

Alternate assembly method ...

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

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### A NOTE ABOUT THE UPSTATE INSTRUCTIONS ...

**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 piece 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  $\frac{1}{2}$  to 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, 1.5" x 45" for the tie (or two ~22.5" sewn together)
  - or -- use 45" of  $\frac{1}{2}$ " bias binding
  - or -- use four 1.5" x 18" strips to make 4 corner ties
- 1 metal strip made from aluminum flashing (make yourself - see below\* - or check [www.nancysews.com](http://www.nancysews.com) for local availability)

Changes beginning with page 2 of SUNY Upstate instructions ...

### 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  $1\frac{1}{2}$ " x 45" strip for the tie (or elastic for ear loops, or four strips for corner ties. These options are described in the original SUNY Upstate instructions). 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 (a.k.a. "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.

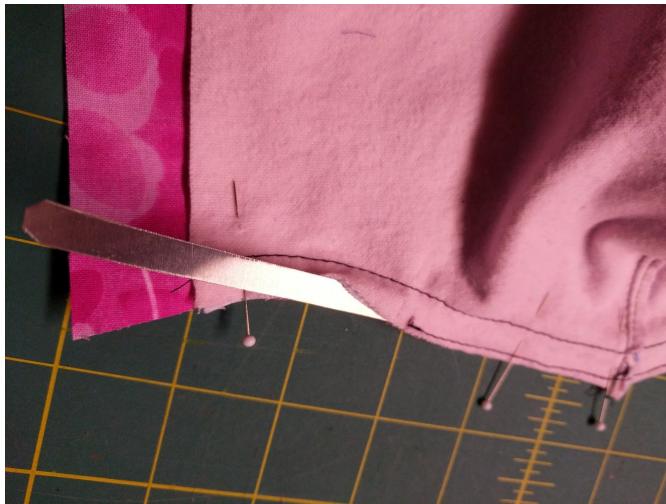


### ASSEMBLE MASK

- 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. Lay the nose piece (metal strip ... or pipe cleaner/floral wire as suggested in the original SUNY Upstate instructions) in the seam allowance then using a wide zig-zag, stitch over it taking care not to hit it with your needle. When you turn the mask right side out it will already be in place.

NOTE: If your sewing machine does not have a zig-zag stitch that is wide enough to straddle the metal nose piece, you can instead make a casing in the seam allowance to hold the piece. Starting 2.5" from the center front, stitch along the top edge again, as close to the raw edge of the seam allowance as possible, to form a casing. Continue stitching past center front and for another 2.5" so that your casing is a total of 5" long (see photos below). Slide the metal piece into the casing between the outer fabric layer and the flannel layer. Ease the piece carefully over the bump at center front and center it with 2.5" of the metal piece on each side of center front. Stitch a tack in the seam allowance on each side of the metal piece to keep it in place.





