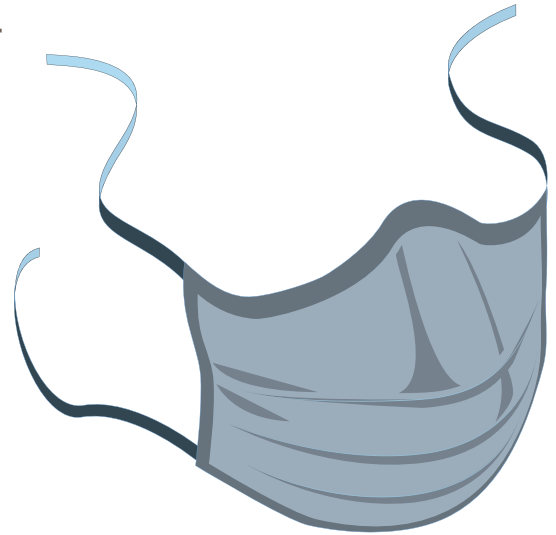


HOW TO MAKE AND DONATE FACE MASKS

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 health care 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-Friday, 8 am-5 pm.

Mask Pattern 1

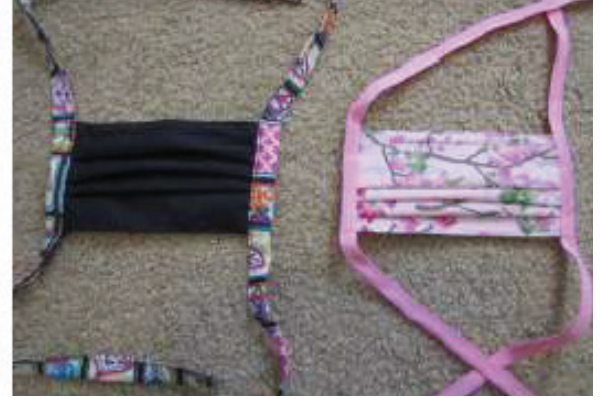
How to Make an Adult Mask With Ties

Supplies for one mask:

- One (1), 8"x14" piece of cotton fabric
- Two (2), 1.5" x 34" strips
- Thread and sewing machine or needle

Prepare the mask:

- On 8x14 inch piece, right sides together, sew ¼-inch seam, creating tube.
- Turn right sides out, press seam and fabric.
- Make three pleats, approx. one inch each in size, using steam or pins to hold. Mask will be approximately 3-3.5 inches in width.
- Sew ¼-inch seam on each side of mask, securing pleats.
- Trim seam allowance.



Prepare the ties:

