



Face Mask Directions - revised – 04/01/20

Intended for reuse only if laundered every day. Offers minimal protection in lieu of a loop mask.

Supplies: To complete roughly 100 masks

5 yards of patterned 100% cotton – Please wash your fabric before cutting
5 yards of solid colored Poly cotton – Please wash your fabric before cutting
10 yards of Pellon. Anywhere from light to medium weight. A third fabric may be substituted if you can't find Pellon. Use different weaves of heavy cotton, poly-cotton, linen, linen blend, any three fabrics - each layer being a different fabric.

Corded elastic 1/4", or 3/8" wide elastic white or black – to be cut into 6.5" pieces or nylon loops

Twist tie – to be cut into 4" pieces – must be of water resistant material, if not it is not required in the production of the mask.

Elastic of any kind has become difficult to find. It can be ordered on Amazon but check delivery date. Most 1/4", elastic is too stiff to be worn comfortably for an extended period of time. If you have 1/4", cut it up the center creating 1/8th inch. Easiest way is to cut 6.5" lengths and then split up the center. Cloth ties and nylon loops can be used instead of elastic.

Nylon Loops - In order to get started quickly we ended up purchasing large bags of nylon loops, the types of loops that the children use in the plastic looms. We sorted by color and Provided two loops per mask. You snip the loop, stretch it as far as it will go, release it and cut it at about 6.5 – 7" inches depending on how stretchy the loop felt. These can be purchased on Amazon. Type in Nylon Loops and look for Wool Novelty Company for an example of what we used. You will get hundreds of loops per bag.

Twist ties – Should be 4" – 5" in length. As you will see the Twist Tie allows the wearer to crimp the mask around their nose. An important element but not required. **These ties must be PLASTIC.** Paper will disintegrate when the mask is laundered. These can be purchased on Amazon in varying quantities. Just type in 'Plastic Twist Tie'.

Pellon – Pellon sold out of the stores quickly. In lieu of a non-woven material, like Pellon, a third fabric may be substituted. Use different weaves of cotton, poly-cotton, linen, linen blend, any three fabrics - each layer being a different fabric. A non-woven is preferable but if that is not available, use 3 different weaves. Of course all fabrics must be breathable. Water resistant is good, water repellant may not be as breathable.

Please wash all your fabric before you begin to cut. Your patterned fabric is 100% cotton while the solid color is a blend. Get the worst of the shrinkage out of the way before you begin to cut.

DO NOT WASH your Pellon or non-woven material. It is washable and will hold up when it is part of a garment or in this case your mask but does not hold up being washed alone.

The fabrics serve a purpose. Breathable water repellent fabrics and thicker layers decrease droplet spread. No cloth mask will be worn as a substitute for an N95. All masks must have a solid side and a patterned side. Solid for the inside – patterned for the outside.

Although it looks like the pattern may be cut on a fold – Don't, **the straight line represents the pieces closest to the ear.**

We started with a Men's pattern and a Women's pattern. We now have a **Universal Pattern**. We will include the pattern as the last page here. Please double check that your pattern is to scale. The bottom line should measure 4.5". If your pattern has printed out smaller, adjust by adding the difference all the way around your pattern prior to cutting.

We strongly urge you **to complete 1 or 2 masks before cutting all your fabric.** Some masks are running small. If you think yours are small just add another ¼". Everyone sews differently and we were told it's fine if they're a bit big as a tuck can be taken here or there but there's nothing to be done if they're too small.

The center, top and bottom seams allowances are all ¼". If you are lucky enough to have a serger, just serge the seams and you're good. Everyone else, ¼" seams are perfect

Cut two pieces of the pattern fabric, two of the solid and two of the Pellon or alternate lining.

These pieces are all the same size,
it's just the angle of the picture



The Pellon is fusible so using a warm iron, fuse the Pellon to the back of your lining pieces. If not using Pellon, add your other piece

Sew your matching pieces together
on the center seam.

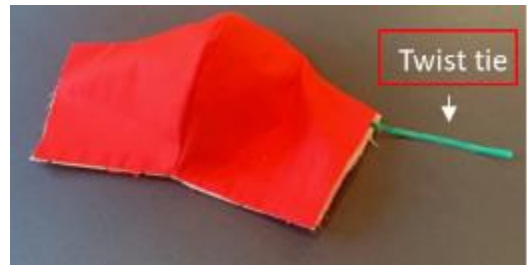


Your choice here but some have top stitched the center seam, on both inner and/or outer layer to add stability.

Twist Ties: We have a few different approaches to the twist tie.

#1: Place your outer layer and the inner layer right sides facing; sew top and bottom seams ($\frac{1}{4}$ " allowance) leaving the ends open. These ends will be nearest the ear. Turn right side out and press

Cut a 4" piece of the twist tie.
Manually place this inside, up across
what will be the bridge of the nose.



Zig Zag this piece in place. Starting on
one side and zig zagging across the entire
top seam, catching twist tie on the bridge
of the nose will add stability



#2: _____



Stitching the top seam at $\frac{1}{4}$ ". Then coming
back and zigzagging the twist tie to the top
seam allowance (that way I can see exactly
where it lies)

Once done stitch the bottom seam. Now
turn right side out, and top stitch about $\frac{1}{4}$ "
along both top and bottom seams.





#3:

I tried a few different ways in putting the twist tie in and wanted to share what I found to be the easiest.

