

FACE MASK MAKING

Many members of our community have reached out and asked if they can help us by making facemasks. We believe cloth facemasks can play a role in infection prevention if used correctly.

First, facemasks can protect the wearer by discouraging hand-to-mouth transmission - but remember, hand hygiene and social distancing are still the MOST important way to stay safe.

Second, facemasks protect others (rather than the wearer) by helping contain droplets emitted from speaking, coughing, sneezing. However, if you are coughing and sneezing, we do encourage you to stay home.

Peninsula Regional Medical Center is now collecting handmade facemasks for those in health care roles who are not taking care of patients but need extra protection, as well as for our patients.

We have some surgical wrap fabric that may be used in the making of masks. Clean, new, tightly woven fabric is also acceptable.

FOR THE SAFETY OF ALL:

- Avoid making facemasks if you are sick or think you might be getting sick.
- Avoid making facemasks if you have been told you have a multi-drug resistant organism like MRSA or C. diff., or if you have any open or draining wounds.
- Keep all facemask materials away from household pets.
- Be sure the area in which you are working is clean (sanitize all surfaces with a disinfectant) before making facemasks.
- Be sure to perform hand hygiene before touching facemask materials.

If you would like to help make facemasks for us please contact Joyce Lecates at **410-543-7202**.

DIRECTIONS: Printable instructions and instructional videos are available at <https://www.deaconess.com/How-to-make-a-Face-Mask>.



INSTRUCTIONS FOR HOMEMADE FACE MASK (WITH ELASTIC)

Materials needed (with elastic)

- Tight-weave cotton fabric (i.e. quilting cotton)
 - Fabric must be newly purchased within approximately the past year and never used.
 - Wash and dry fabric without fragrance or dyes prior to sewing.
- Rope Elastic, beading cord elastic will work (you may also use 1/8" flat elastic if 1/4" is unavailable. Some have used wider flat elastic and cut it in half with some success).

One adult mask requires two (2) 9"x6" pieces tight-weave cotton and two 7" pieces of 1/4 inch elastic. Therefore, one yard of 44" wide fabric yields 12-15 masks. You need 7.5 yards of elastic for 25 masks (14 inches per mask).

You can make two sizes: Adult or Child. **Adult-sized masks will be the greatest need.**

1. Put right sides of cotton fabric together (Be sure any fabric design is placed horizontally.)
 - Cut 9x6 (Adult) or 7.5 x 5 (Child)
2. Starting at the center of the bottom edge, sew to the first corner, stop. Sew the elastic with the edge out into the corner. A few stitches forward and back will hold this.
3. Sew to the next corner, stop, and bring the other end of the same elastic to the corner and sew a few stitches forward and back.
4. Now sew across that top of the mask to the next corner. Again, put an elastic with the edge out.
5. Sew to the next corner and sew in the other end of the same elastic.
6. Sew across the bottom leaving about 1.5" to 2" open. Stop, cut the thread. Turn inside out.
7. Pin 3 tucks on each side of the mask. Make sure the tucks are the same direction
8. Sew around the edge of the mask twice.

INSTRUCTIONS FOR HOMEMADE FACE MASK (NO ELASTIC NEEDED)

Materials needed

- Tight-weave cotton fabric (i.e. quilting cotton)
 - Fabric must be newly purchased within approximately the past year and never used.
 - Wash and dry fabric without fragrance or dyes prior to sewing.
- Options for Ties
 - Bias Tape (either ½ or 7/8 as available)

OR

- Make ties from strips of fabric indicated above (cut strips 2 " wide by 16" long)

One adult mask requires two (2) 9"x6" pieces tight-weave cotton and four (4) 16" pieces of bias tape or fabric ties (64" total per mask). Therefore, one yard of 44" wide fabric yields 12-15 masks. You need 21 1/3 yards of bias tape for 12 masks.

You can make two sizes: Adult or Child. Adult-sized masks will be the greatest need.

1. Place right sides of cotton fabric together (Be sure any fabric design is placed horizontally.)
 - Cut 9x6 (Adult) or 7.5 x 5 (Child)
2. Starting at the center of the bottom edge, sew around the edges of the fabric leaving about 1.5" to 2" open.
3. Stop, cut the thread. Turn inside out.
4. Pin three (3) ½" tucks on each side of the mask. Make sure the tucks are the same direction.
5. Make ties using Bias Tape or Fabric.
 - a. Bias tape: stitch closed.
 - b. Fabric: Fold in half, turn under 1/4 " on each long side, iron in place. Stitch long edges closed.
6. Pin one (1) tie at each corner.
7. Sew around the edge of the mask twice, catching the bias tape as you go.