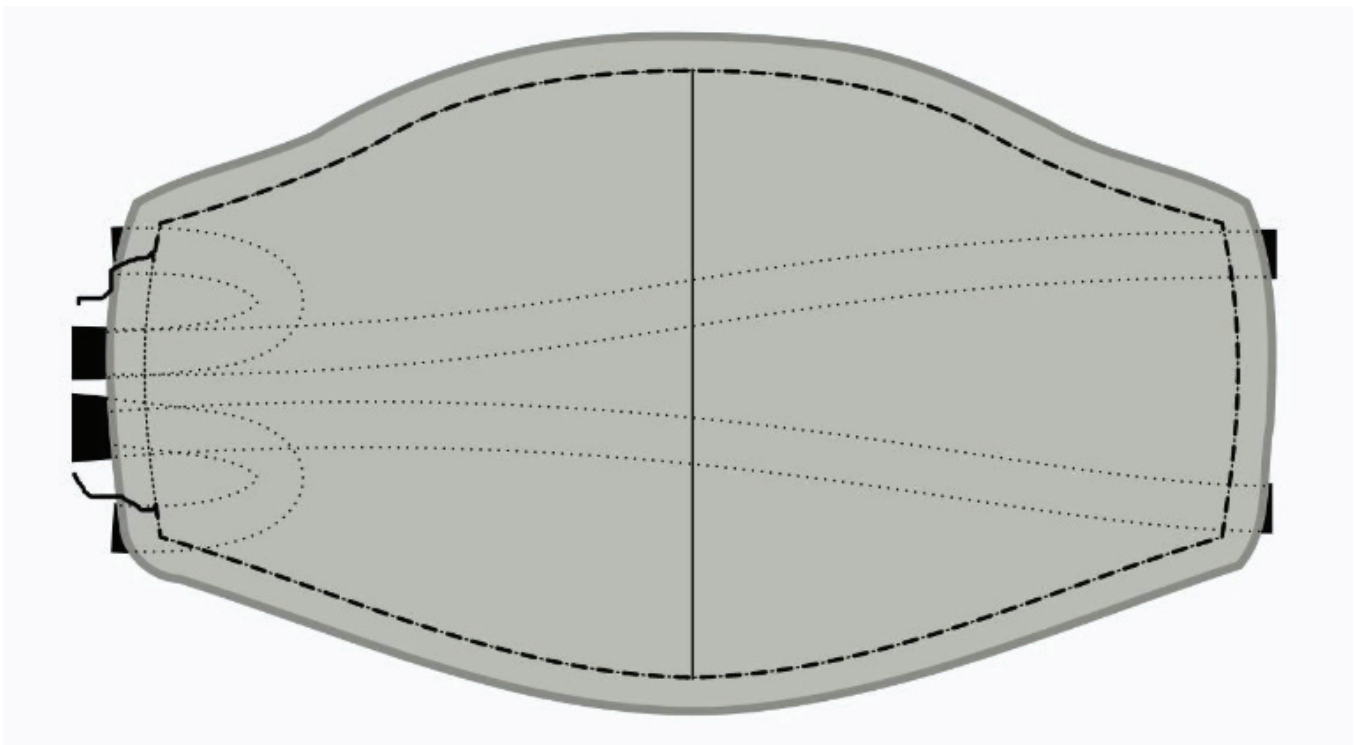
This step has no functional value, it will only make your mask look better. So if you're not too bothered about that, feel free to skip.

Press the seam allowance on the center seam open so the seam lies nice and flat.

As this is a curved seam, it won't lay flat. But you can approach it with your iron from one side, then do the second half from the other side. Alternatively, you can use a tailor's hem or cushion to press.

Repeat this step for both the outer (main) fabric, and the inner (lining) fabric.

## Step 3: Sew the outer to the inner fabric and attach ribbons



Now we will sew the inner (lining) fabric to the outer (main) fabric, and attach the ribbons all in one step.

- Place your lining fabric down with the good side up.
- Then, place two ribbons on the corners of one side (right in our example) so that they peak out just a bit from the mask, but the ribbon extends inwards.
- Now place the main fabric on top of this with the good side down. You should now have both layers of your mask on top of each other with good sides together and two ribbons sandwiched between them.
- Pin through ribbons and layers to keep them in place.
- Now do the same on the other side.

As you get some practice, you will find you don't need to pin this and can just insert the ribbons as you approach a corner.

