



## Sewing Fabric Surgical Masks

Thank you for your interest in sewing fabric surgical masks for healthcare personnel. National supplies of Personal Protective Equipment (PPE) are critically low and we appreciate your help to fill the gap!

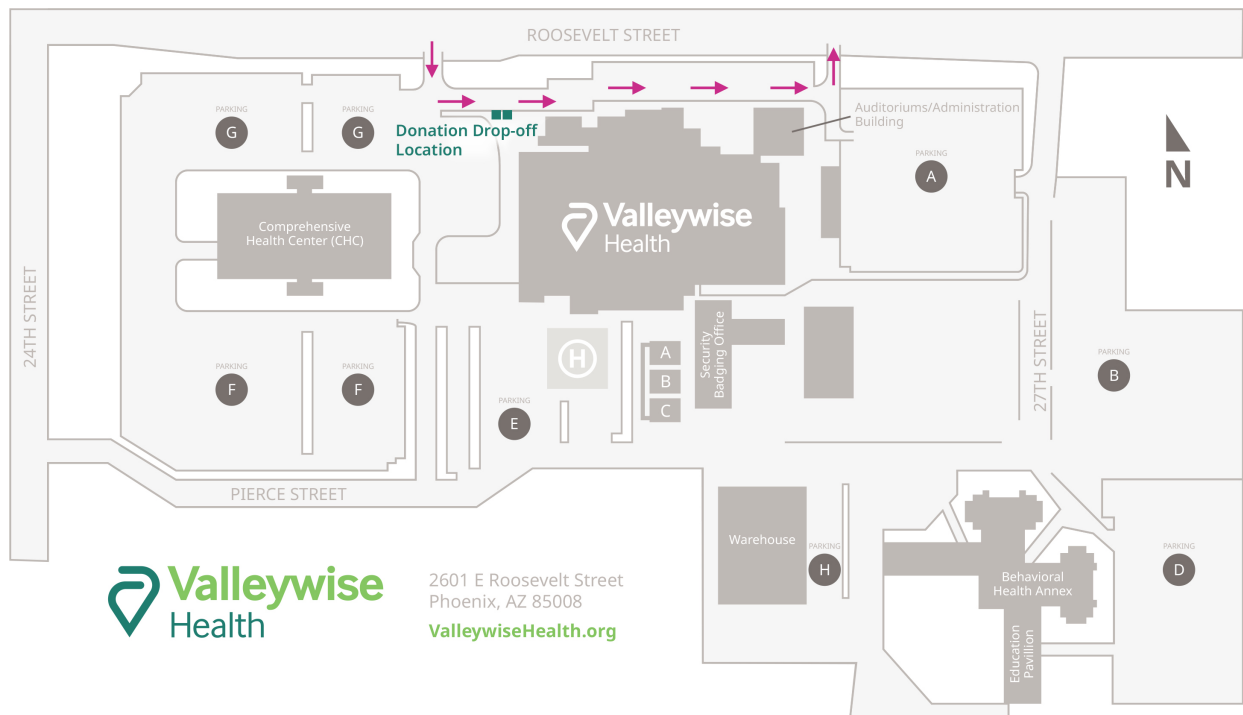
We aren't worried about looking stylish – but they do need to be functional. Non-matching fabrics, thread, and binding strips are just fine, but a well-sewn mask with no frayed edges or missed seams or “holes” is important.

Written instructions are provided below.

We will launder and sterilize the masks prior to use with our Clorox Optimum-UV System that emits ultraviolet-c radiation used to help fight pathogens in our Arizona Burn Center – Valleywise Health so, there is no need for participants to do any extra steps.

### Drop Off Location and Hours

The drop off location for donated handmade face masks is at the Valleywise Health Medical Center, located at 2601 E. Roosevelt Street, Phoenix, AZ 85008 between the hours of 8am and 3pm. We will have donation bins available. Please refer to the map below.





## How to Make a Mask:

### SUPPLIES:

- One piece of tightly woven fabric, duck cloth, canvas, or a high quality quilter's cotton fabric is preferred. Cut to the size of 15" x 7.5" (38 cm x 19 cm)
- 2 heavier plastic-coated twist ties 4 - 6 inches in length (no paper twist ties – as they will not stand up to washing)
- Extra wide double fold bias tape (can be purchased or you can easily make it yourself with instructions below. You will need approx. 8 inches per mask.
- Braided elastic for ear loops. Recommend 1/16 to 1/8 inch, about 20 inches. ¼ inch should work well too

### INSTRUCTION FOR SEWING MASK:

1. Serge or zig-zag stitch the short (7.5") sides of the fabric.
2. Fold fabric in half, matching short sides, with wrong sides together.
3. Mark 1 ½ inch in from each side edge.
4. Sew a straight line stitch from each 1 ½ inch marking to the outer edge of the fabric on both sides with a ¼ inch seam. Backstitch (at both ends of the stitching) to secure the seam. This will leave a gapped opening in the middle.
5. Press seams and gap edges open.
6. Turn right side out and topstitch across seams and gap seams.
7. Mark ½ inch in from seam line on both edges but on one side only of the seam line.
8. Fold across the width of the mask using the ½ inch marks and press.
9. Topstitch across the top of the folded edge and then all the way around the mask edges.
10. Insert the twist tie and center it in the top folded edge next to the gap opening.
11. Stitch across the gap seam securing the twist tie in the fold. Stitch across the ends of the twist tie to keep it from shifting.
12. With the gap opening up and facing you, make pleats any size you'd like folding them toward the gap opening.
13. Stitch across ends of the pleats to secure.
14. Sew bias tape to the pleat ends by first folding under the raw end of the bias tape and ending by folding back the raw end of the bias tape so there isn't a raw end of bias tape showing.
15. Insert a 10 inch elastic piece through the bias tape. Knot the elastic and pull the knot into the bias tape to hide the knot. Do not trim ends of the elastic knot so the elastic can be adjusted to suit the user. Thank you!