

Created for Crisis Mask Cover

DISCLAIMER

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.

IMPORTANT NOTE ON MASK FRONT VS. BACK

For safety reasons, the mask wearer MUST be able to identify the front and back of the mask at a glance. With this in mind, use either patterned fabric or two distinct colors. **If using patterned fabric:** the finished mask will have the “wrong” side of the fabric facing out on one side. **If using solid fabric:** the two sides will be clearly different colors.

The instructions assume patterned fabric is used to assist in managing “right” and “wrong” sides, but solid fabric is also acceptable.



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SUPPLIES

- Cotton/poly blend of at least 50% cotton is preferred, 100% cotton is acceptable. (Print or two distinct solids)
- All-purpose thread (polyester)
- *Optional: premade bias tape or binding tape, no larger than 1/2"*

EQUIPMENT

- sewing machine
- ruler
- iron & ironing board
- scissors
- assembled pattern
- pleat guide (included)

PREPARATION

- **Prewash ALL fabric** on hot and dry on hot.
- Cut according to the following measurements:
 - Ties - cut 4 - 2" x 20" (If using bias tape, cut four 20" long pieces)
 - Mask - Cut according to pattern
 - If using a print, cut 2 pieces
 - If using solid colors, cut 2 (1 of each color) Cut ties to match outer color

Seam allowance is 1/4" unless stated otherwise. Instructions assume patterned fabric.

See Process Guide for cleaning and packing guidelines



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DIRECTIONS

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. Take one mask piece and lay it down right side up. Attach the ties by lining up the raw edge of the ties with the raw edge of the fabric, centering the tie ends on the marks transferred from the pattern, and baste. The loose ends of the ties should come toward the middle of the fabric.
5. Take the piece with the ties, and fold it in half right sides together. Sew the dart at the top of the mask as indicated on the pattern, taking care not to catch the ties. Trim the excess, leaving a 1/4" seam allowance.
6. Take the remaining mask piece, and fold it in half wrong sides together. Sew the dart at the top of the mask as indicated on the pattern. Trim the excess, leaving a 1/4" seam allowance.
7. Now the two pieces will be sewn together. Take the piece with the ties attached, facing right side up, and gather the ties to the center to get them out of the way.
8. Lay the second piece on top right side up, lining up the edges, seams at the top, and straight sections at the bottom.
9. Sew around all edges with a 1/4" seam allowance, leaving a 2" gap at the top for turning.
10. Clip the corners of the mask, taking care not to cut the stitching.
11. Turn the mask right side out through the opening. Topstitch 1/8" all the way around, closing the gap and strengthening the construction.
12. Press the mask, focusing on the edges and bottom, where pleats will be added in the next steps.
13. Use your template to mark the knife pleats on the sides: With the right side up and the dart at the top, line up the template with the edge of the mask like a ruler. The template should be the same length as the edge of the mask. Transfer the marks. Repeat on both left and right sides.
14. Use your template to mark the box pleat on the chin: Fold the mask in half and mark the center of the bottom edge on the right side of the fabric. Unfold. Line up the bottom of your template with the bottom of your mask, matching the center lines. Mark either side of the center using the bottom corners of the template.
15. To form the knife pleats on the sides, find pairs of markings that are 1 1/4" apart and fold down so those markings line up. The 1st mark meets the 2nd, the 3rd mark meets the 4th, and the 5th mark meets the 6th. All pleats should open towards the bottom of the mask, with the bulk on the back pressed towards the top.
16. Pin in place and press. Avoid pressing over your pins, and avoid pressing over the shaping in the middle - pinch or push it out of the way to make room for your iron.
17. To form the box pleat on the chin: with the right side facing up, pinch the marks on either side of the center together. Flatten the fabric that has risen up, so that it is flush against the mask and the center mark meets the pinched point. You should have a box shaped pleat roughly 1" wide on the front of your mask. Pin in place, and press.
18. Topstitch around the whole mask again. This strengthens the construction and secures the pleats. If your machine is struggling to stitch over the pleats, you may topstitch at 1/4"



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TIPS

If you are having trouble visualizing how to form the pleats:

Fold the pleat template as directed by the arrows on the pattern piece. The pleats should open towards the bottom of the mask, and the bulk of the pleat on the back should be folded towards the top of the mask

To check that your pleats are facing the right way, run a finger from the bottom of the template to the top, if it slides under a pleat, you have folded correctly. You can do the same to double check the pleats on your mask in step 12.

