

Guidelines for Homemade Face Masks

Hosparus Health is accepting facemasks for patients and families. Disposable masks are in short supply due to demand and distribution issues. While the CDC does not suggest cloth material as a first-line defense against the coronavirus causing COVID-19, cloth masks work well for other conditions and can help conserve critical reserves of surgical and N-95 respirator masks. These supplies must continue to be reserved for healthcare workers.

Due to the international shortage of critical personal protective equipment (PPE), we are accepting donations of gloves, gowns, hand sanitizer, disinfectant wipes, and surgical masks. There are collection boxes at each of our locations. The contact number is listed below.

Fabric masks are not being used in the care of COVID-19 patients. According to the CDC, fabric masks are part of a strategy to optimize the supply of facemasks. Homemade masks are not considered PPE, since their capability to protect against COVID-19 is unknown. CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain. CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.

Cloth face coverings should:

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

Details about making fabric masks

- Before starting work on sewing masks, volunteers need to be symptom-free, wash hands thoroughly, and sanitize the work area with a disinfectant. Masks can only be accepted from non-smoking homes.
- A pattern courtesy of The Turban Project is included. Elastic loops and cloth ties are accepted. There are tutorials online for surgical type masks and masks that can be used as a cover to protect N-95 respirators.
- Use tightly-woven cotton fabric on both sides. A light test can help test whether a fabric is a good choice for a mask. Hold up the fabric to a bright light. If light passes easily through the fibers, where the fibers can almost be seen, it's not a good fabric to use.
- Choose a washable fabric that can handle high temperatures without shrinking or deforming.
- Only adult-sized masks are accepted.
- Place finished masks in a storage bag, such as a large Ziploc bag. Masks don't need to be bagged individually. Don't use shopping bags.

Guidelines *(continued)*

How to use a fabric face mask

- Wash hands with soap and water before touching mask.
- Pick up mask by touching ear loops or ties. Avoid touching the mask itself.
- Fit mask around mouth, nose and chin.
- Mask should be either completely on or off; do not wear or rest under chin.
- Remove mask if soiled or damp.
- Do not touch or adjust mask while it's on. If you adjust the mask, wash hands with soap and water immediately.
- Follow social distancing.
- To remove the mask, grab the loops or ties, pull mask off and away from chin.
- Launder the mask in in HOT water, rinsed well and hang to air-dry.
- Disinfect masks by soaking for five minutes in a solution of 1/3 cup of bleach per gallon of water. Rinse well and hang to air-dry.

To donate PPE, please contact the following number: 800.264.0521

To donate facemasks, contact:

Sky Yeasayer, Volunteer Manager
syeasayer@hosparus.org
502-719-4155

In the Louisville area, masks can be dropped off at
3532 Ephraim McDowell Drive, 40205
There is a collection bin near the front main entrance.

How to Make Face Masks with Elastic

What you will need:

- Cotton fabric, a pretty print is best.
- Rope Elastic, beading cord elastic will work (you may also use 1/8" flat elastic)
- Cut the elastic 7" long and tie a knot at each end (DO NOT knot the ends of the flat)

You can make two sizes: Adult or Child

1. Put right sides of cotton fabric together
 - 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.

It is so easy to make this.

Be sure any fabric design is placed horizontally.



How to Make Adult Face Masks with Ties

What you will need for one mask:

- One 8-inch x 14-inch piece of cotton fabric
- Two 1.5-inch x 34-inch strips
- Thread and sewing machine

Prepare the mask:

1. On 8x14 piece, right sides together, sew 1/4-inch seam, creating tube.
2. Turn right sides out, press seam and fabric.
3. Make 3 pleats, approximately 1-inch each in size, using steam or pins to hold. Mask will be approximately 3 – 3.5 inches in width.
4. Sew 1/4-inch seam on each side of mask, securing pleats.
5. Trim seam allowance.



Prepare the ties:

1. Fold in half and press (3/4-inch). Open tie back up.
2. Fold each edge in to meet middle (3/8-inch / 0.375-inch) and press
3. Fold in half again, securing raw edges inside and press.
Each tie will be approximately 3/8-inch in width.

Assembly:

1. Align center of tie with side of mask, open tie so edge of mask fits snugly inside. Pin.
2. Sew tie to mask, seam will be very short, get as close as able while still catching all fabric. You are just attaching the mask to the tie at this point, not sewing the whole tie yet.
3. Repeat for other tie and other side of mask.
4. Sew down edges of tie, securing raw edges inside. Seam is very short. You will stitch over where mask is already attached. This is good because it helps reinforce.
5. Repeat for other tie and other side of mask.
6. Clip any stray fabric and enjoy.