

Guidelines for sewing face masks during COVID-19 pandemic

Health care workers rely on personal protective equipment (PPE) to protect themselves and their patients. Due to an increased demand for PPE during the COVID-19 pandemic, Upstate is exploring alternate supply chain options.

The Centers for Disease Control and Prevention (CDC) does approve the use of homemade masks when the usual supply has been depleted. **Upstate will accept homemade masks made to the approved Upstate specifications below and on the following pages. Upstate will not accept masks that are square or are made outside of these guidelines.** These masks will be used only in the event that supplies of hospital-grade and industrial-grade masks are depleted.

Donations and Drop Off

Questions should be directed to **CovidDonations@Upstate.edu**.
Excess mask donations will be shared with other Syracuse-area hospitals.

Materials/Tools

Main Fabric (tightly woven cotton), 12"x6", prewashed

Lining Fabric (flannel or tightly woven cotton), 10"x6", prewashed

**Elastic (cord or flat) for ear loops (sizes vary, 12"-16") or
Homemade cotton ties (2 strips, 18"x1.5")**

Nose pieces 5" long*

**Calico Gals, 3906 New Court Ave., Syracuse, NY 13206 offers curbside pick-up of nose pieces. Call (315) 445-0617 to make an appointment. Additional locations may be added in the future.*

Sewing machine (hand sewing okay)

Iron

Tracing Wheel

Pattern (see pg. 3-4)

Completed masks can be dropped off at the following locations:

- Traffic circle at Upstate University Hospital, 750 East Adams Street
- Upstate Community Hospital, 4900 Broad Road
- Calico Gals sewing shop, 3906 New Court Avenue

Name and contact information must be included with donation.

Sewing Instructions for Face Mask

Step-by-step photos on pg. 3

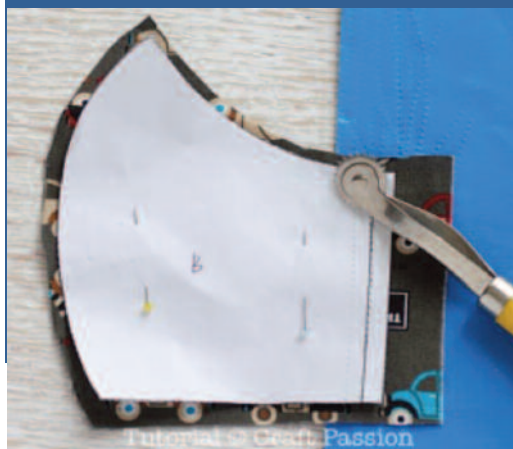
1. Print the pattern (sizes vary between men and women). See pages 4 and 5.
2. Pin templates onto the fabric. Trace and cut out the fabric pieces

Fold the main fabric into half with the wrong sides facing each other. Pin the paper pattern onto the double-layered fabric. Cut the fabric with 1/4" allowance, except the ear side. Cut the fabric at the ear side with 1" seam allowance.

Insert the tracing paper between the layer. Trace sewing lines with tracing wheel.

Remove pins and paper pattern. Get set to sew.

3. Cut filler material the same as the main fabric, except for the ear side seam allowance. Cut the filler fabric at the ear side with zero seam allowance.
4. Turn the mask main piece with the right sides facing each other. Sew the centerline of the face mask.
5. Clip curve along with the seam allowance. Be careful and don't accidentally clip on the stitches.
6. Press seam allowance to one side. Topstitch near to the seam line on the side where the seam allowance is.
7. Repeat the sewing on the lining pieces.
8. Flip the lining and place onto the main face mask. Align the center seam line, pin and sew the top and bottom lines. Prior to sewing the top line, insert a 5" piece of pipe cleaner or heavy duty/gardening twist ties (see separate picture).
9. Turn the facemask right-side out. Press seam neatly and topstitch near the edge.
10. This is how it looks from the inside at this stage. The main fabric of the side ear area is longer than the lining piece. This is going to be the pocket of the elastic/tie.
11. Fold in 1/4" at the raw edge of the side ear, fold again so that the first fold edge is 1/4" from the lining raw edge. Sew a straight line down, don't forget to perform a few back stitches to lock the thread end. This will help with durability.
12. If making homemade ties, take the strip of 18"x1.5" of cotton fabric and fold each raw edge toward the center. You may need to iron each fold. You will end with a doubled-folded strip that is 1/2" wide. Fold each end over, iron and sew across using forward and backward stitches so that they do not fray.
13. Measure and cut the length of the elastic (each side can range from 5"-8") or homemade ties (each 18" long x 1/2"). Thread through the ear side pocket, tie ends together in a dead knot. Repeat on both sides.
14. Your mask is now ready.