I tag it into my inside layer with a zig zag stitch.

Then I fold my pieces together and sew them together at the bottom.



Turn it right side out and top stitch along the top making sure the tie is in place along the seam. Then I top stitch the bottom.

All you see inside is the little zig zag spot.





Finishing the sides.

Fold in the raw edges roughly a $\frac{1}{4}$ " and press.

Cut two pieces of 6.5" elastic or two pieces of nylon loops.

These will go around the ears.

Put the ends of the elastic pieces in the top and bottom of the open side seams.



Repeat on the other side.



Starting in the center of the seam, (I promise you your sewing machine will thank you for this) sew down to the end crossing over the elastic, turn the piece around and sew up the seam crossing over the elastic at the other end and come back to meet your starting point.

Repeat on the other side.

Now top stitch your bottom seam and Ta-Dah,
You're done!



Finished Outside

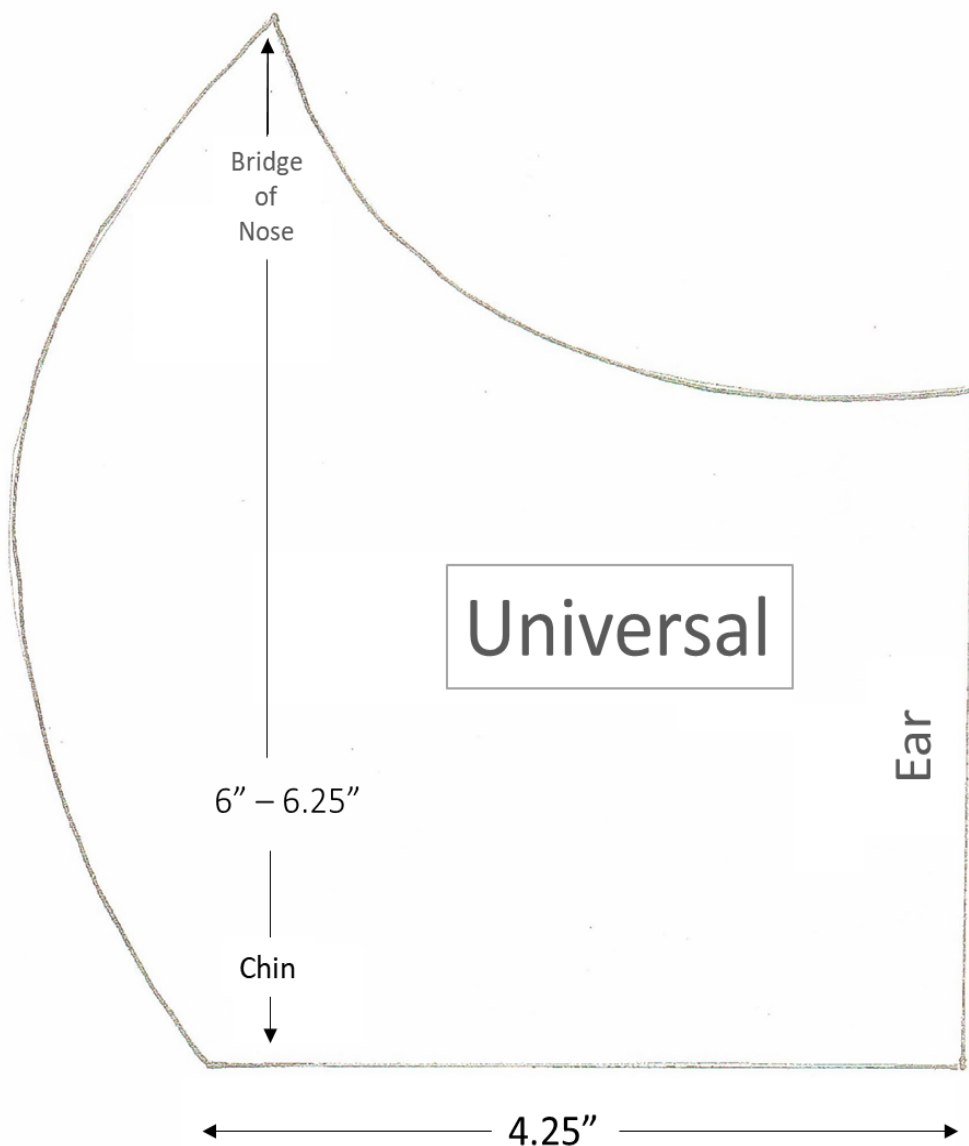


Finished Inside



We ask that you launder your finished masks. This second laundering will show you if your seams are going to hold and if the elastic is stitched in well.

If you have friends that wish to help, please contact us
for further information at marketing@trinityhealth.com



Mask Drop Off Locations

When you have your Fabric Face Masks made and ready to deliver to the hospital, please package securely, packaging in quantities of 25 or 50 in a Ziplock bag is preferable.

Please include your name, the organization you represent and the amount of masks in your package and please email this information to marketing@trinityhealth.com as well.

Deliver to one of the following drop site locations:

- Trinity East - 380 Summit Ave., Steubenville, OH
- Trinity West - 4000 Johnson Road, Steubenville, OH

If you have friends that wish to help, please contact us for further information at marketing@trinityhealth.com

Know we appreciate you and you sharing your expertise to benefit our COVID-19 effort and our ministry. Thank you.