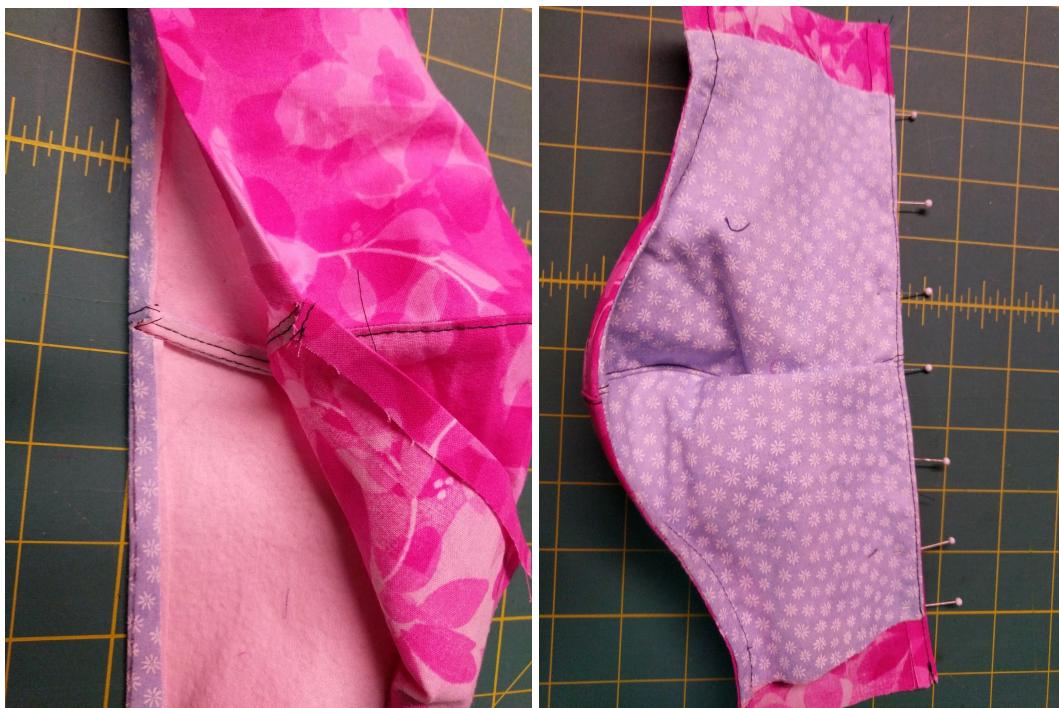
6. TURN AND TOPSTITCH: Turn the mask right side out. With wrong sides together, smooth and pin along the top edge before topstitching a scant  $\frac{3}{8}$ " from the edge. NOTE: If you place your pins parallel to the edge, you can use them to mark where the edge of the nose piece is. As you sew, you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

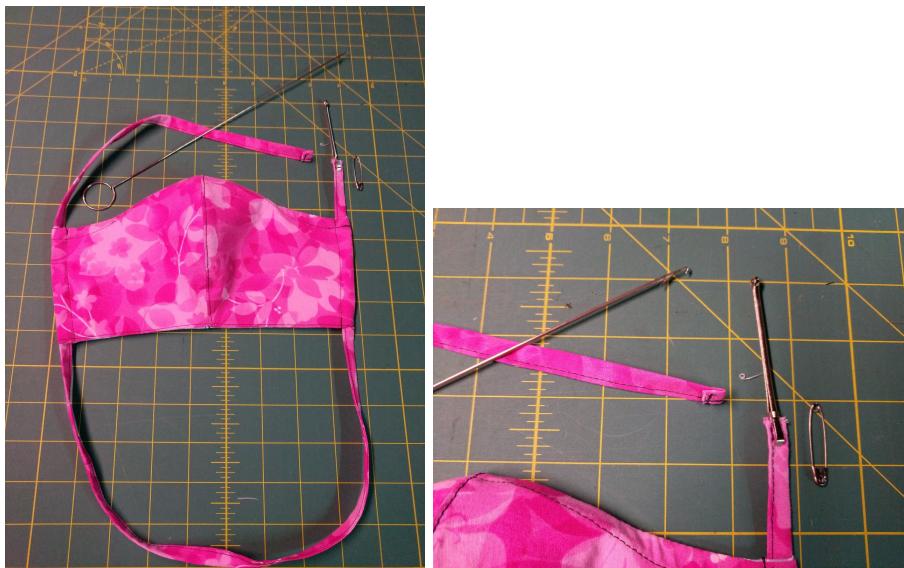
9. IF USING FABRIC TIES: Fold the long strip of cotton in half lengthwise, wrong sides together, press. Open back up. Fold each long raw edge towards the center fold line and press. Fold the whole strip in half again and press. Topstitch  $\frac{1}{8}$ " from the long (open) edge. NOTE: Fabric ties can 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.  
IF USING ELASTIC EAR LOOPS OR FOUR FABRIC CORNER TIES: Follow the instructions in the SUNY Upstate instructions.



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. Stitch across the ends of the tie several times to keep them from fraying (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.

