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Here's updated information for sewing masks for our friends at Middlesex Health.

The hospital has created a 4 page FAQ and Guide with sewing instructions and photos to help you create the masks.

The PDF is available [HERE](#)



FAQs for Homemade Masks

Fabric surgical masks can help health care providers stay safe while caring for patients. These masks also have the added benefit of being washed and reused.

Below are answers to some Frequently Asked Questions. Please adhere to these guidelines as closely as possible to ensure the masks provide proper protection!

+ Do I need to follow a specific sewing pattern?

Yes! Please follow the instructions on the next page to ensure proper fit and function.

+ What type of fabric should I use?

Our pattern recommends two layers of double weave cotton fabric, such as denim, duck cloth, canvas or twill. **Please ensure that the fabric is no-stretch or minimal-stretch**, and please avoid polyester/less breathable fabrics.

If using fabric that is being "recycled" please be sure it is clean and in good shape. Worn or dirty fabric will not be protective.

+ Do I need to pre-wash the fabric?

Yes, please pre-wash the fabric you are using in HOT water. This ensures that the mask will not shrink when rewashed later.

+ What should I use for straps if I don't have elastic?

Fabric ties can also be used. Please see information on the Sewing Instructions sheet for exact dimensions and requirements.

+ Do I need to use specific colors? Does all fabric have to match?

No! Non-matching fabrics, thread and binding strips are fine. We just need a well-sewn mask with **no frayed edges, missed seams, or holes**.

+ How should the masks be packaged for delivery?

Please place your completed masks in a sealable plastic bag (i.e., Ziploc). All masks can be together in one bag.

+ How do I arrange delivery?

In order to arrange for delivery of your masks, please call Community Relations at 860-358-6200 or email info@midhosp.org.



Guidelines for Sewing Masks

+ Supplies Needed

- Double weave cotton fabric, **two layers** (see FAQs page for details)
 - Fabric must be laundered in HOT water prior to sewing to prevent future shrinkage.
- Fabric for ties or 1/8" or 1/4" flat elastic
 - For Elastic: Two pieces, cut to 7" long, tie a knot at each end

+ Sewing Instructions

1. Cut fabric to be 9 inches long and 7 inches wide.
2. Fabric design should be placed horizontally.
3. Position fabric to put the right (printed) sides together.
4. Starting at the midpoint of the 9" edge, sew to the first corner, stop.
5. Place elastic or fabric tie at diagonal angle and sew into both layers of fabric. Backstitch to ensure tie is locked into place.
6. Continue to sew along the outside of the rectangle. When you reach the next corner, pull elastic to corner or place next fabric tie and sew into both layers of fabric. Again, be sure to back stitch.
7. Repeat steps 5 & 6 until elastic or tie has been sewn into each corner.
8. Sew across the bottom (final 9" side) leaving 1.5" to 2" open. Stop, cut the thread, and turn inside out so fabric print is facing out. Turn fabric in at small gap and pin closed.
9. Pin 2 tucks on each 7" side of the mask. Make sure the tucks are in the same direction. Pin in place.
10. Sew around the outer edge of the mask twice.

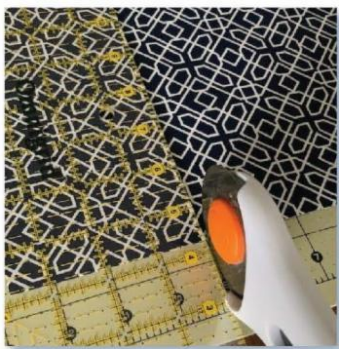
To Make Fabric Ties: If you are making fabric ties instead of using elastic, please follow these instructions.

- Make four ties. Ties should be ~1/4" in width, sewn in such a way that there are no frayed edges.
- Please make ties long enough to be tied in a bow behind the head (about 15" or 16").
- You can also use 40" of bias tape, place mask in it, then sew down 9" length.

Photos for each step on next page.

Step-by-Step Photos

Steps 1 & 2 - Cut fabric rectangle.



Step 3 - Position fabric.



Step 4 - Sew to first corner.



Step 5 - Sew edges and place tie.



Step 6 - Continue sewing edges.



Step 8 - Sew final side & turn out.



Step-by-Step Photos (cont)

Step 9 - Make tucks to form pleats.



Step 10 - Sew outer edges.



Finished Product!



Thank you for your generosity—we are overwhelmed with gratitude for the support from our community!



The Community Foundation of Middlesex County is here if you need us, call 860-347-0025 or email us at info@MiddlesexCountyCF.org