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

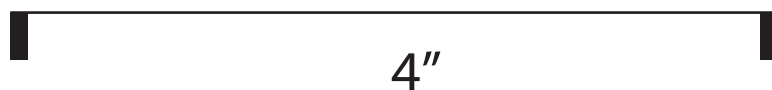
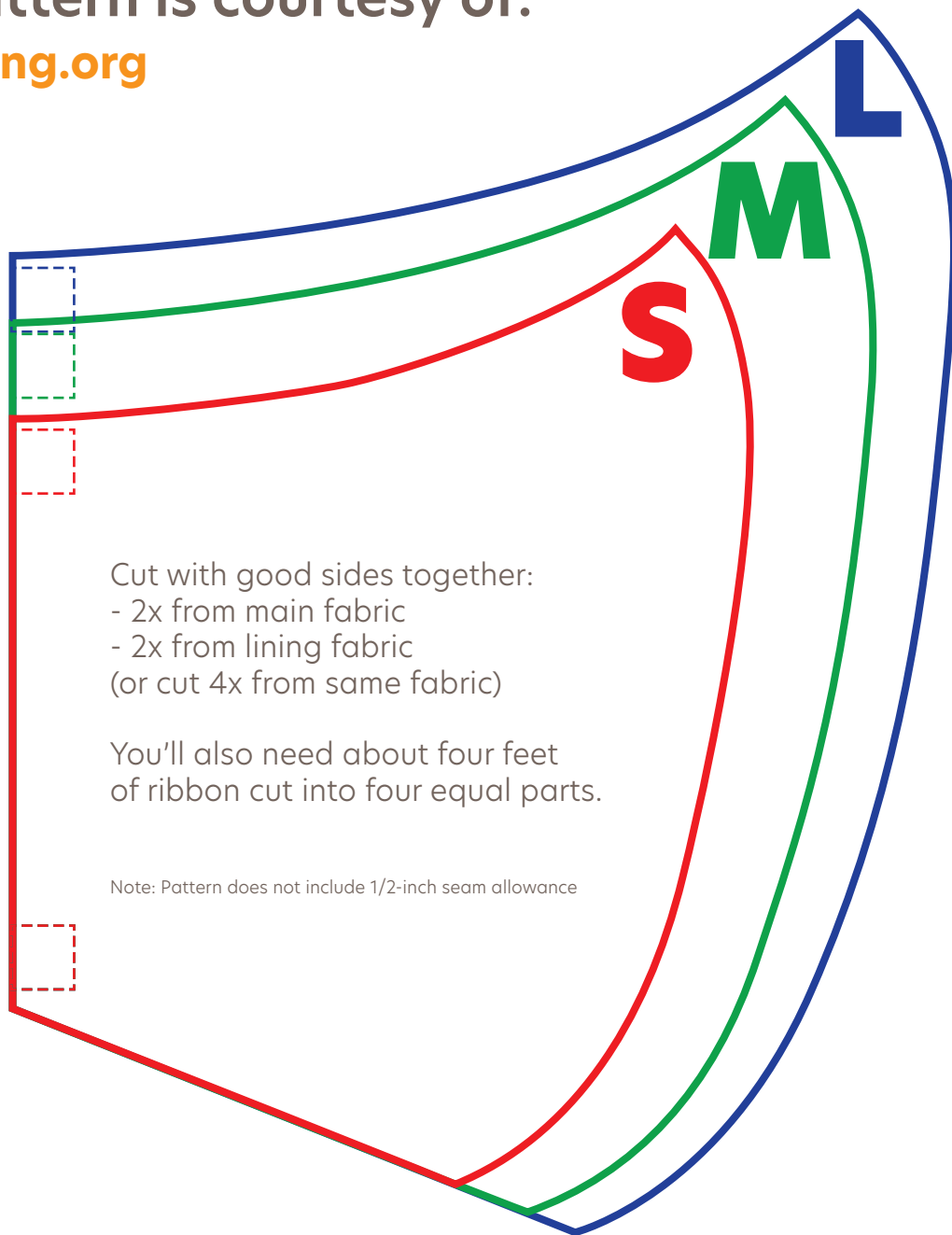
When your masks are complete, please drop them off in the bins located at the Flag Circle entrance. Drop-off bins are available Monday-Friday, 8 am-5 pm.



WISDOM FOR YOUR LIFE

How to Make an Adult Mask With Ties

This pattern is courtesy of:
freesewing.org



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 two mask parts
- Lining fabric
 - Cut two mask parts

If you're using the same fabric in and out (which is fine) then simply cut four 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 breathe 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

Fabric that is breathable is not the same as fabric you can breathe through. There are many so-called waterproof breathable fabrics 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 breathe through, but only with substantial effort, which would not work for a face mask.

