



Created for Crisis Convertible CareCap

DESCRIPTION

The Created for Crisis CareCap is a convertible scrub cap. Elastic ear loops are common in both commercial and homemade face masks. The buttons in this design are intended to reduce strain on the ears when wearing such masks.

To use the cap as an ear-saving headband, fold it flat and tie it around the head, using the buttons on each side to hold ear loops in place.

To use as a full-coverage cap, expand the folds until the whole head is covered, then tie around the head OVER the loose fabric at the back.

DISCLAIMER

- Created for Crisis does not recommend the use of these homemade scrub caps when commercially manufactured caps are available.
- These caps are not masks.
- These caps have not been tested for fluid resistance, particulate or bacteria filtration efficiency, differential pressure, or flammability.
- Using buttons to hold face mask ear loops in place may affect the fit of the mask. Follow manufacturer recommendations when wearing face masks.

WARNINGS:

Caps are intended for adults only. Caps should not be placed on children or anyone or otherwise unable to remove the cap without assistance

RECOMMENDATIONS:

We recommend monitoring the CDC website below for the latest updates regarding the respirator shortage: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/respirators-strategy/crisis-alternate-strategies.html>

See www.createdforcrisis.org/labelingandsafety for more information.

SUPPLIES

- Pre-washed Fabric - 100% cotton (quilter's cotton is ideal)
- All-purpose thread (polyester)
- 4 buttons (½"-1" in size, plastic preferred)

EQUIPMENT

- sewing machine
- iron & ironing board
- scissors
- ruler
- pins & needles
- fabric marker or chalk
- sewing gauge

PATTERN PIECES **Ties** (*cut 2*) - 2" X 14" **Cap** (*cut 1*) - 19" X 19"

DIRECTIONS { Watch a tutorial video here: <https://youtu.be/DJ4EHoP74g> }

1. With the wrong side facing up, press 1/4" fold on one end of the tie. Then fold the ties in half lengthwise, right side out (wrong sides together) and press to create a crease.
2. For each tie, fold long sides in so raw edges meet at the crease in the center. Refold on crease, resulting in a total width of about 1/2". Press.
3. Stitch along the open edges of the tie, along the length and the one folded end. (If using bias tape, stitch along the length to close long edges.)
4. On two opposite edges, do a zig zag stitch along the edge.
5. Place the cap fabric wrong side up. On the two sides with the zig zag stitch, fold 1/4" to the wrong side and press. (There's no need to stitch this. Just keep the hem in place.)
6. Create a hem on the two remaining edges. Fold over ¾" to the wrong side. Press. Fold over another 3/4" to the wrong side. Press. Stitch hems into place.
7. Fold the fabric like a fan. With the cap fabric wrong side up, take one of the hemmed sides from Step 6 and fold 2" to the wrong side. Flip the fabric to the right side. Take the previous folded section and fold over 2" to the right side. Flip to the wrong side and repeat. Continue folding until all the fabric is contained within the original 2".* Looking at the right side of the fabric, there should be four distinct folds. When folded flat, the right side of the fabric should face out on both sides.
8. Pin the edges of the cap fabric to hold the folds in place.
9. Attach the ties. Center the raw edge of a tie on one of the short edges of the cap. Slip it between the middle of the folds. It should be centered and go into the cap at least 1/4". Pin or do a hand basting stitch to hold. The bulk of the ties should be going outwards. Repeat with the remaining tie on the other side.
10. Edge stitch on the two short sides at least twice to secure the ties and hold the folds in place.
11. Hand sew the buttons. On one side of the folded cap, measure inward 3 ½" and 1 ¼" from each short edge and mark. This is the button placement. Buttons should be attached above the hemline stitches. The buttons are sewn to the top fabric layer only. When done, the cap should still unfold.

*** TIP: The folds do not need to be exact. Try to get the first and last fold as close to 2" as possible. The inner folds can be adjusted to make the fan folding work.**



Process Guide

CLEANING GUIDELINES

FOR EVERYONE:

- 1) Wash your hands! Wash hands before handling materials or making masks. When handling donations, wash hands both BEFORE and AFTER to minimize your own exposure risk as well as that of the next person in the supply chain.
- 2) Place all donations into sealed plastic bags! This minimizes contamination during travel.
- 3) Social distancing! Stay six feet from others and practice not touching your face, eyes, and mouth.

FOR MAKERS:

We recommend consolidating donations with others to minimize the number of individuals going to donation collection sites.

