

BEFORE CUTTING check that your print out is at 100% scale on 8 1/2" by 11 paper. The box to the right should measure exactly 1 inch square.

This square should be 1" on each side.

We Can Sew It!

GENERAL INSTRUCTIONS BEFORE YOU BEGIN:

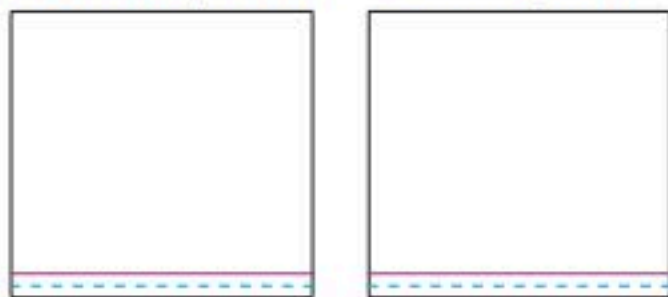
- This pattern has been developed with St. Joseph Hospital in Denver to meet their medical requirements and staff needs.
- You are welcome to use this pattern for other hospitals but you would want to contact them and get it approved by their administration. Please follow the pattern and instructions exactly and do not make modifications.
- The masks are one size fits all.
- **Fabric must be light-colored** (so it's easy to see when it's soiled), cotton or cotton blend and a high thread count is best. Pillowcases, sheets or quilting fabric are good examples. It needs to have a high thread count, but also be breathable.
- All seams are sewn with a $\frac{1}{4}$ inch, unless specified.
- Fabric must be prewashed and dried.

CUTTING INSTRUCTIONS:

1. Cut two mask rectangles using the template ($7\frac{1}{2}$ " x $8\frac{3}{4}$ ").

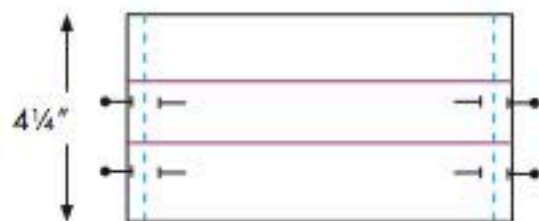
SEWING INSTRUCTIONS:

1. On each piece, fold toward the wrong side of the fabric on the orange dotted lines ($\frac{1}{4}$ "). Then stitch the seams on both peices as shown below using scant $\frac{1}{4}$ " or $\frac{1}{8}$ " seam.



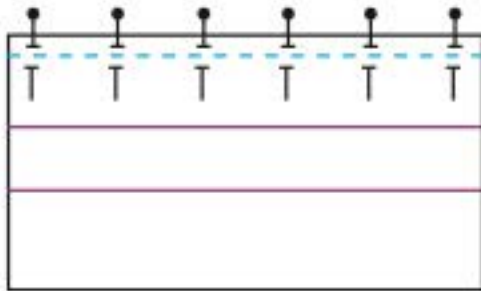
NOTE: Diagrams are not to scale - pink line shows where fabric is folded under to create a clean seam.

2. On each mask piece, mark your pleat fold lines with a fabric pencil (These are the red and blue dotted lines noted in the pattern). Now fold and iron each pleat with red dotted lines folding the right side of fabric together and blue dotted lines folding the wrong side of fabric together. Stitch up sides with $\frac{1}{4}$ " seam and

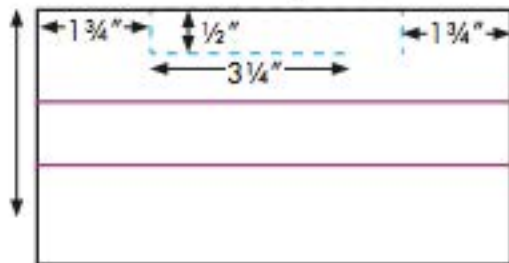


You should have two of these after step 3 with pins removed.

3. Place the mask pieces on top of each other, right sides together and raw edges at the top. Stitch one seam all the way across the top with a quarter inch seam. Remove pins.



4. Open the mask along the new seam, wrong sides together and press the mask flat. Mark the nose wire pocket with a fabric pencil on mask in the location shown on the pattern diagram. The wire pocket will be a 4" by 1/2" box, with a 3/4" opening at one side on the bottom. Stitch along the three lines as shown in blue below.



Please review pattern measurements and location of stitch before completing this step. Be sure to leave the 3/4 inch opening on one side so the nose wire can be added to the mask by the hospital.

OPTION WITH ELASTIC



OPTION WITH TAPE BIAS

Pin 36 inches of 1/2" bias tape to either side of the mask, so 16" ties are available at the top and bottom. Stitch along the bias tape and through both layers of the mask to complete. Reinforce the stitching where the mask and straps come together at all four corners.

