

Updates to ...

## UPSTATE UNIVERSITY HOSPITAL'S How to Make Face Masks

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**A NOTE ABOUT THE PATTERN PIECES:** There are two sizes included with the original instructions, Large and Medium. Label these as you cut them out so that you don't get them confused. You can mount them to cardstock for durability. The MAIN FABRIC pattern is good. Use this to cut two pieces from your cotton fabric. The LINING FABRIC pattern needs to be modified a little. It should be the same size and shape as the MAIN FABRIC piece, but with 1" removed from the side edge. Use this pattern piece to cut out both your lining pieces and your filling pieces (which should be flannel if you have it, or cotton fabric if you don't).



Please pre-wash your fabric prior to cutting it out.

- PIECES REQUIRED:**
- 2 MAIN FABRIC pieces from cotton
  - 2 LINING FABRIC pieces from cotton
  - 2 LINING FABRIC pieces from flannel (or cotton if that's all you have)
  - 1 strip of cotton, 1-½" x ~45" for the tie (or two ~22 ½" sewn together) \*\*  
or -- use 45" of ½" bias binding
  - 1 metal strip made from aluminum flashing (see below\*)

\*\* The original instructions called for elastic ear loops. Fabric ties work better (they are adjustable)

Changes beginning with page 2 ...

## CUT OUT PIECES

2. Trace the pattern pieces onto fabric and cut out as precisely as possible. You should have left and right outer pieces (cotton), left and right lining pieces (cotton), left and right filler pieces (flannel if you have it, otherwise cotton), and one 1-½" x 36" strip for the tie. Use the lining pattern to cut the filler pieces.

## ASSEMBLE HALVES

3. OUTER LAYER: With right sides together, stitch center front seam with a  $\frac{3}{8}$ " seam allowance. Push the seam allowance to one side and stitch again,  $\frac{1}{8}$ " from the previous stitching line, making sure to catch both seam allowances and the outer layer in your stitching (aka. "understitching"). Smooth the area as you sew to eliminate bunching. Carefully trim away excess fabric from the seam allowance layers.



4. LINING AND FILLING: Place the lining pieces on top of their corresponding filler pieces and treat them as one piece. With right sides together, stitch center front seam with a  $\frac{3}{8}$ " seam allowance. Understitch as in step 3.



## ASSEMBLE MASK

5. JOIN OUTER LAYER TO LINING: With right sides together, place the lining on top of the outer layer and stitch along the top edge with a  $\frac{3}{8}$ " seam allowance. Try to be reasonably accurate. Stitch again along the top with a  $\frac{1}{8}$ " seam allowance for 5" (2.5" on each side of the center front), making sure that the resulting casing is at least  $\frac{1}{4}$ " wide. Insert the metal strip carefully into the casing (must finesse it over the that center front bump), then place a tack in the seam allowance just beyond the ends of the strip to keep it in place.

OR --- SPEED TIP! --- Instead of making a casing in the seam allowance for the metal strip, just zig zag stitch it down in the seam allowance when sewing the top seam. When you turn the mask right side out it's already in place.



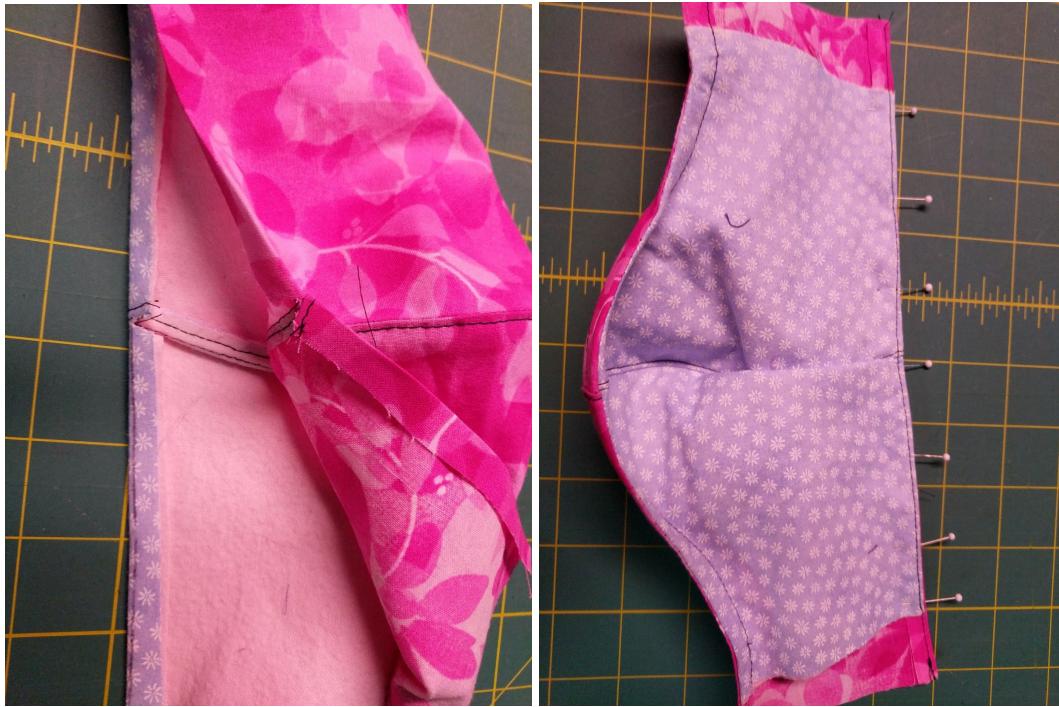
6. TURN AND TOPSTITCH: Turn the mask right side out. With wrong sides together, smooth and pin along the top edge before topstitching a scant  $\frac{3}{8}$ " from the edge. NOTE: If you place your pins parallel to the edge, you can use them to mark where the edge of the strip is. As you sew, you will be able to avoid sewing through the strip and shredding your thread (ask me how I know). Clipping the seam allowance at the ends will make things lie nicer.



