



HOW TO MAKE A FACE MASK

We are welcoming fabric masks from our community as we prepare for COVID-19.

Orders for standard/disposable masks are on long back-orders, due to both demand and supply chain issues. Other hospitals across the country are reporting the same supply concerns.

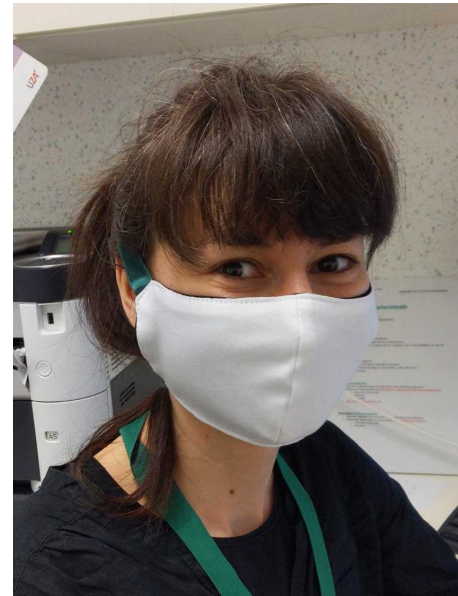
According to the CDC, fabric masks are a crisis response option when other supplies have been exhausted. "Prior to modern disposable masks, washable fabric masks were standard use for hospitals," said Dawn Rogers, MSN, RN, FNP-C, Patient Safety & Infection Prevention Office. "We will be able to sterilize these masks and use them repeatedly as needed. While it's less than ideal, we want to do our best to protect our staff and patients during this pandemic."

WHAT YOU NEED

- Basic sewing supplies
- Suggested Fabric: Tightly woven cotton or viscose/rayon
- Elastic or about 4 feet of ribbon cut in 4 equal parts

ADDITIONAL SUGGESTIONS:

- 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 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 more protection against small molecules like this virus.



FABRIC OPTIONS

Suggested Fabric: Tightly woven cotton or viscose/rayon

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.

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

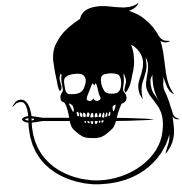
When your masks are complete, please email Tina Swanton t.swanton@mihia.org to arrange pickup/delivery. (We will do our best to coordinate and keep all parties safe.)

Collected masks will be immediately sent to laundry/processing to be prepared for use.

The pattern is courtesy of: <https://freeseewing.org/>

Link to complete instructions: <https://freeseewing.org/docs/patterns/fu/instructions/>

Fu Face Mask

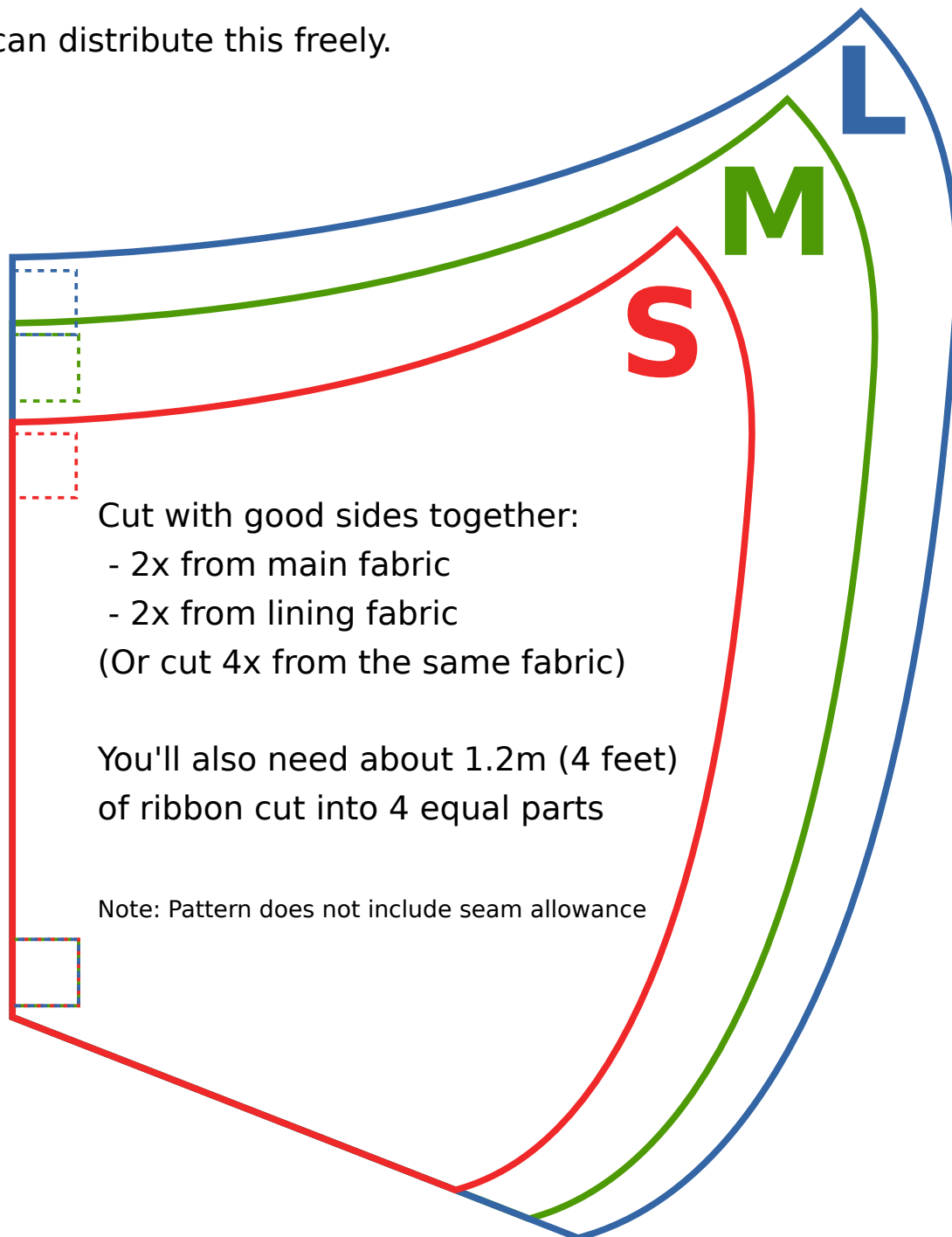


This is based on freesewing.org's Fu Face Maks pattern.

You can generate your own at: <https://freesewing.org/designs/fu/>

Instructions: <https://freesewing.org/docs/patterns/fu/instructions/>

You can distribute this freely.



Cut with good sides together:

- 2x from main fabric
- 2x from lining fabric

(Or cut 4x from the same fabric)

You'll also need about 1.2m (4 feet)
of ribbon cut into 4 equal parts

Note: Pattern does not include seam allowance

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