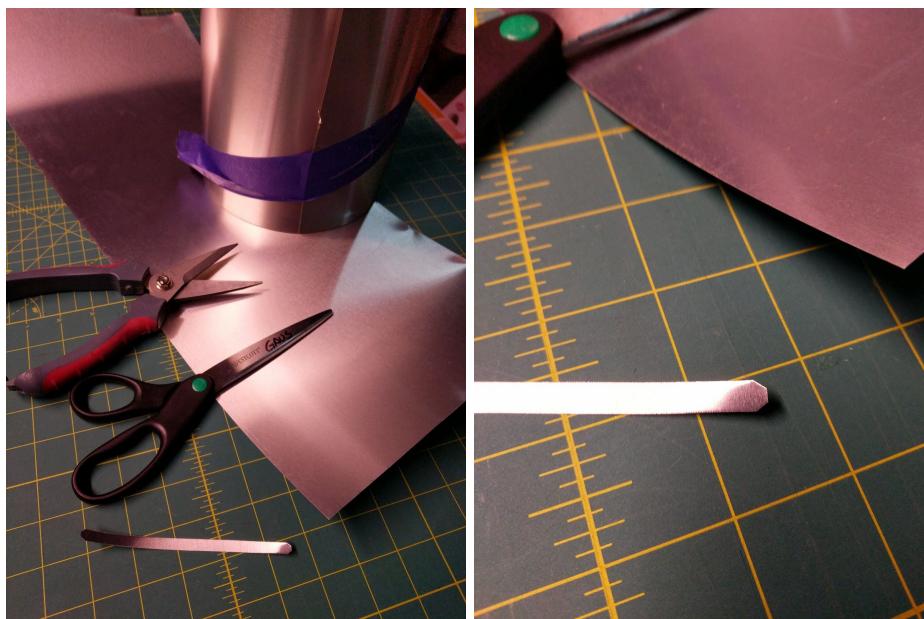
Label your masks on the inside with either "Large" or "Medium" using a permanent marker. DONE! The first one goes slow, but if you use an assembly line approach it goes faster.

Please place masks in a clean bag, along with a card with your name, phone number, and email address. Contact CovidDonations@upstate.edu to arrange to drop off your donated masks.



**\*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.





A finished mask

## 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.

### Materials/Tools

**Main Fabric (tightly woven cotton), 13"x 7", prewashed**

**Lining Fabric (flannel or tightly woven cotton), 12"x 7", prewashed**

**Elastic (cord or flat) for ear loops (sizes vary, 12"-16") or  
Homemade cotton ties (4 strips, 18"x1.5")**

**Pipe cleaners, garden twist-ties or flat aluminum wire 5" long\***

**Sewing machine (hand sewing okay)**

**Iron**

**Tracing paper and Wheel (if needed)**

**Pattern (see pg. 5-8)**

**Sources:** Calico Gals Quilt Shop, 3906 New Court Avenue, Syracuse, NY 13206 offers weekly curb-side pick-up of supplies. Call (315) 445-0617 or email [store@calicogals.com](mailto:store@calicogals.com) to make an appointment.