If you are having trouble sewing through the bulk of the pleats, there are a couple of methods to help:

Slow the speed of your sewing and press firmly on the pleat, compressing it and helping it through your machine, taking care not to slide the pleat around.

If your machine is pushing the pleats out of place, instead of sewing around all four sides of the mask in one step, you can sew it in parts. Sew down the pleats with the fold facing towards you. When you get to the side where the pleats face away from you, stop and sew from the other direction so the pleats always face towards you.

Instead of using the foot pedal, use the handwheel on your machine to sew, taking care not to force your machine but to be able to feed the fabric through in a controlled fashion over the problem areas.

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CUT PIECES:

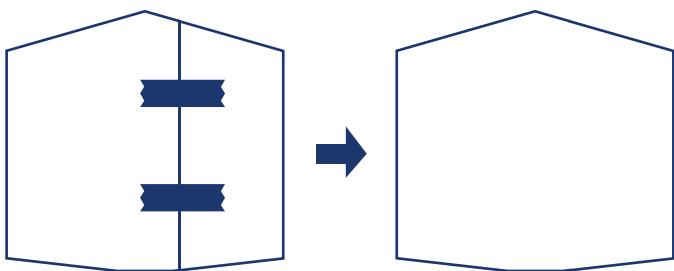


Cut Tie 1 & Tie 2

Pattern pieces,
assemble (see pattern)

Cut 4 Ties

2 x 20"

