

COMMUNITY MASK INSTRUCTIONS

MASKS FOR THE EAGLE RIVER VALLEY



VAIL HEALTH

NOTE TO ALL

Please read through all directions before starting your mask project. It will help you understand and be able to make it quicker if you have an overall picture.

Some making these masks will be new seamstresses; others are more seasoned and will pick up on the suggestions which help considerably. The “pocket” allows for the wearer to insert an additional filter if desired. This helps protect from particulate matter passing through the mask.

PLEASE REMEMBER THAT MEASURING, CUTTING AND PRESSING ARE VERY IMPORTANT and will make the sewing quicker and easier! Don't sew over pins – you'll break your sewing machine needle. Go easy – take your time and you will become an expert in no time! And thank you for your help!

MATERIALS NEEDED:

- 100% cotton material
- 1 pipe cleaner folded in $\frac{1}{2}$ or 2 twist tie - cut to 6" length
- 2 pieces of $\frac{1}{8}$ " or $\frac{1}{4}$ " wide elastic, or - cut to 7"- 8" length

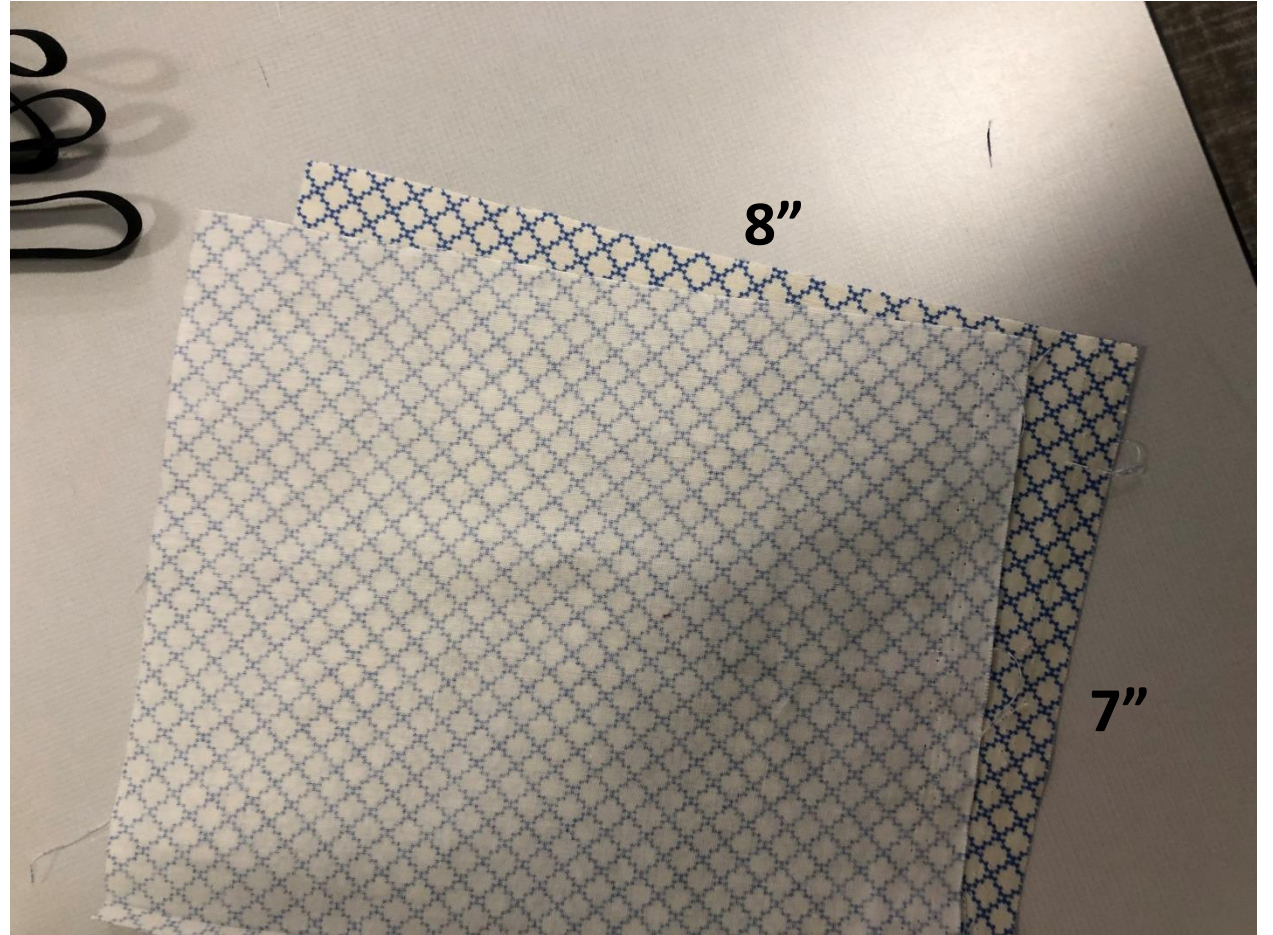
OR

- If using ties, 2 pieces of fabric each 34" long and $1 \frac{1}{2}$ " wide



STEP 1:

Cut material into
2 pieces that are
7" long x 8" wide
OR 1 piece of 14"
long x 8" wide with
a fold

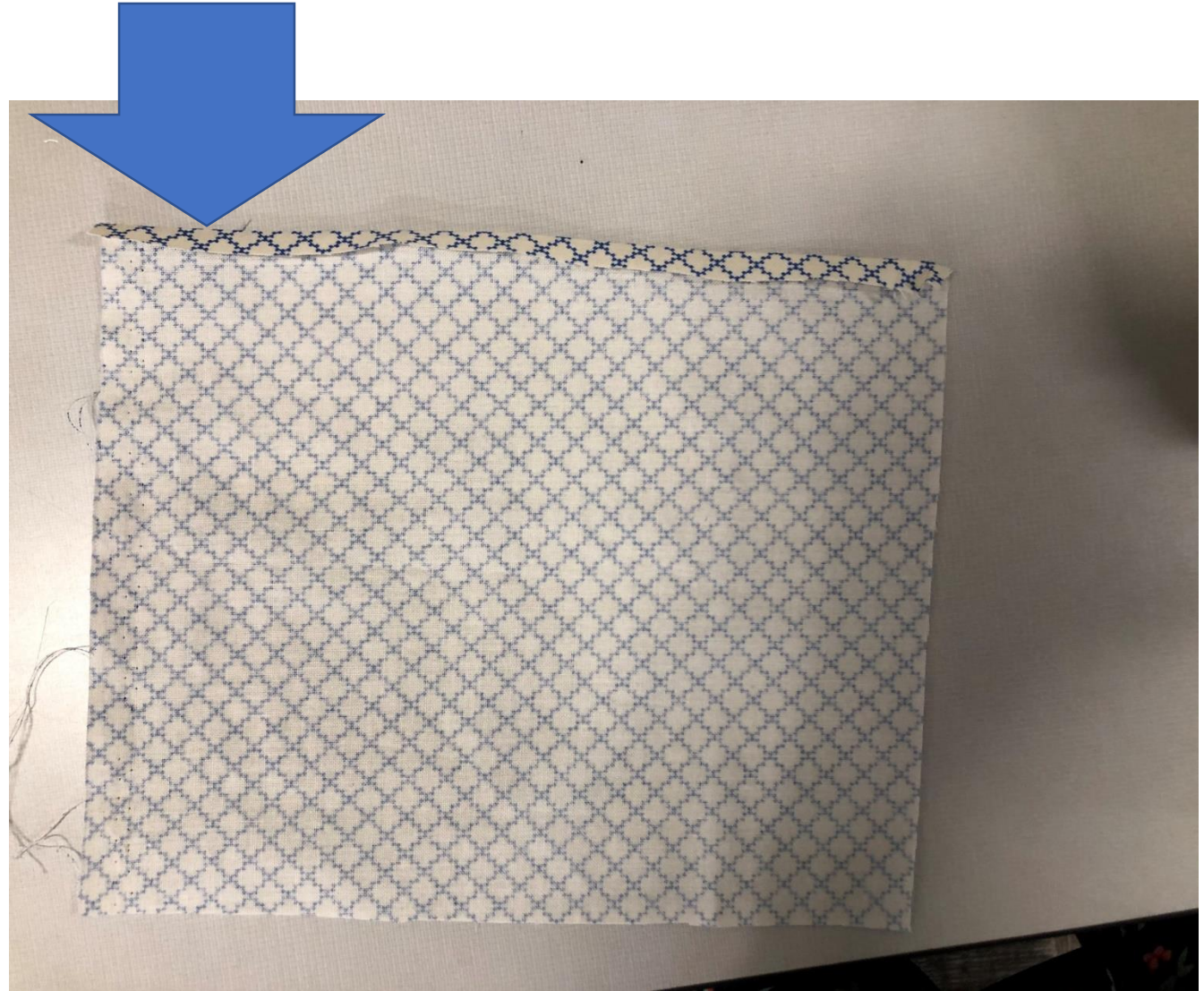


VAIL HEALTH

STEP 2:

Fold over $\frac{1}{4}$ " top edge (8" side) and press with iron; then stitch to make the top edge of the pocket. Repeat same procedure for second piece of material or opposite short edge.

SUGGESTION: Some seamstresses may want to put the twist ties or pipe cleaner against the fabric and fold it over another $\frac{1}{4}$ " to enclose it with a seam at this point.