## Donations and Drop Off

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

### Contact

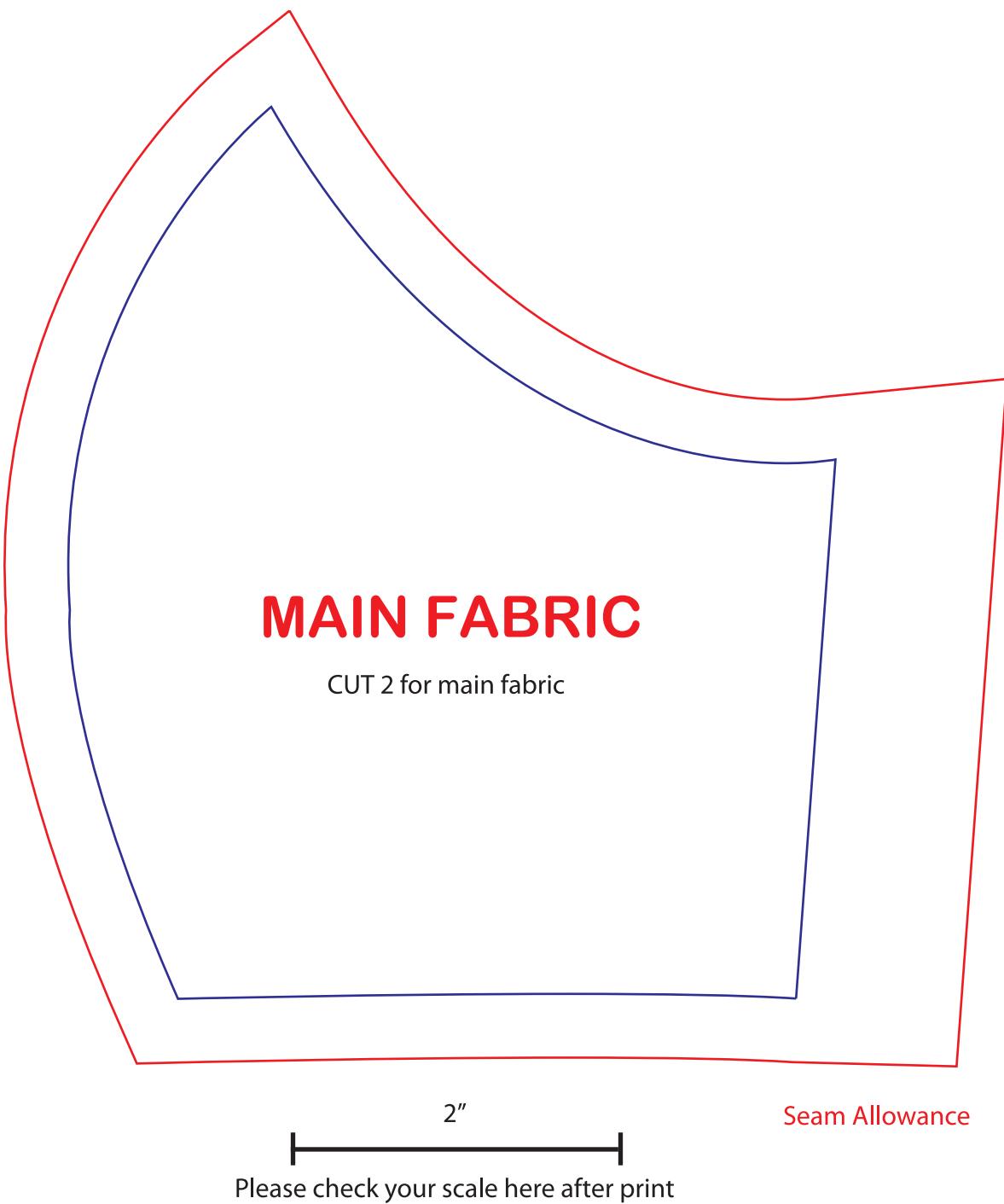
**CovidDonations@upstate.edu  
to arrange to deliver completed  
masks to one of the following  
locations:**

- Traffic circle at Upstate University Hospital, 750 East Adams Street
- Upstate Community Hospital, 4900 Broad Road
- Calico Gals Quilt Shop, 3906 New Court Avenue, Syracuse, NY 13206  
315) 445-0617  
[store@calicogals.com](mailto:store@calicogals.com)

Name and contact information must  
be included with each donation.