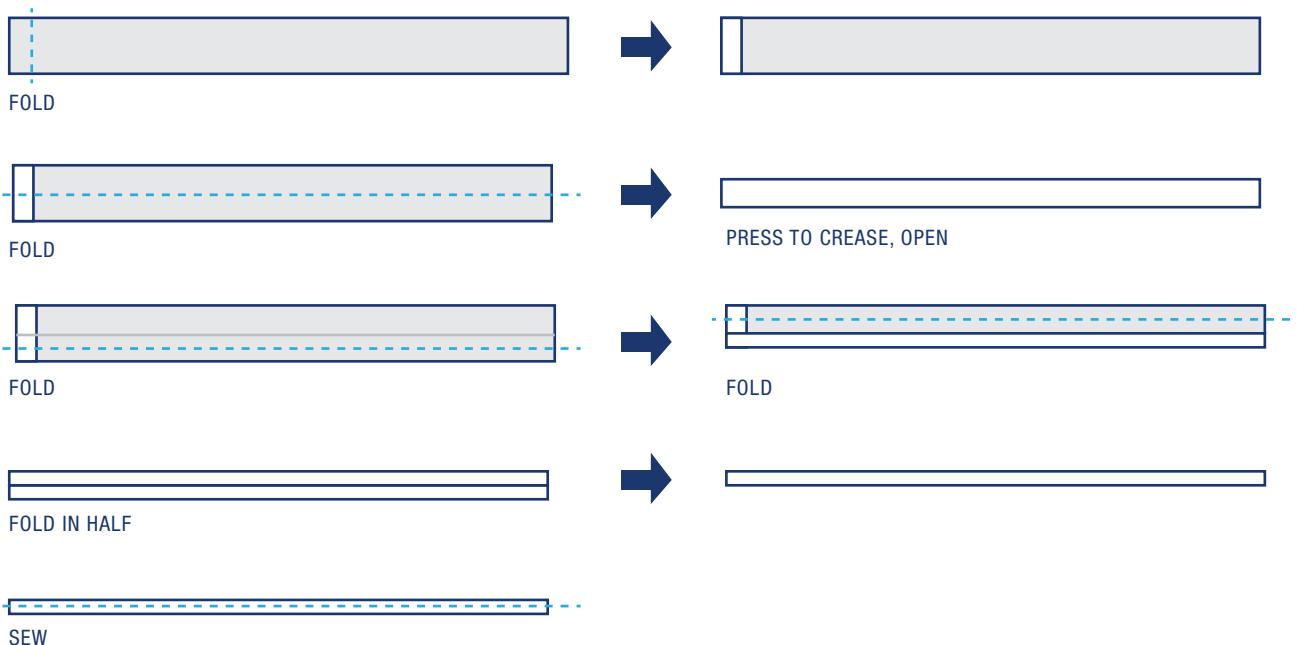


Cut Mask A1 & A2

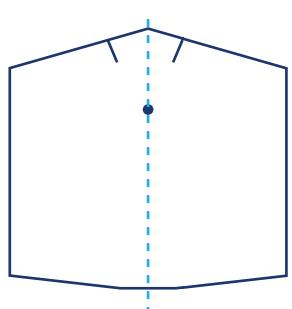
Pattern pieces,
assemble (see pattern)

Cut 2 of Fabric

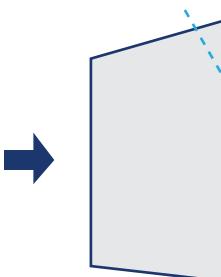
ASSEMBLE TIES:



ASSEMBLE MASK:



FOLD PIECE 1, RIGHT SIDE UP



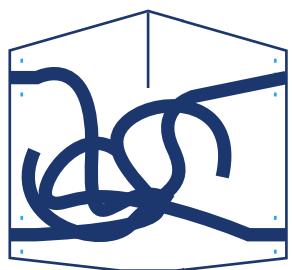
SEW DART



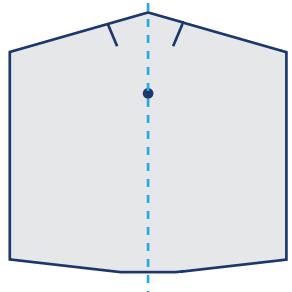
TRIM



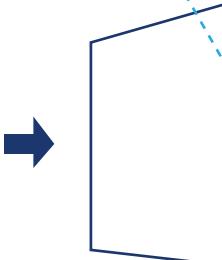
OPEN



SEW TIES X 4



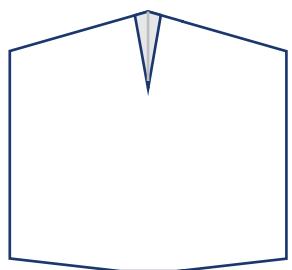
FOLD PIECE 2, WRONG SIDE UP



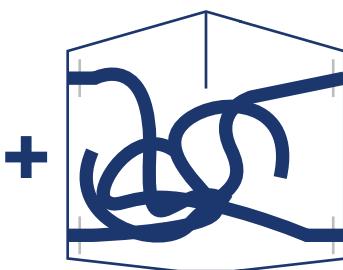
SEW DART



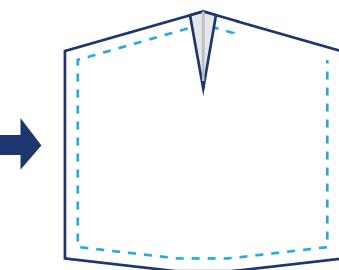
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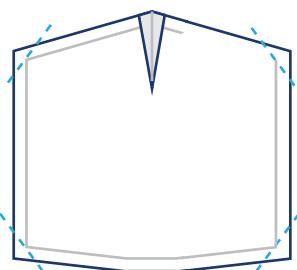
PIECE 2



