

Mask Instructions Part I: Hand Sewing

Sewing Tutorials (if you need them):

- Basic introduction to knots and running stitch <https://youtu.be/1FknfumFPX8>
- Basic tutorial for backstitch: https://youtu.be/rZ_wVC84UmM
- Basic tutorial for running stitch: <https://youtu.be/Y862UI8fPhM>
- Basic tutorial for tying a finishing knot: <https://youtu.be/f58wolqfz3o>
- Longer and more detailed seam sewing basics: https://youtu.be/39C_oYPgTpY

Notes:

- Measurements for **ADULT MASKS** are in **blue**
- Measurements for **PEDIATRIC MASKS** are in **orange**

Video Instructions:

- **MD Maskeraid Part I video**. Note: This video contains machine sewing, not hand sewing, demonstrations for Part I. However, the basics of how the cloth is put together and how the elastics are inserted remain the same so this video will still be useful for hand sewing guidance.

Other videos for reference:

- **Quick overview:** <https://youtu.be/9tBg0Os5FWQ>
- **Mask #1 in this more detailed tutorial:** <https://youtu.be/U85xbxIstyg?t=95>
- **Note:** You will be completing only the first portion of the mask; the rest will be finished by someone with a sewing machine.

Included Mask Materials:

- 10 mask outside pieces (**9"x6"** or **7"x5"** blue sterile wrap)
- 10 mask inside pieces (**9"x6"** or **7"x5"** other fabric)
- 20 ear straps (**7"** or **6"** elastic)
- 2 needles
- Spool of thread
- Optional: thimbles can be provided if you'd like one

Not Included:

- Scissors

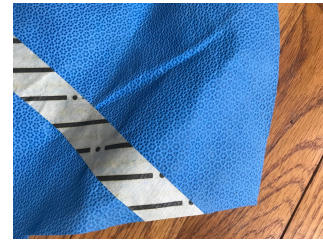


Visual Instructions

Written Instructions:

1. Please watch the video tutorials and read through these instructions completely before starting to make a mask.

2. If you have no sewing experience, take a look at some of the tutorials linked above and practice hand sewing on a spare piece of fabric before starting a mask.
3. Ensure that you have all the needed materials.
4. Put the two pieces of fabric together, making sure they are aligned as well as possible across all edges. For the blue sterile wrap fabric, if there is tape on the fabric (pictured to the right) put that side facing out so that it will end up on the inside of the mask.



5. Starting at the center of the top edge about a **¼ inch down** (about half a finger's width), sew across the top edge and stop right before the first corner. Backstitch is recommended, but a running stitch is acceptable as the mask will be reinforced later on.
6. Place the elastic between the two sheets with one end in the corner. The elastic should be at around a 45° angle to both the long and short edges of the fabric. Sew across the corner, making sure to include the elastic. A few stitches forward and back will hold this.
7. Sew to the bottom corner, stop and bring the other end of the same elastic to the corner and sew a few stitches forward and back.
8. Sew across that bottom of the mask to the next corner. Place the second elastic between the two sheets with one end in the corner as before and sew across the corner a few times forward and back.
9. Sew to the next corner and sew in the other end of the same elastic.
10. Sew across the top leaving about 1.5 inches to 2 inches open in the middle of the mask. Stop and tie a finishing knot.
11. If the seam allowance ends up being greater than ¼ inch, trim it down to the proper length. This helps the machine sewers when they sew the tucks/pleats.
12. Turn inside out.
13. Put your completed product in the plastic bag your mask components came in.
14. Complete the ShipDay Pickup/Delivery Form linked below.

REQUEST A PICK-UP OR DELIVERY: [ShipDay Pickup/Delivery Form](#)

Fill out Name, Email, ALL Pick up and Delivery info (just repeat your own info in both sections)

Under Order Details please answer the following:

1. What is being picked up?
2. How many (please record specific number)?
3. Do you want an additional sewing kit? How many (ex: materials for 5 masks, 10 masks, etc.)
4. Do you need more needles or thread?

We also have all instructions for completing the form in [ShipDay Instructions](#).

Once you fill out the form, you should hear from the Transport Team soon. Be on the lookout for emails and text messages about when to leave your materials out and when new materials have been dropped off for you.

15. You have completed your part in making a mask!
16. If you plan to continue helping out, please keep your needle and any remaining thread! If you do not plan to hand sew any further, please notify us and return any needle and thread.

Adapted from instructions by Deaconess Hospital.

If you have any questions about constructing your mask, please contact our Sewing coordinators at mdmaskeraid@gmail.com