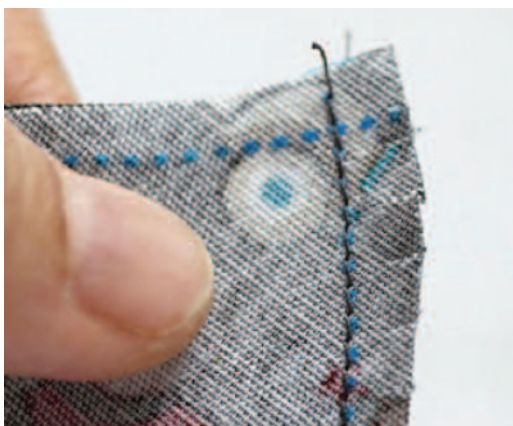
Step 2



Step 3



Step 4



Step 5

Written instructions on pg. 2



Step 6



Step 7



Step 8



Step 9



Step 10

HOW TO MAKE FACE MASKS

INSTRUCTIONS, PATTERNS AND GUIDELINES

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Step 11



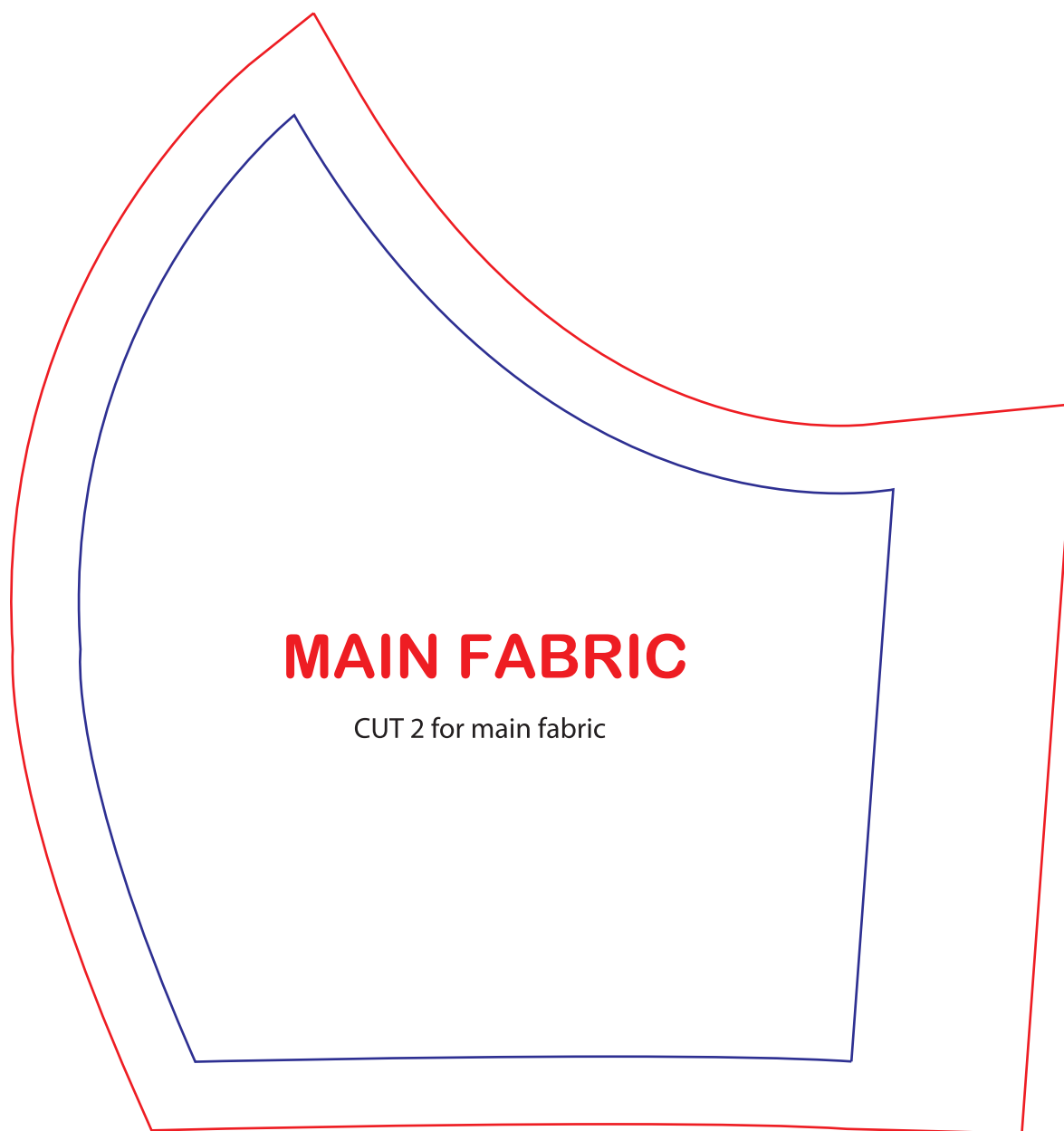
Step 13



Step 14

FACE MASK

Medium Mask Pattern, 1 of 2



2"
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Seam Allowance

FACE MASK

Medium Mask Pattern, 2 of 2



2"