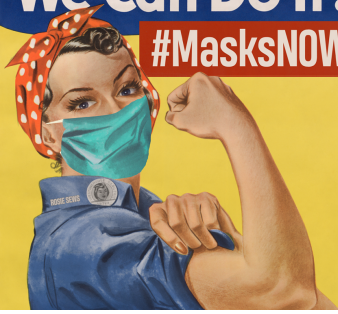
- 1) Wash hands before working on masks and before returning to them after breaks.
- 2) Work with clean, pre-washed fabrics.
- 3) Wash the completed homemade masks on a HIGH temperature (preferably at least 158°F or 60°C) standard wash cycle using standard laundry detergent. Dry on high temperature.
- 2) Remove masks from dryer with clean or gloved hands. Place directly into a clean, sealable plastic bag.

FOR COLLECTION SITES:

- 1) Place receiving box in a clearly visible location. Outside is ideal to avoid contact and maintain cleanliness inside of your facility.
- 2) Wash hands BEFORE and AFTER handling donations to store at your location until collected by a volunteer.
- 3) Volunteers will contact you to set up a collection time. Place donations at the pick-up location, preferably outside, for the volunteer to collect. Allow volunteers to do this by themselves if possible. If this is not possible, maintain 6ft distance at all times.

PACKING GUIDELINES

- 1) Box: All homemade facemasks must be distributed in a plain paper box such as a corrugated cardboard box.
- 2) Outer Labeling: The box must not make any content indications or claims beyond the Masks Now logo. The use of the words “mask”, “facemask”, “surgical”, “protective”, or any other related term must not appear on the outer box.
- 3) Packing Materials: Packing materials such as tissue paper or packing paper may be used to prevent damage to the face masks but should be limited where possible.
- 4) Packing Slip: The Packing Slip must be completed in full in indelible ink (such as pen) in legible handwriting and provided within every shipping container. Where colored printing is not available, black & white is acceptable, provided all content is fully legible.



Thank you

Donate today: MasksNow.org/Donate

In this unprecedented moment in history, we thank you for your commitment to the well-being of our community, nation, and world at large. Please accept these masks as a token of our gratitude for your immeasurable dedication.

THIS PACKAGE CONTAINS _____ ITEMS

ITEM STYLE: ☐ 3-Layer Mask ☐ Pocket Mask ☐ Mask Cover ☐ Caps ☐ Other

MADE WITH LOVE BY:

These have been donated for FREE by volunteers.

IF YOU'D LIKE TO SUPPORT US:

Visit MasksNow.org/Donate or mail a check to Created for Crisis Inc. c/o Jodi Murray 69 Pine Hawk Dr. Spring Lake, NC 28390. Please make checks payable to Created for Crisis Inc and include "MasksNow" in the memo.

MATERIALS USED

BACK LAYER (BODY CONTACTING LAYER):

- ☐ 100% Cotton
☐ Cotton/Polyester Blend
☐ Other:

MIDDLE LAYER: *(IF USED)*

- ☐ Therm O Web Q2030, Q2130, Q2230
☐ Pellon 30 40 810
☐ Other non-woven, non-fusible poly/poly blend interfacing

FRONT LAYER:

- ☐ 100% Cotton
☐ Cotton/Polyester Blend
☐ Other:

MASK CARE

BEFORE DISTRIBUTION: Homemade masks should be washed after every use, or as frequently as possible. Wash the homemade mask on a HIGH temperature (preferably at least 158 F or 60 C) standard wash cycle using standard laundry detergent. Dry on high temperature.

DISCLAIMER

FOR MASKS:

Created for Crisis does not recommend the use of these homemade facemasks when surgical masks or N95 respirators are available. These should only be used in non-surgical settings when the healthcare provider (HCP) will be more than 3 feet from a symptomatic patient OR within 3 feet of symptomatic patient wearing a surgical facemask. HCPs should NOT use these when there is:

- Significant exposure to liquid, bodily, or other hazardous fluids
- A high level of infection risk through inhalation exposure
- A high-intensity heat sources or flammable gases

WARNINGS:

- These homemade facemasks are not surgical masks or Filtering Facepiece Respirators (FFRs).
- These face masks have not been tested for fluid resistance, particulate or bacteria filtration efficiency, differential pressure, or flammability.

RECOMMENDATIONS:

We recommend monitoring the CDC website below for the latest updates regarding the respirator shortage: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/respirators-strategy/crisis-alternate-strategies.html>

See www.createdforcrisis.org/labelingandsafety for more information.

FOR CAPS:

- Created for Crisis does not recommend the use of these homemade scrub caps when commercially manufactured caps are available.
- These caps are not masks or surgical caps.
- Using buttons to hold face mask ear loops in place may affect the fit of the mask. Follow manufacturer recommendations when wearing face masks.

WARNINGS:

- These caps SHOULD NOT be used in a surgical setting or where significant exposure to liquid bodily or other hazardous fluids may be expected, used in a clinical setting where Level 3 or 4 protection is warranted, or used in the presence of high intensity heat source or flammable gas.
- Caps are intended for adults only. Caps should not be placed on children or anyone or otherwise unable to remove the cap without assistance.