

# Sewing Masks

## (DIY for Hospitals, Institutions, or Yourself)

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### MAKING MASKS

Hospitals are seeing an increasing number of patients with COVID 19, with symptoms ranging from mild to serious, as well as their normal urgent care and emergency patients. Medical supplies to care for patients and to protect medical providers, their families and patients are running short throughout the country. While not ideal, reusable washable masks can be made by hand, and they are needed for protection in hospitals, nursing homes, rehab centers, group homes and other group settings.

There are a number of Facebook groups coordinating this effort and working with local health care facilities for requirements and drop off of masks. Two have just merged and are working together.

[RosieSews.org / Million Mask Mayday - Make Masks & More to Fight COVID-19](#)

Here are the basic materials and supplies you'll need.

### MASK MATERIALS:

- Tightly woven fabric. Preferably cotton, cotton blend OK the more cotton the better Thread
- 1/8" Elastic (for one pattern) or bias tape.

### MASK MAKING SUPPLIES:

- Scissors
- Sewing machine
- Iron
- Ruler/tape measure
- Pins

### TYPES OF MASKS:

	<i>Single layer of fabric</i> Easiest to make	<i>Double layer, pouch for filter; harder/longer to make</i>
<i>Elastic over the ear</i>	Less protection, least comfortable for day long use	Good protection, not as comfortable for all day use
<i>Fabric ties around head</i>	Less protection, comfortable.	Best protection, most comfortable

Different types of masks are good for different uses.

### VIDEOS:

There are dozens of videos and patterns/ instructions on line for making masks. We have chosen a few here that are simple, for beginners, and for different learning styles.

Video instructions can be mixed and matched, depending on need and sewing skills.

- [With elastic and pocket for filter](#)
- [Elastic ear loops, multiple layers of fabric for better safety, no pocket for filter](#)
- [Two layer cotton mask, cloth loops, using hand made bias tape. Easier to purchase pre-made bias tape](#)
- [Two layers, bias tape](#)

### WRITTEN INSTRUCTIONS:

- These are written instructions made by a nurse. It is a slightly more complicated pattern, but still easy to make. No elastic, bias tape ties: [A.B. Mask - for a Nurse by a Nurse](#)
- This also written instructions and pattern from Rosie Sews (rosiesews.org): [Cloth Face Mask with Filter Pocket](#)
- Joann Fabric, a national chain is offering supplies, materials and instruction: [Help Support our Country's Medical Personnel](#)