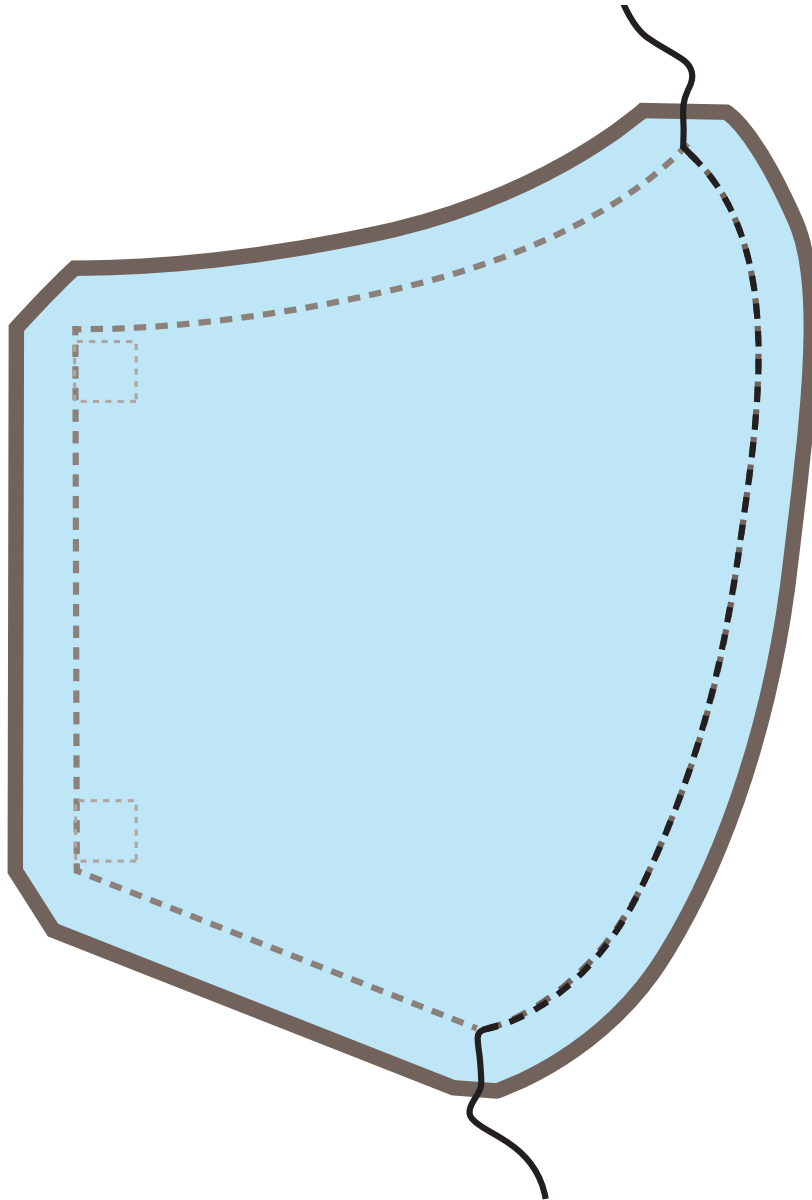
Drop off:

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

Instructions

Step 1: Join center seam

Join the curved seam in the center of the 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

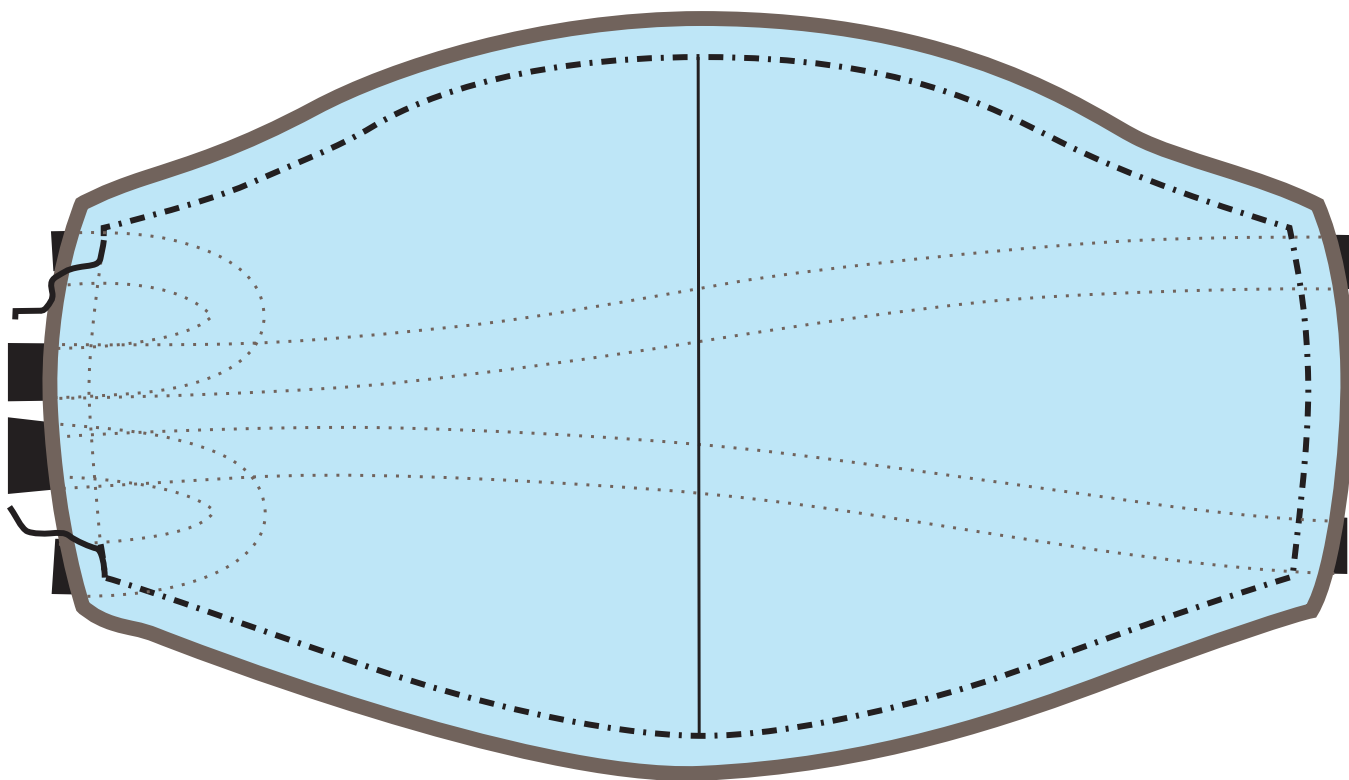
This step has no functional value, it will only make your mask look better. So if you're not too bothered about that, feel free to skip.

