

Quick Face Mask Using Close Weave Cotton Fabric:

Cut a piece of fabric 8 x 14, and 2 pieces 1 1/2" x 34" for ties.

Fold fabric in half, right sides together. Sew along the top edge. (You are making a tube).

Turn inside out and press.



Create 3 even pleats in the center leaving about 1" on the top and bottom. Press well. Pin down. The mask should measure about 3" tall when the pleats are done.

Sew down the pleats with a zig zag stitch close to the edge to minimize fraying.

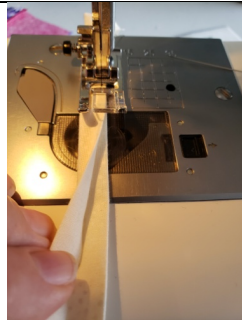


For the ties: fold fabric along the length, press. Unfold and use this line to fold the two sides in towards it, then fold it again in half, ending up with a 1/4" by 34" piece. (Note: Bias tape can also work for the ties.)



Sew along the open edge.

Fold a tie in half to find the center. Place the center on the edge of the mask, leaving equal tails on top and bottom, sew it down. Repeat for the other side.



Mask is worn with the pleats open, covering nose and chin. Pull on edges of mask to close.

Note: Donated masks may be delivered to the ER entrance of Uintah Basin Healthcare (250 W 300 N Roosevelt, Utah) or Basin Clinic Urgent Care (475 N 500 W Vernal, UT). Please deliver masks in an enclosed zip-lock bag. Masks will be laundered at UBH prior to use.

CDC Disclaimer: Although homemade masks do provide a level of protection, they are not considered official PPE (Personal Protective Equipment). UBH is not liable for the effectiveness of these masks. We are accepting donations to help us conserve our limited supply of approved PPE to continue to best care for patients.