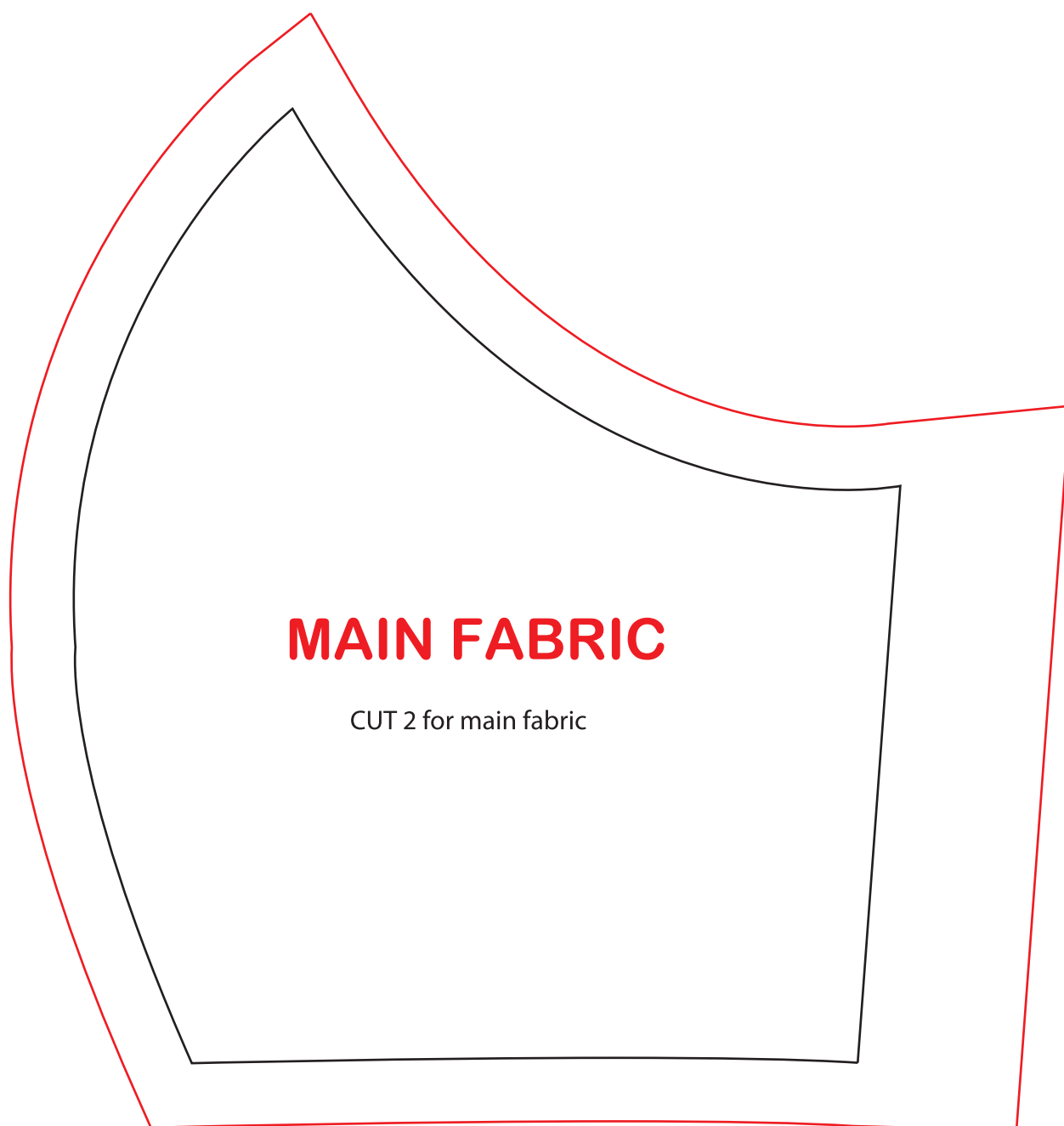


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Seam Allowance

FACE MASK

Large Mask Pattern, 1 of 2



MAIN FABRIC

CUT 2 for main fabric

2"

Seam Allowance

Please check your scale here after print

FACE MASK

Large Mask Pattern, 2 of 2



LINING FABRIC

CUT 2 for lining fabric

2"

Seam Allowance



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