Press the seam allowance on the center seam open.

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 side in our example), so that they peek 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 except the area you want to catch. Either guide them through the opening you leave on one side, or bunch them up in between the masks 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.

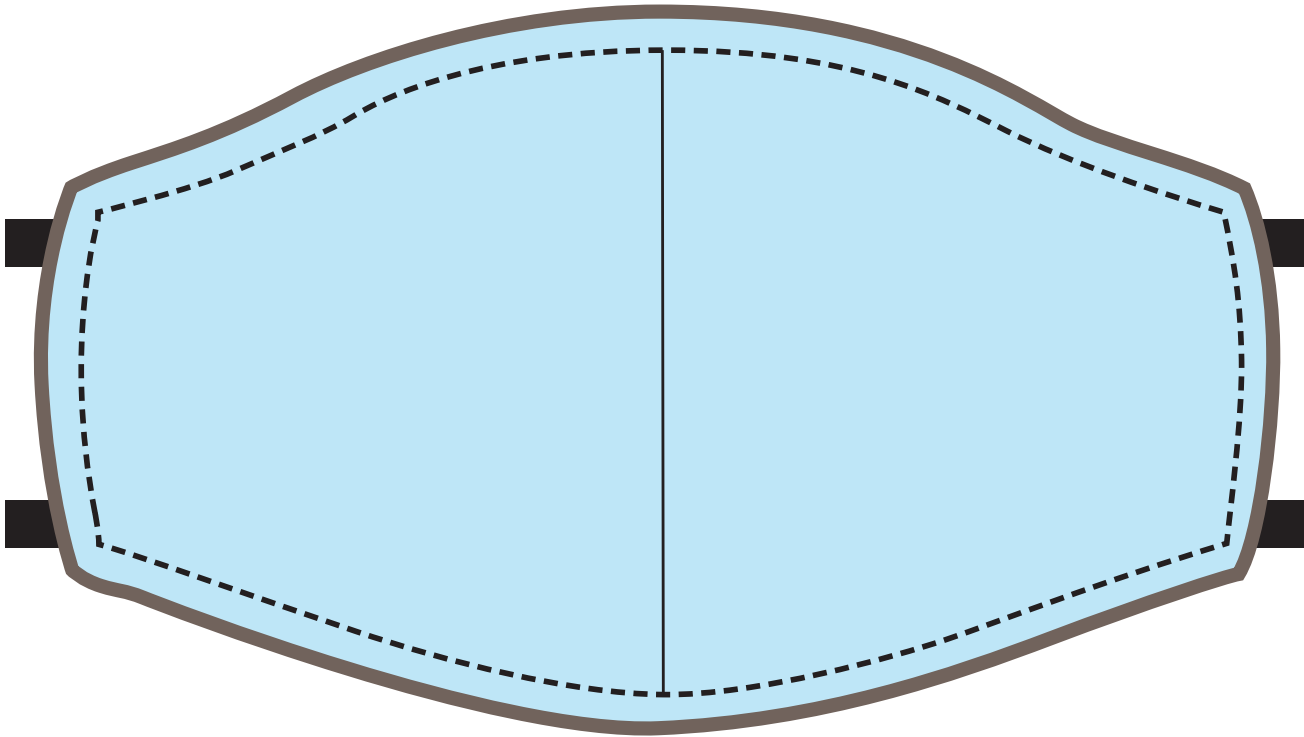
Just reach in through the side you left open and carefully pull the mask through to turn it.

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 were sewn.

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



Now it's time to close the side of the mask we left open.

We are not merely going to close the opening, but also edge-stitch around the entire mask.

