

## Guidance for Iowans to sew homemade masks for healthcare providers

March 27, 2020

There is a national shortage of commercially-produced PPE including face masks, and public and private officials are working to address national and global supply challenges. Due to the current limitations on supplies of face masks, there may come a time during this response when commercially manufactured masks are no longer readily available. Iowans who would like to support healthcare providers can use this guidance document to construct homemade cloth masks that can be worn by Iowa healthcare providers during patient care.

Iowans who would like to donate homemade masks need to call their local hospital, medical clinics, or long-term care facility prior to making a donation. The facility will provide guidance on where to drop off donations outside of the health care facility.

Please construct masks as requested by the health care facility where you plan to donate. If the health care facility does not have a specific plan, please construct masks using the following specifications:

- 100% cotton fabric, tightly woven, minimum of 160 thread count per square inch
- Ties and tape – 100% cotton – white or natural color – minimum ¼ inch thick
- Nose piece – minimum 4 inches long – plastic coated wire twist ties
- Mask size when complete – 7 inches wide by 3.75 inches long
- 3 pleats per mask facing upward (from outside view)
- The mask should have two layers of fabric

There are many different patterns available on the internet, please choose one that meets the specifications above or one that meets the requirements provided by the facility where you are making a donation.



**Fabric specs:**

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3 pleats per mask facing upward (from outside view)



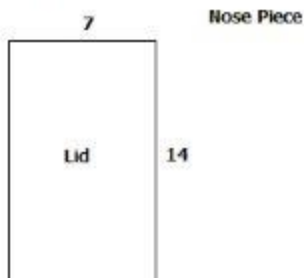
<https://www.sewgoodgoods.org/face-mask-covid-19>

**Additional Technical Specifications:**

<https://www.modehausbridal.com/modehausmaskprintablepattern>

# Surgical Mask

## 3.25.20

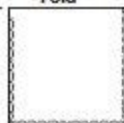


### Serger

Fold the lid in half length wise, serge around 3 sides, stopping .5" from one corner.

Stop

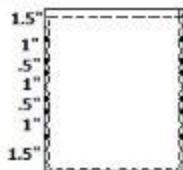
Fold



### Sewing Mach.

Sew a .25 seam across the fold at the top.

Using template, mark 6 notches on each side.



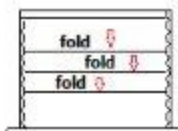
Fold first notch down to second notch.  
Tack Down

Fold third notch down to fourth notch.  
Tack Down

Fold fifth notch down to sixth notch.  
Tack Down

Do other side the same, make sure folds are going down on both sides.

### Folder



Take to folder, sew binding across the bottom. Snip even with the edges.

Sew binding about 20" long, insert one side of the mask into the binding, sew across and sew another 20" and cut.

Put nose piece in the opening that you left when serging. Sew the binding the same as other side.