# FACE MASK

## Medium Mask Pattern, 1 of 2



# FACE MASK

## Medium Mask Pattern, 2 of 2



2"

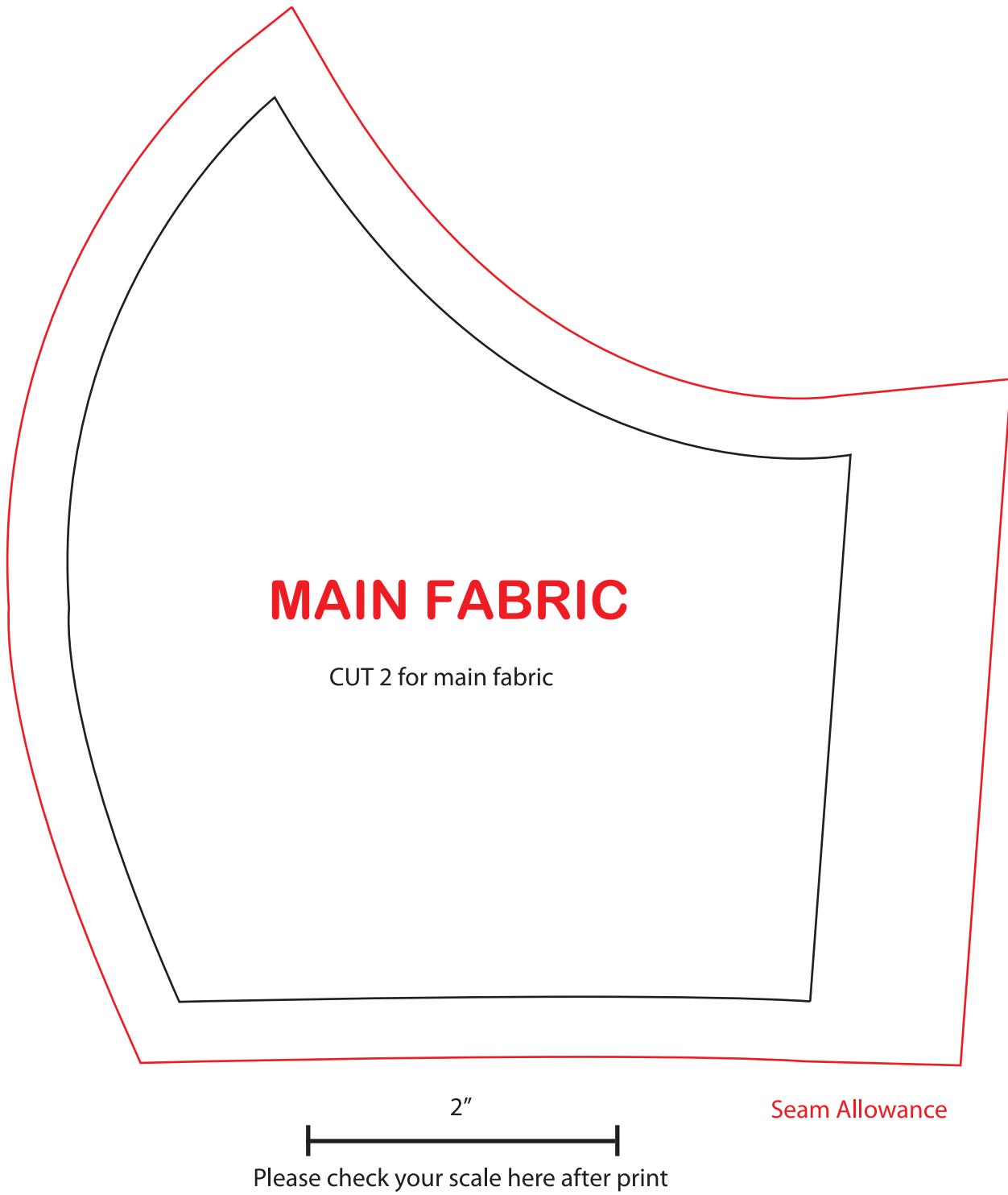


Seam Allowance

Please check your scale here after print

# FACE MASK

## Large Mask Pattern, 1 of 2



# FACE MASK

## Large Mask Pattern, 2 of 2



**LINING FABRIC**

CUT 2 for lining fabric

2"

Seam Allowance



Please check your scale here after print