

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 curbside pick-up of supplies. Call (315) 445-0617 or email 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.

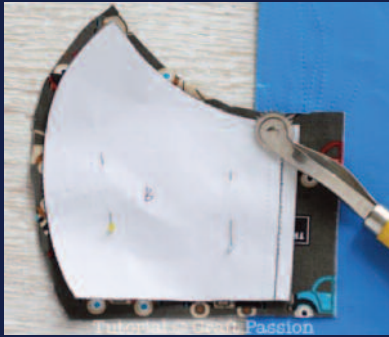
Contact

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

Name and contact information must be included with each donation.

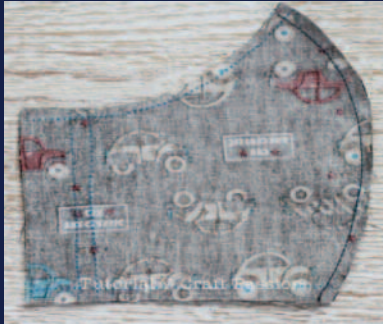
Step 1 & 2



Step 3



Step 4



Step 5



Step 6



Sewing Instructions for Face Mask

1. Print the pattern (Two sizes are included here: See pages 5-8.)
Use the gauge at the bottom of each page to ensure that it printed at true size.
Note: the main fabric is wider at the side than the lining piece.
This will create the pocket for the elastic/tie.
2. Fold the main fabric in half with the wrong sides facing each other.
Pin or trace main fabric template onto the fabric. Cut out the fabric pieces.
3. Fold the lining fabric in half with the wrong sides facing each other.
Pin or trace lining fabric template onto the fabric. Cut out the fabric pieces.
4. Pattern is shown with a ¼" seam allowance. If your sewing machine does not have a ¼" presser foot, you may trace the stitching line onto the wrong side of each of the four pieces of fabric, using tailor's tracing paper and tracing wheel at this step.
4. Turn the fabric for the main piece of the mask so that the right sides are facing each other.
Sew the center curved line of the face mask.
5. Clip curve along with the seam allowance.
Be careful. Don't accidentally clip the stitches.
6. Press seam allowance to one side.
Topstitch near to the seam line on the side where the seam allowance is.

Step 7



7. Repeat the sewing for the lining pieces.

Step 8



8. Place the mask and lining right sides together. Align the center seam line and pin the pieces. Sew the top and bottom lines. Turn the face mask right side out. Press seam neatly.

Step 9



9. Topstitch along the bottom edge. Prior to sewing the top edge, insert a 5" nose piece* from inside between the mask and lining (pipe cleaner, heavy duty gardening twist ties, or flat aluminum wire. Pictures below). Be sure to turn sharp edges of wire in or cover with small pieces of duct tape to prevent ends from poking through fabric.



Begin top stitching at the outer edge. As you get toward your pipe cleaner/ wire, make sure to stitch down and around it, making a small channel or pocket to hold the nose piece in place. Top stitch as before once you get to the other side.

Step 10



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.

Step 11



11. Fold in $\frac{1}{4}$ " at the raw edge of the main fabric (pressing as you go if needed for easier sewing). Fold again so that the first fold edge is $\frac{1}{4}$ " from the lining raw edge. Sew a straight line down. Don't forget to perform a few back stitches at each end to lock the thread ends. This will help with durability.

Step 12



12. *Alternative 1- Elastic Bands:* Measure and cut the length of the elastic. Preferred length is 8" for each side. Thread through the ear side pocket, tie ends together in a loose knot so the wearer can adjust them. Repeat on the other side.



13. *Alternative 2-Fabric Ties:* If you can't find elastic, or prefer to use fabric ties, you can use 4 fabric ties, one in each corner.

Take 4 strips of cotton fabric, each measuring 18"x 1.5".

Fold each raw edge toward the center and iron.

You will end with a doubled-folded strip that is $\frac{1}{2}$ " wide.

Fold each end over, iron and sew across using forward and backward stitches so that they do not fray. Then sew the entire length of the tie, repeating the anchoring stitches at the other end.