PIECE 1

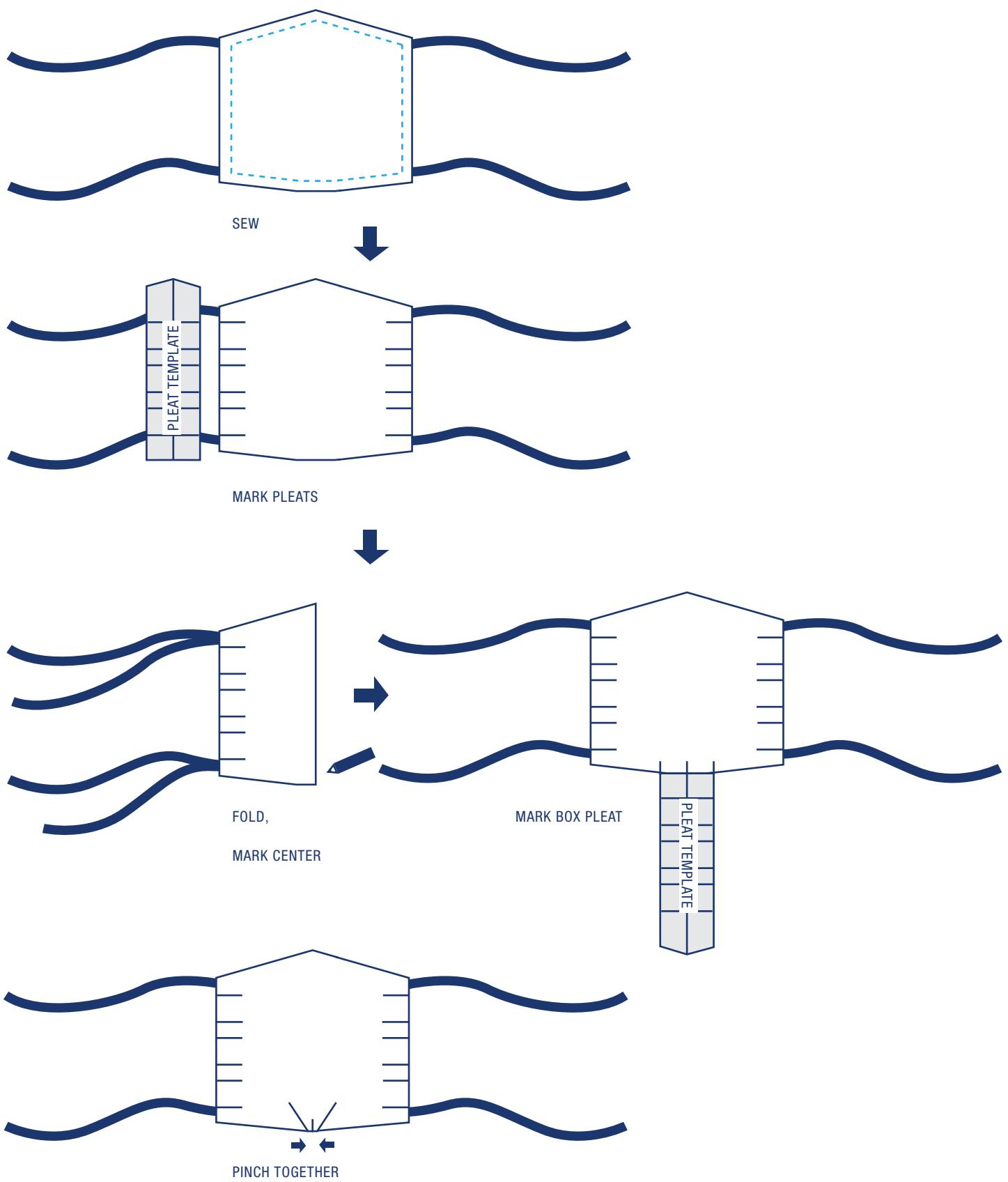


SEW