7. FINISH BOTTOM EDGE: Carefully place a  $\frac{1}{4}$ " snip at the center front as shown.



Fold the bottom raw edge of the lining  $\frac{3}{8}$ " towards the back and press in place. (NOTE: The flannel will slip a little as you fold this edge. That's okay -- let it). Repeat with the outer layer. Align the bottom edge of the outer layer with the bottom edge of the lining and stitch  $\frac{1}{8}$ " from the edge.



### SIDE CASINGS

8. Fold the raw edges of the mask sides in  $\frac{1}{4}$ " and press. Fold again a scant  $\frac{5}{8}$ " and press. Make sure that the last fold covers the raw edge of the lining. Stitch through all layers close to the folded edge to make a casing. Backstitch at the beginning and end of this line of stitching to make a sturdy, durable seam.



### FABRIC TIES

9. Fold the long strip of cotton in half lengthwise, wrong sides together, press. Open back up. Fold each long raw edge towards the center fold line and press. Fold the whole strip in half again and press. Topstitch  $\frac{1}{8}$ " from the long (open) edge. NOTE: Fabric ties can also be made from a 45" length of bias binding. Fold the binding lengthwise and stitch along the

open edge to make a tie that is 1/4" wide.



10. Insert the tie through the casing using a bodkin or a safety pin inserted in one end of the tie.

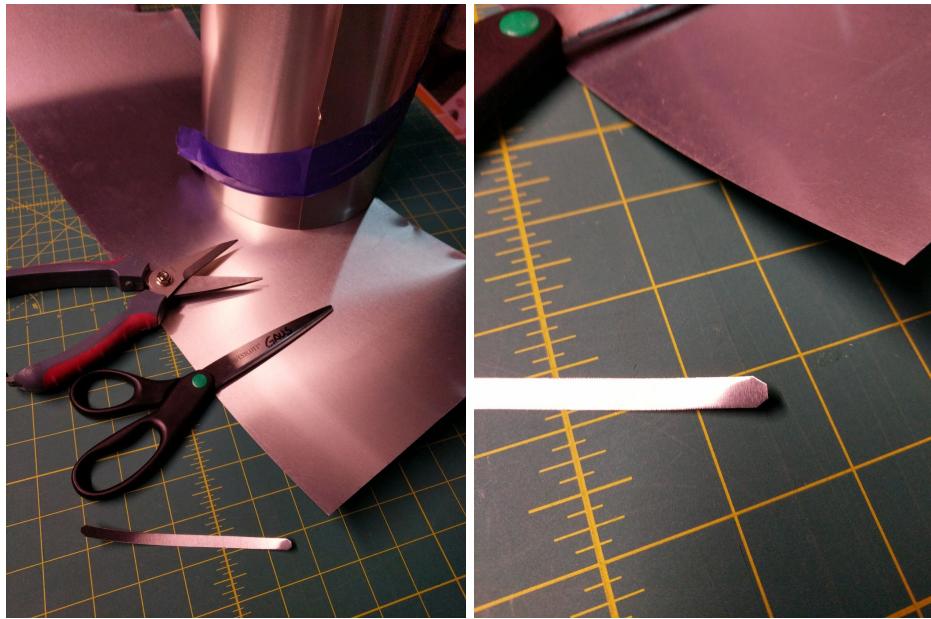
Start at the top of one casing, feed through, then go to the other casing and feed through from bottom to top. Fold the ends of the tie over  $\frac{1}{4}$ " and stitch fold in place (or knot the ends tightly). The mask may be prewashed before use, so tie both ends into a *loose* knot so that they don't get tangled with other masks.