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

For additional information on this pattern visit: freesewing.org

Drop off:

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WISDOM FOR YOUR LIFE

How To Sew a Cloth Face Covering

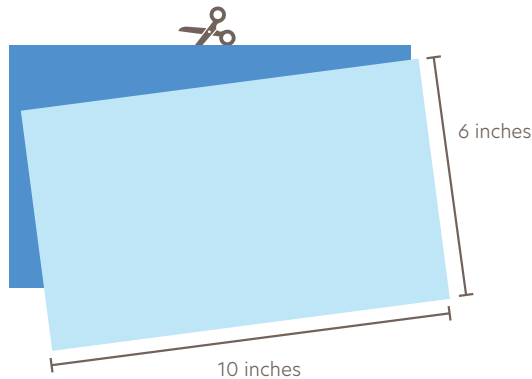
Materials

- Two, 10"x6" rectangles of cotton fabric
- Two, 6" pieces of elastic (or rubber bands, string, cloth strips or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

Instructions

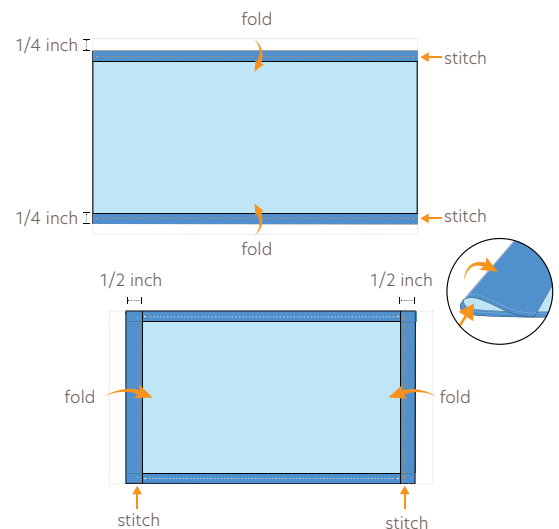
Step 1

Cut out two, 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it were a single piece of fabric.



Step 2

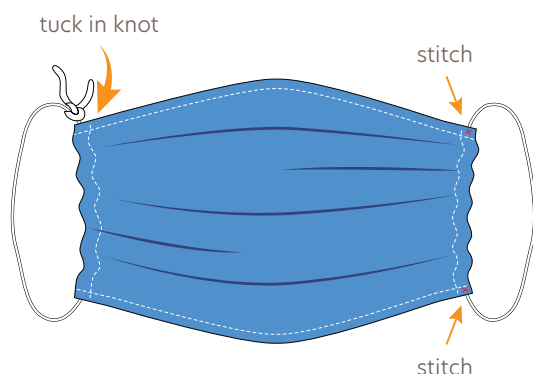
Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.



Step 3

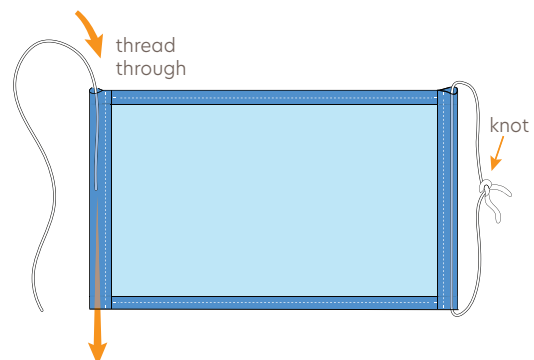
3. Run a 6-inch length of $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight.

Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.



Step 4

Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.

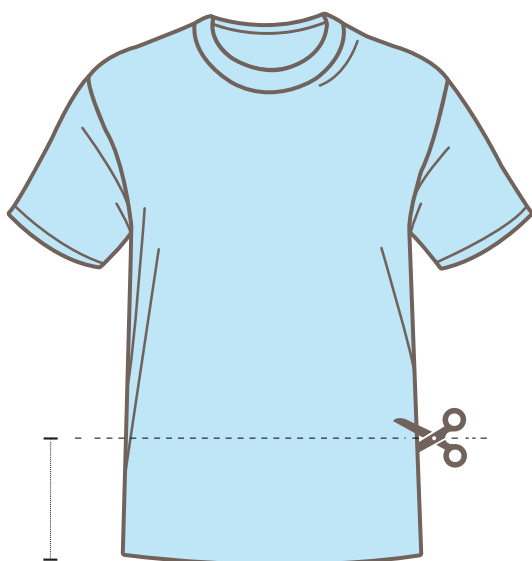


Quick-Cut, T-Shirt Face Covering (No-sew method)