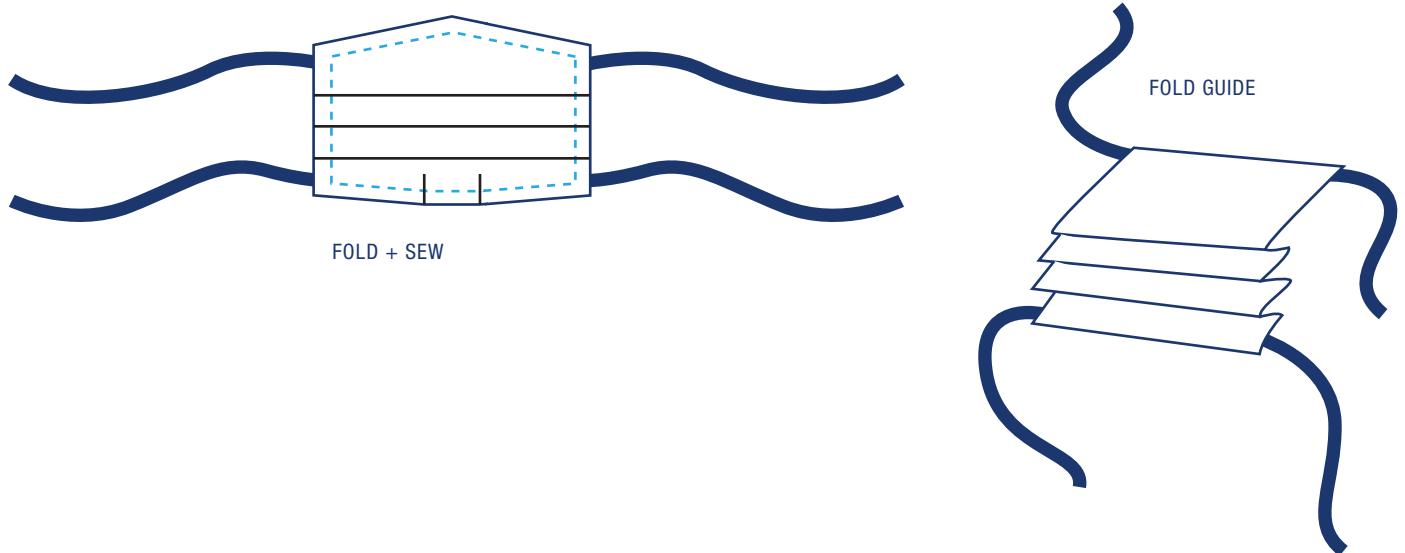


CLIP, TURN

PLEAT MASK:

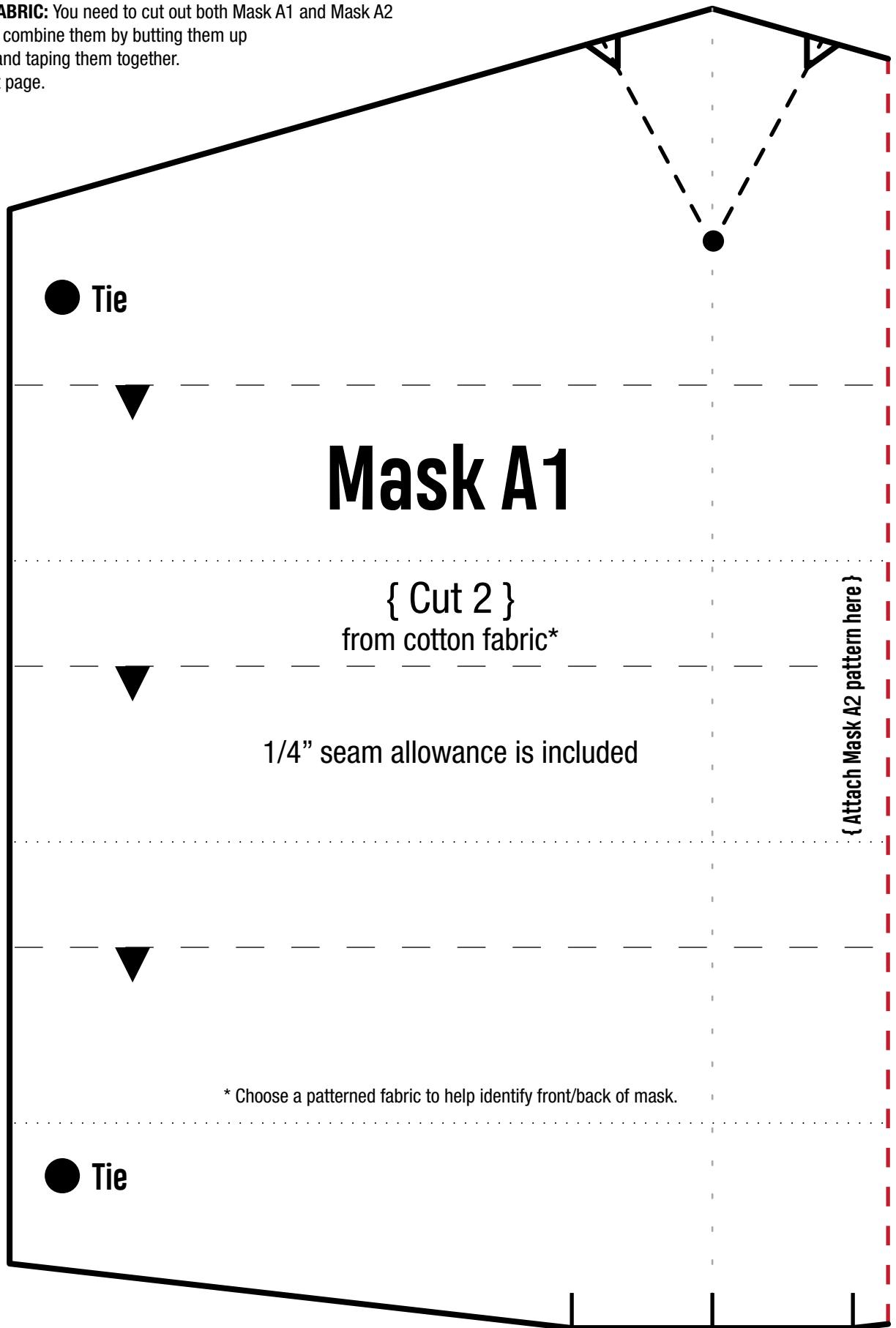


PLEAT MASK:

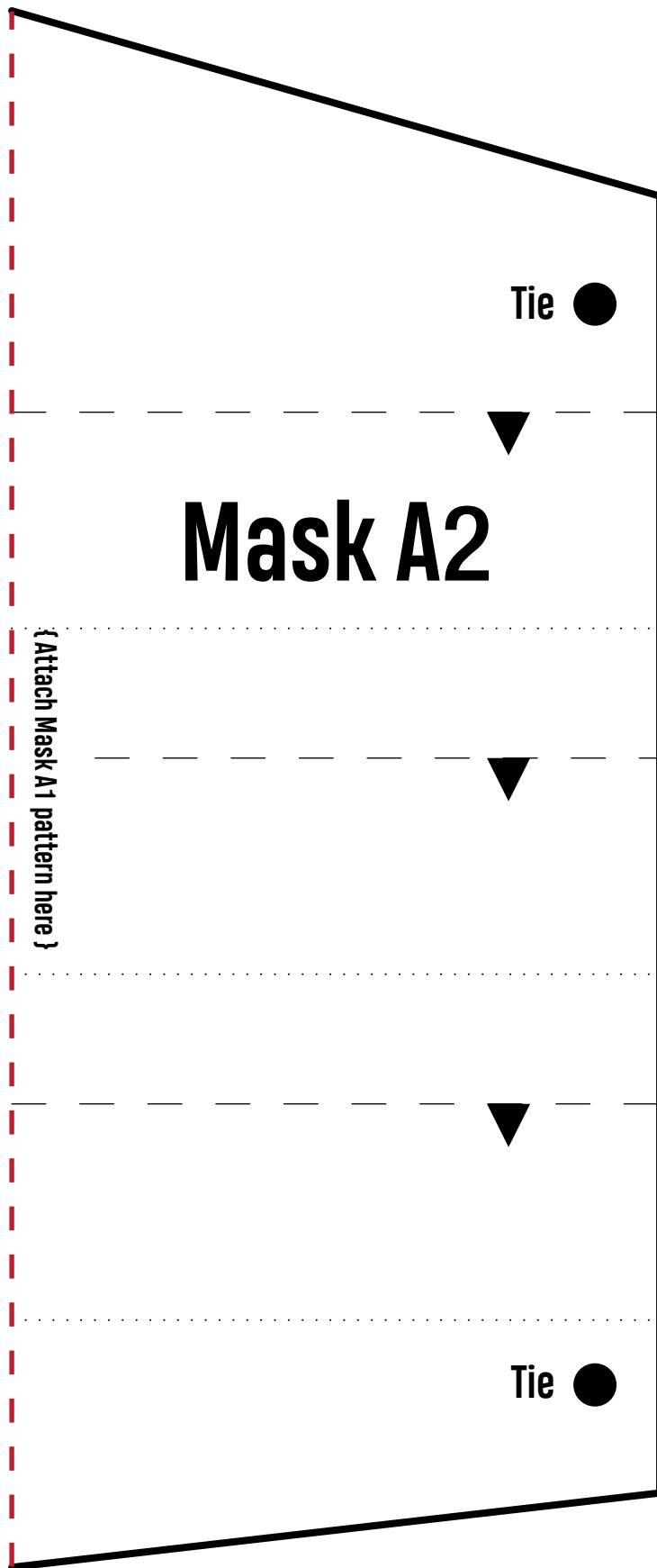


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BEFORE YOU CUT FABRIC: You need to cut out both Mask A1 and Mask A2 for this pattern, then combine them by butting them up (DO NOT OVERLAP) and taping them together. See diagram on next page.



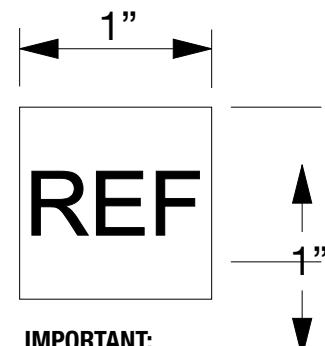
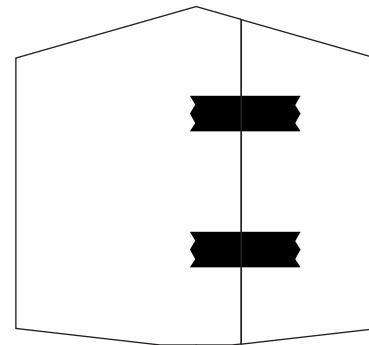
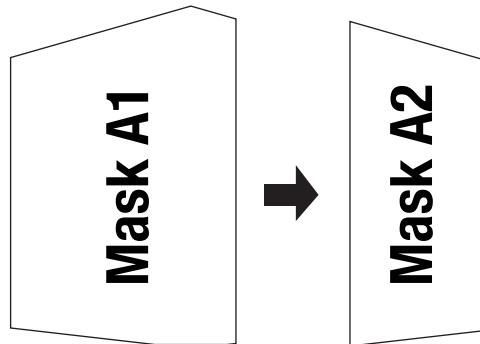
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IMPORTANT:

You need to cut out both Mask A1 and Mask A2 for this pattern, then combine them by butting them up (DO NOT OVERLAP) and taping them together.