Label your masks on the inside with either "Large" or "Medium" using a permanent marker.  
DONE! The first one goes slow, but if you use an assembly line approach it goes faster.



#### \*To make metal nose pieces ...

Cut 1/4" strips out of a roll of [aluminum roof flashing](#) and cut these to 5" lengths. You can use either a pair of metal snips or heavy scissors. Nip off the corners so they are more "user friendly" and slide into the casing easier. The more accurate you make the  $\frac{1}{4}$ " cut the better -- these need to slide into a narrow casing and if they are too wide, they won't fit! If the edges seem sharp, you can sand them lightly, but I've found this to be unnecessary. Please wash your hands thoroughly and disinfect sheets of flashing before cutting strips. If you are cutting strips for others, package them in paper envelopes or sleeves.



## 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 curb-side 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)**

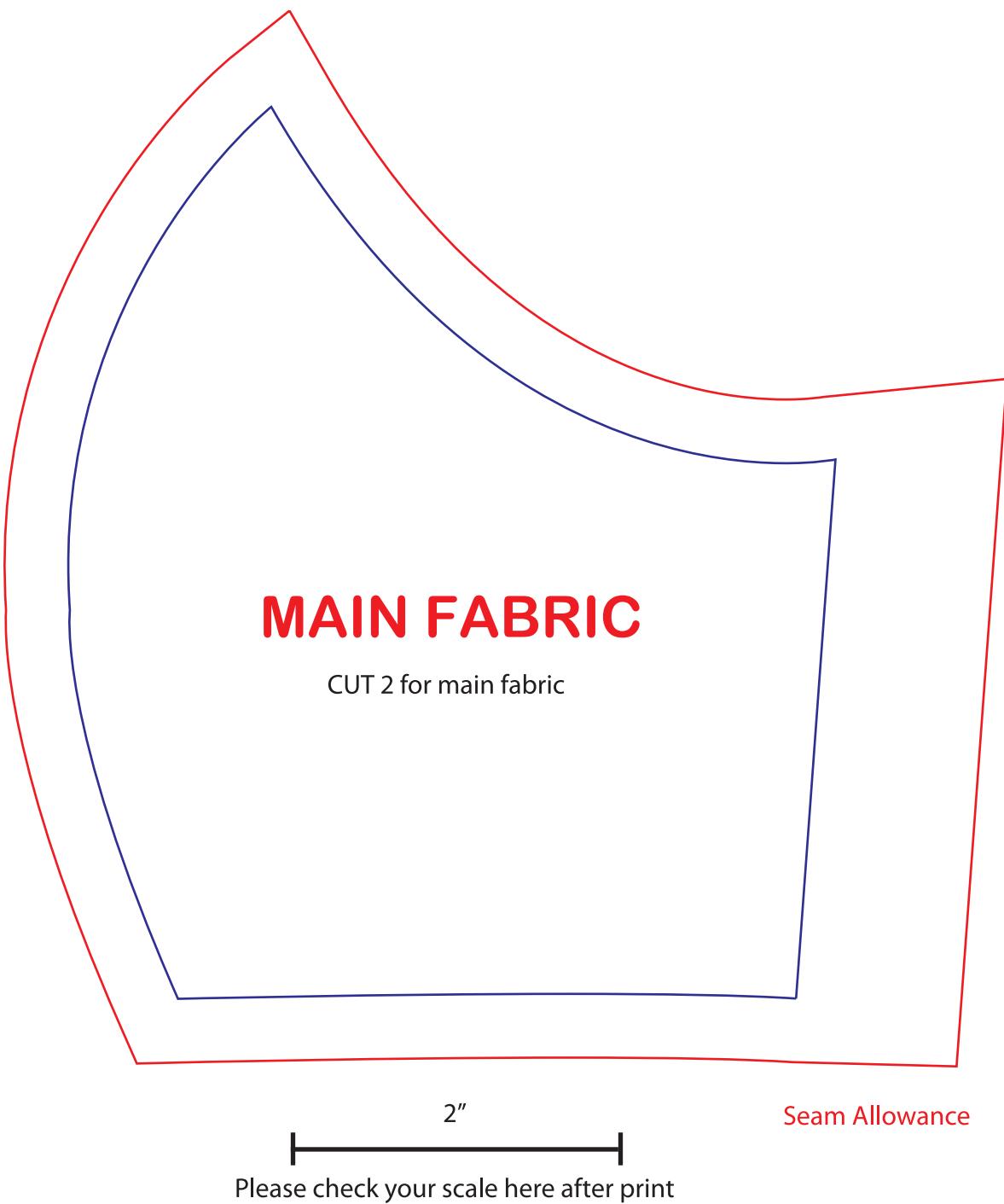
**Completed masks can be dropped off at the following locations:**

- 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.