Materials

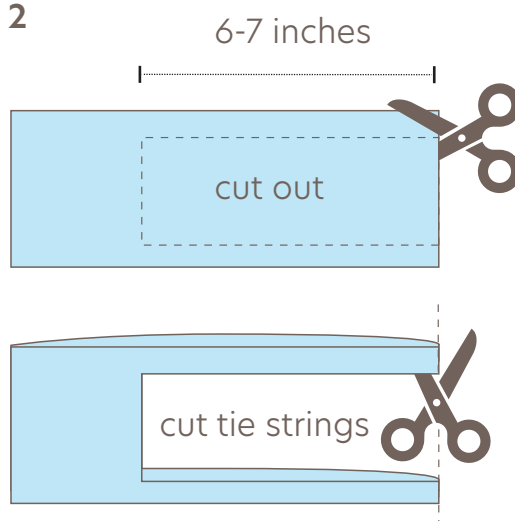
- T-shirt
- Scissors

Step 1

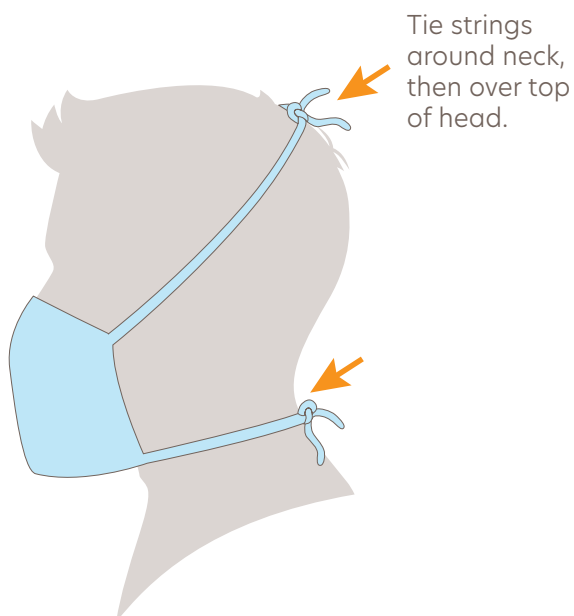


7-8 inches

Step 2



Step 3



Tie strings around neck, then over top of head.

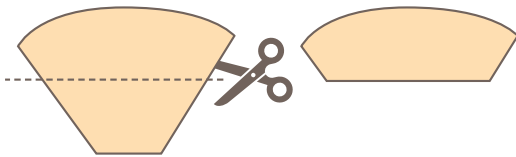
Bandana Face Covering (No-sew method)

Materials

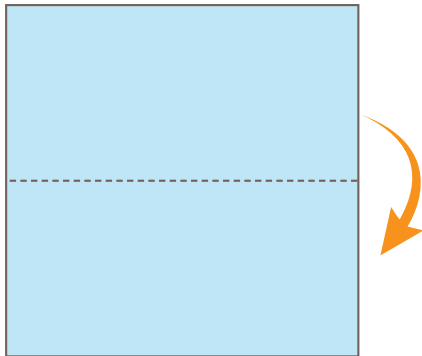
- Bandana (or square cotton cloth approximately 20"x20")
- Coffee filter
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Step 1

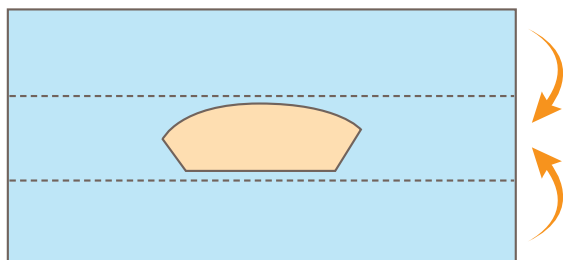
cut coffee filter



Step 2



Step 3



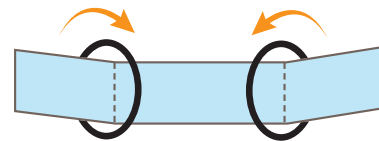
Fold filter in center of folded bandana.
Fold top down, fold bottom up.

Step 4



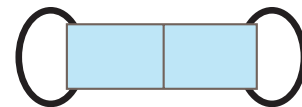
Place rubber bands or hair ties about 6 inches apart.

Step 5



Fold side to middle and tuck.

Step 6



Step 7