Now sew around the mask, making sure to leave one side open so we can turn the mask inside-out later.

Be careful not to catch any of the ribbons in the seam apart from where you want them to. Either guide them through the opening you leave on one side, or bunch them up in between the masks of your layer to keep them out of the way.

#### **Step 4: Turn the mask inside-out**

Actually, your mask is inside-out now, so turning it inside-out will mean we get it outside-in or regular.

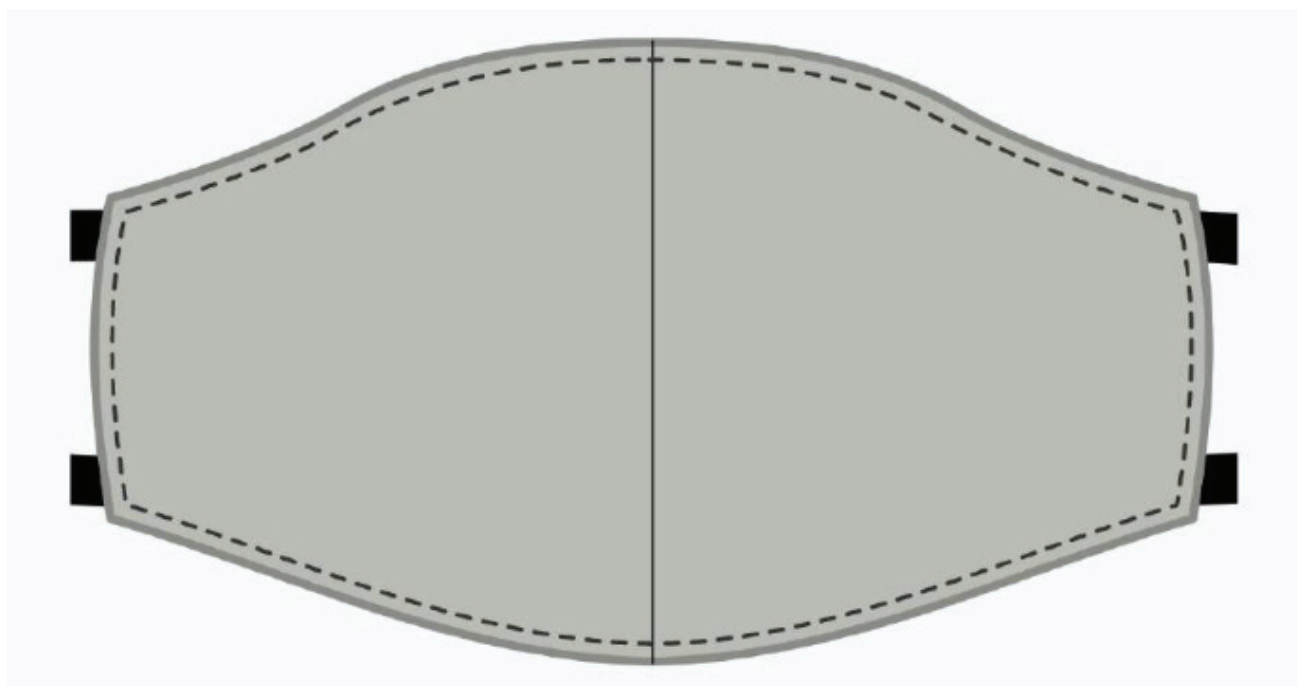
Just reach in through the side you left open and carefully pull the mask through to turn it.

#### **Step 5 (optional): Press the mask**

This step has no functional value, it will only make your mask look better. So if you're not too bothered about that, feel free to skip.

Now that the mask is as it should be, it's time to press it. Before doing so, make sure to fold the seam allowance of the side we left open inwards, so that we press it flat as if it was sewn.

## Step 6: Close open side of the mask and edge-stitch around the edge



Now it's time to close the side of the mask we left open to turn it inside-out.

We are not merely going to close the opening, but also edge-stitch around the entire mask to give the mask some extra stability, and keep the lining at the back.

Make sure the open side is folded neatly inside, then edge-stitch around the entire mask.

### Drop off:

When your masks are complete, please drop them off in the bins located at the Flag Circle entrance. Drop-off bins are available Monday through Friday, 8am-5pm.

**For additional information on this pattern visit: [freeewing.org](https://www.freeewing.org)**