# FACE MASK

## Medium Mask Pattern, 1 of 2



# FACE MASK

## Medium Mask Pattern, 2 of 2



2"

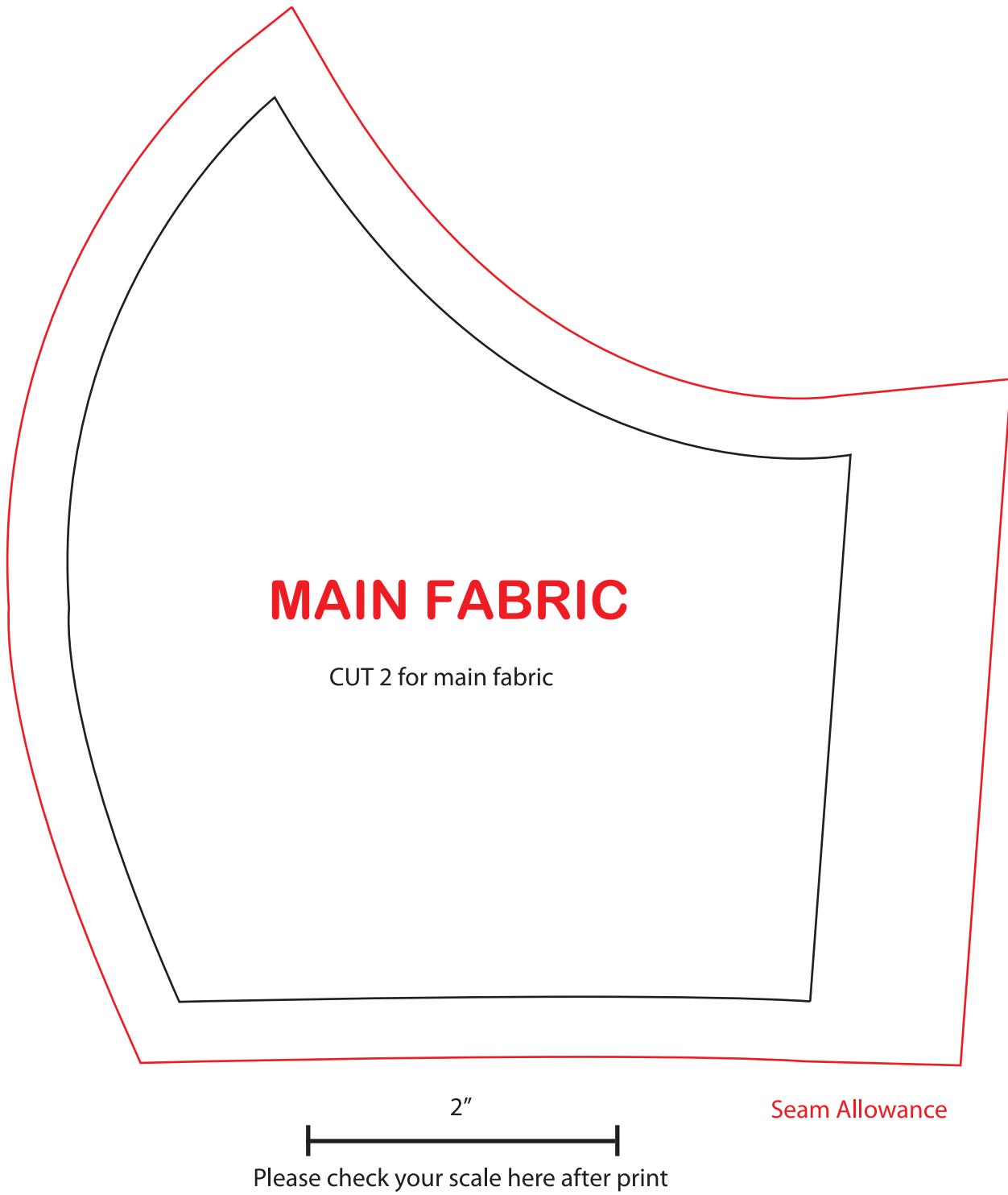


Seam Allowance

Please check your scale here after print

# FACE MASK

## Large Mask Pattern, 1 of 2



# FACE MASK

## Large Mask Pattern, 2 of 2



2"

Seam Allowance

Please check your scale here after print