

DIY Mask Directions

As there is a short-coming of proper masks, hospitals and medical association in Germany and the USA are recommending to make and supply masks to health care providers and high risk patients. Though not as effective as N95 or surgical masks, they do reduce the distribution of Corona virus containing droplets onto surfaces and people. This is simply an aid in absence of regular masks and is not studied or certified. Having said that surgical masks were made out of cloth before the commercial ones. Use at own discretion.

There are two main types of masks generally used in healthcare. N95 respirators filter out 95% of airborne particles, including bacteria and viruses. The lighter surgical or medical face-masks are made to prevent spit and mucous from getting on patients or equipment.

Both types reduce rates of infection among healthcare workers, though comparisons (at least for influenza) have yet to show that one is superior to the other. One [2020 review](#) by Chinese researchers, for example, analyzed six randomly controlled trials that included more than 9000 participants and found no added benefits of N95 masks over ordinary surgical masks for healthcare providers treating patients with the flu. <https://www.ncbi.nlm.nih.gov/pubmed/32167245>

Face Mask Instructions

One person needs 2 masks per day, which can be boiled at night and reused the next day. Best to have 4 to allow for drying time.

Material

- Tight weave but breathable cotton fabric, a pretty print is best.
- Rope Elastic, beading cord elastic will work (you may also use 1/8" flat elastic)
- Cut the elastic 7" long
- Cut mask fabric 9"x6" for adult or 7.5"x5" for child

Instructions

- Put right sides of cotton fabric together at long ends
- Starting at the center of the bottom edge, sew to the first corner - stop.
- Sew one end of the elastic into the corner with the rest facing the new corner inside of fabric. A few stitches forward and back will hold this.
- Sew to the next corner while avoiding the elastic, stop, and bring the other end of the same elastic to the corner and sew a few stitches forward and back.
- Now sew across that top of the mask to the next corner. Again sew one end of a new elastic into the corner with the rest facing the next corner.

- Sew to the next corner, avoiding the elastic, and sew in the other end of the same elastic.
- Sew across the bottom leaving about 1.5" to 2" open. Stop, cut the thread.
- Turn inside out.
- Pin 3 tucks on each side of the mask. Make sure the tucks are facing the same direction
- Sew the edges of the mask twice.
- Possible modification: insert other fabric into middle such as paper towels etc.

<https://www.deaconess.com/How-to-make-a-Face-Mask/Documents-Mask/Mask-Information>

Face Mask Video demonstration

<https://www.deaconess.com/How-to-make-a-Face-Mask?fbclid=IwAR1H25jhviFlqeBjj-LEwCUCGNf-PbJcst4fHxcnXOThUqoTk6CVQ8cuyRM>

Surgical Wrap Face Mask Instruction

Instructions for surgical wrap face masks supplied in kits by Providence

<https://vimeo.com/399324367/13cd93f150>

- Blue surgical wrap (apparently a waste product from surgical trays)
 - 1 piece of 7"X15"
 - 2 pieces of 1"x30"
- fold big piece in half along long side
 - sew non folded pieces together in 1/4" seam
 - turn inside out
 - flatten seam at bottom with fingers
 - fold a 1.5 inch pleat down from the top and pin
 - fold another pleat down below the first and pin
 - sew down both sides at 1/4" seam
- place middle of long strip on either short side and encase the edge of the mask

Face Shield Instructions

https://psjh.blob.core.windows.net/covid/PSJH_Faceshield.pdf

General information only. Providence used these guidelines, with other information and our own experience, to create face shields for our own internal use. You should conduct your own reviews and consider quality and other issues before creating face shields or other products on your own.

Face Shield Parts

- Vinyl – 16 or 20 gauge marine grade vinyl
- Foam – 1 inch by 1 inch (cut down from larger sheets, if necessary)
- Elastic – Preference 3/8 to 1/2 inch (larger might require two staples per side)
- Double-sided tape – 1 inch industrial grade mounting tape (Gorilla, Scotch)

Instruction

- Cut mounting tape into 10" lengths
- Cut elastic into 14 inch lengths
- Cut foam into 10"x1" lengths
- Cut vinyl into 12"X 13.5" rectangles (shield – can be round on bottom)
- Center and place a 10 inch length of mounting tape 1/2 inch below top of shield
- Secure foam on mounting tape
- Secure elastic loop on either side of foam using standard stapler