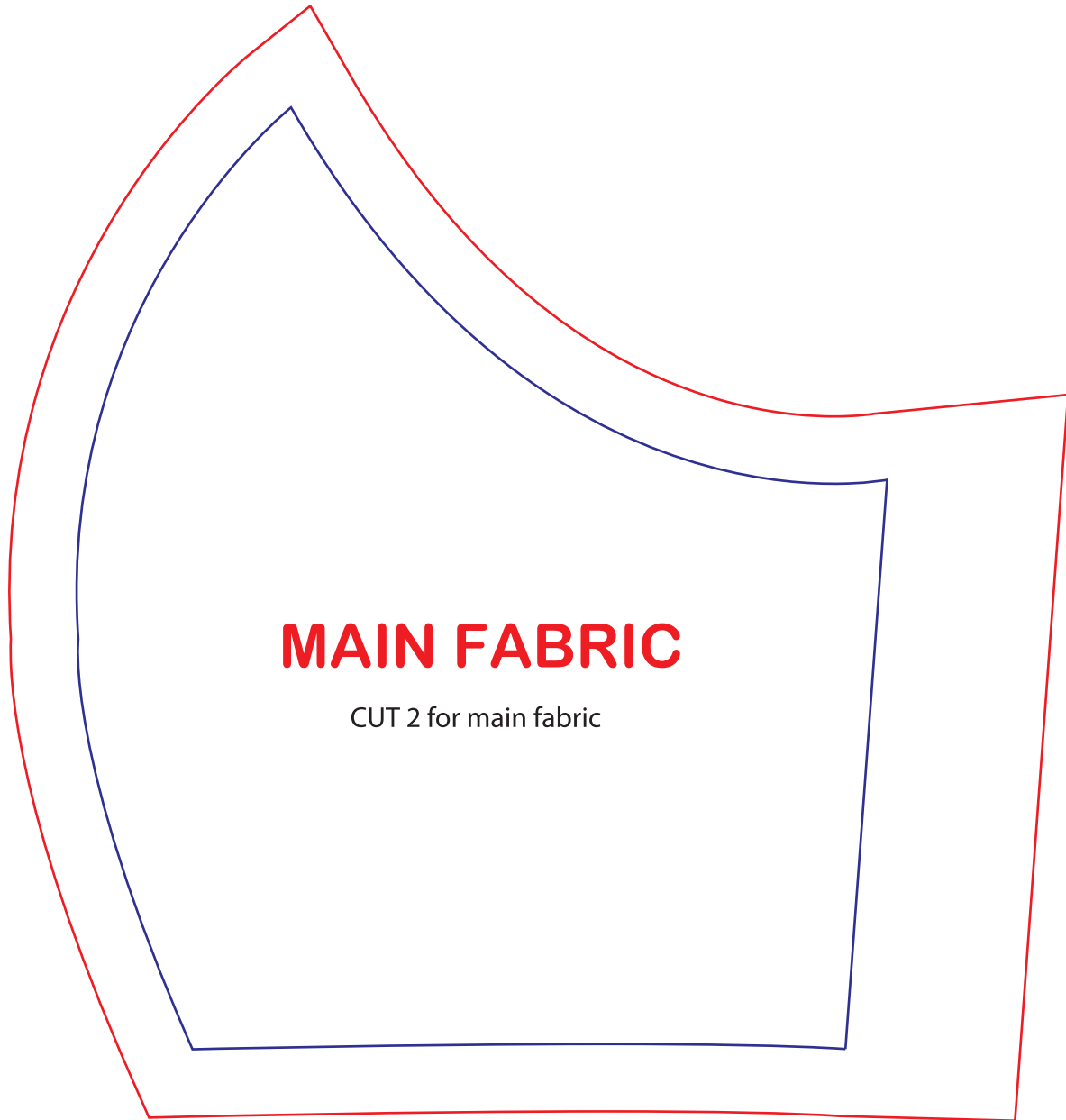
Sew one tie in each corner.

Your mask is now ready. Please place 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.

