HENDRICK
HEALTH SYSTEM

MASK-MAKING INSTRUCTIONS

- Fabric should be clean and in good condition in order to be protective.

- Fabric MUST be laundered in HOT water prior to sewing to prevent future shrinkage.

- Recommended fabric for the outer portion of the mask includes heavier, non-stretch fabric such as duck cloth, canvas, twill, or other tight woven fabric.

- Polyester or other less breathable fabric will not work as well, due to moisture produced when breathing.

- Elastic should be in good shape, with plenty of stretch and of an appropriate size to fit over the ears; 1/16" round cord or 1/8" braided work best.

- If elastic is not available, fabric ties can be sewn on the mask. There will need to be 4 ties (one for each of the 4 corners). Ties should be approximately ¼" in width, sewn in such a way that there are no frayed edges, and long enough to be tied into a bow on the top of the head (for the top corner) and behind the head (for the bottom corner).

Once your masks are complete, place them in a plastic bag and bring to:

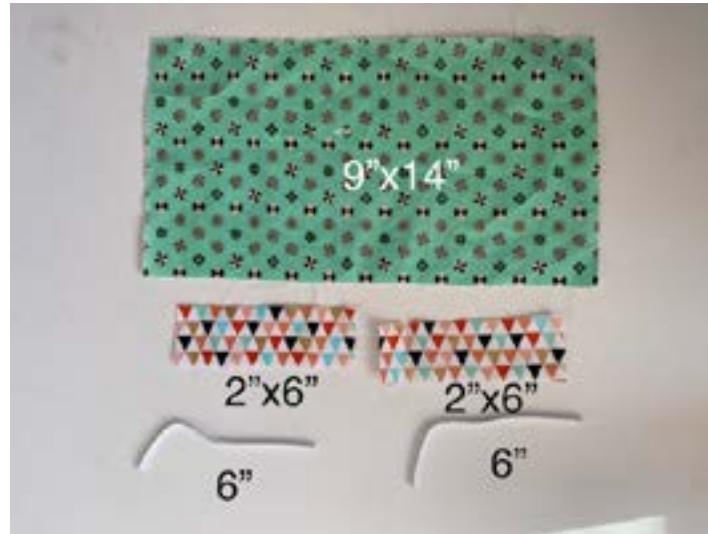**Hendrick Medical Center**
1900 Pine St.

Drop off donations to Security just inside revolving doors of the main entrance.

Thank you for your generosity in helping keep our community safe!

HOW TO SEW A FACE MASK

Instructions from The Stitching Scientist at thestitchingscientist.com

Materials

Start Sewing

Step 1- Fold main fabric right side together on the long side Sew. Turn inside out and iron.

Step 2a. Fold inwards about 1" to form pleats on the short side of the fabric.

Step 2b-Form 3 pleats on each side. Pin down

Step 3-Sew the sides straight down

Step 4-Sew elastic inwards on both sides

Step 5-Fold side pieces half way on short side and iron down

Step 6-Line up raw edge of side piece to raw edge of main piece.

Step 7-Fold over the ends of the side piece on the back of the mask. Pin

Step 8-Sew on the front side of the side piece.

Step 9-Fold over the side piece and sew down. Repeat for other side.

View of the back after you turn it over

Finished back view