See diagram:



IMPORTANT:

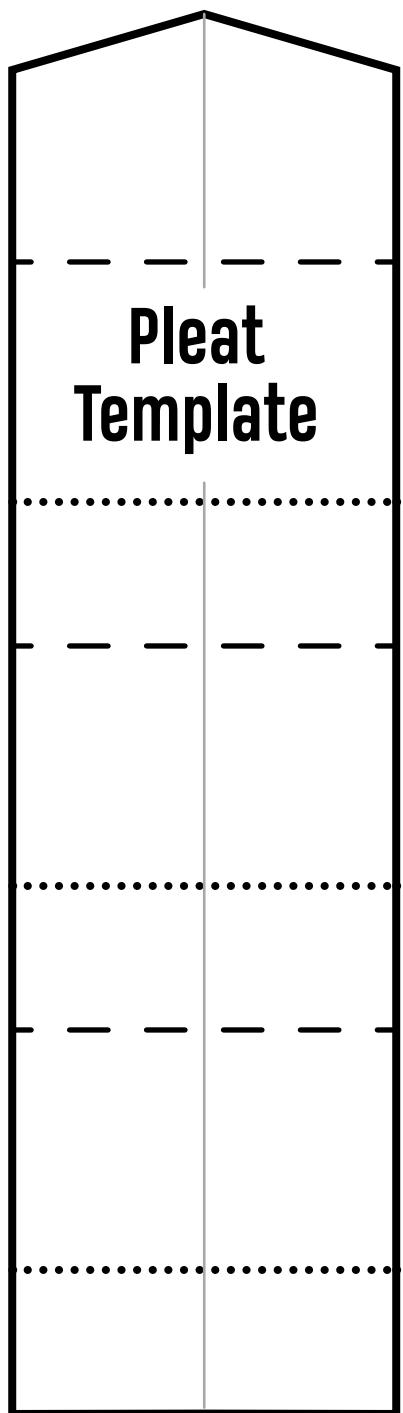
Print at 100% scale. Check that this box measures 1" x 1" before proceeding.

IF THIS BOX IS NOT 1" X 1":

Make sure "Fit to page" is not selected in print dialogue.

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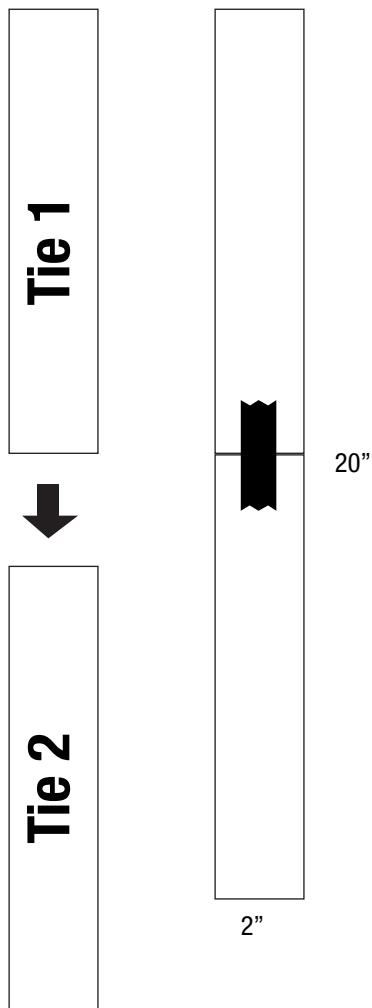
Pleat Template



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IMPORTANT:

You need to cut out both Tie 1 and Tie 2 on this page, then combine them by butting them up and taping them together. The final pattern piece is 20 inches long by 2 inches wide. See diagram:



{ Attach Tie 2 pattern here }

Tie 1 of 2

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1. Cut out pattern, tape Tie 1 to Tie 2 to create a 20 inch by 2 inch tie pattern
2. Cut 4 from cotton (AFTER combining tie pattern pieces)

{ Attach Tie 1 pattern here }

Tie 2 of 2



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 and avoid person to person 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.

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.

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- A high level of infection risk through inhalation exposure
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RECOMMENDATIONS:

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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:

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.