Online tutorial: <https://youtu.be/V1l0Yo5pJ-4> (14 minutes)

FACE MASK

Medium Mask Pattern, 1 of 2



MAIN FABRIC

CUT 2 for main fabric

2"

Seam Allowance

Please check your scale here after print

FACE MASK

Medium Mask Pattern, 2 of 2



LINING FABRIC

CUT 2 for lining fabric

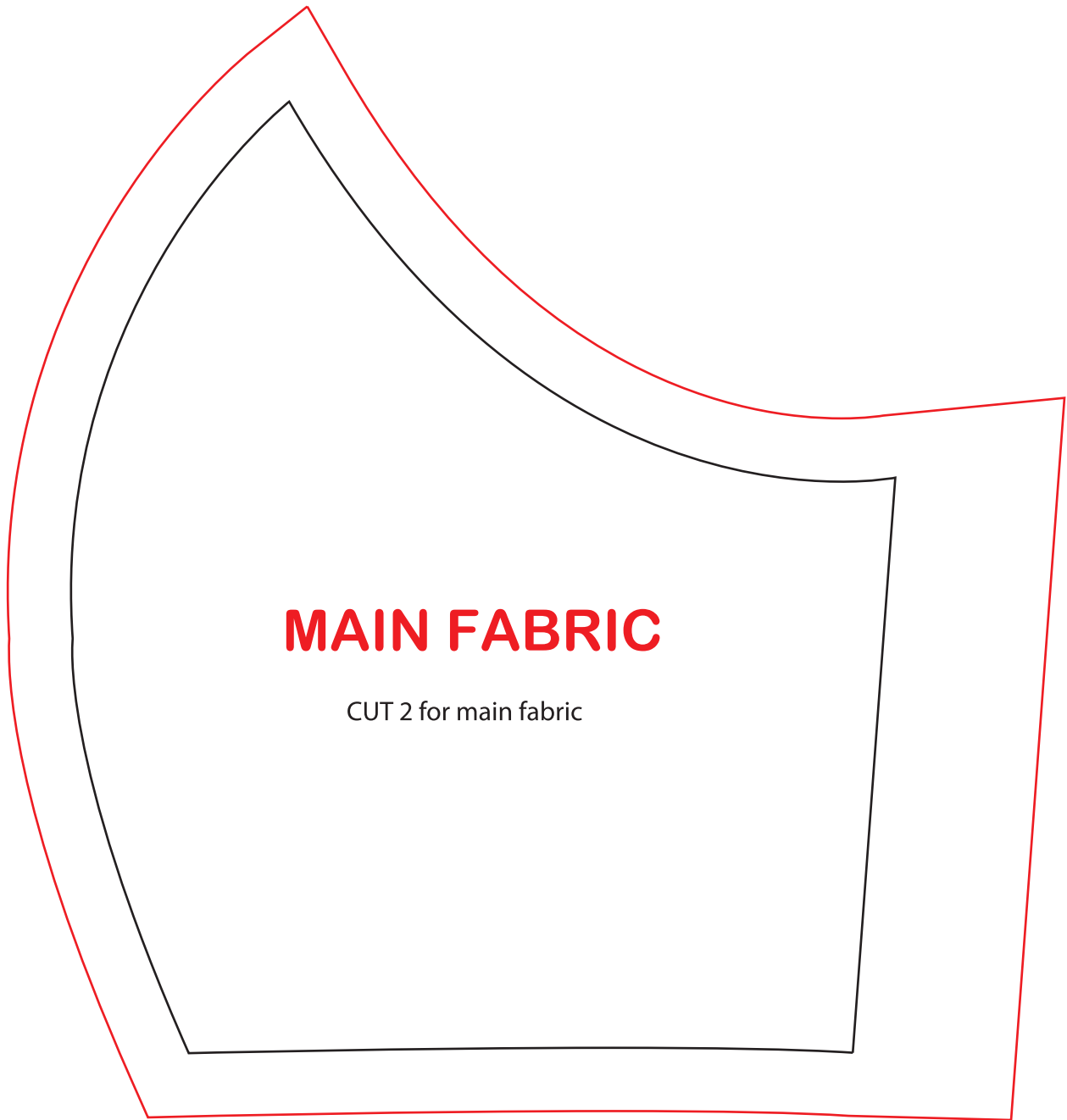
2"

Seam Allowance

Please check your scale here after print

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



2"

Seam Allowance

Please check your scale here after print