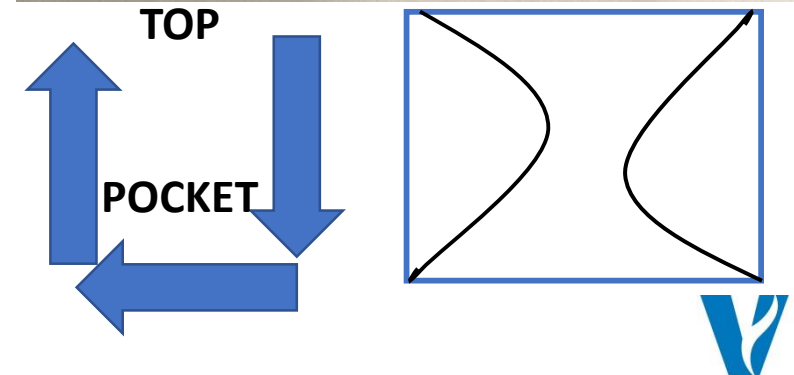


VAIL HEALTH

STEP 3a: *(ONLY if using elastic for ear pieces. If not using elastic, go to 3b and then to Step 5)*

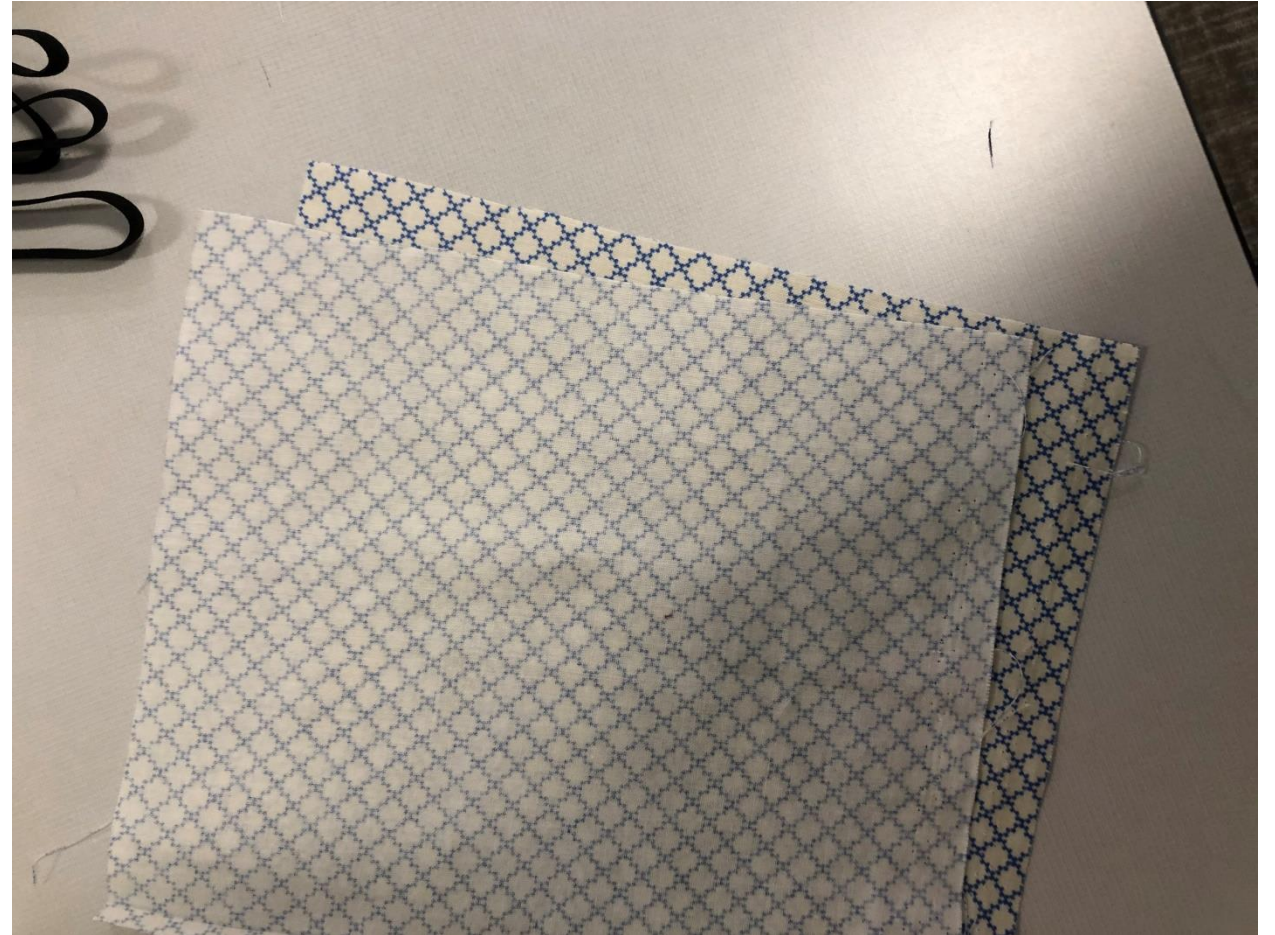
- Pin elastic on the inside (print side or right) side of fabric 3/8" from top and bottom (making a U shape towards the center).
- You may want to tack this with a few stitches (print or right sides together) on top and bottom
- Place the second piece (print side or right) of fabric on top of the elastic.

Be sure the folded over and top stitched sides are at the "top" which will be the opening of the pocket.



STEP 3b:

Put printed or right sides together so the material is inside out.

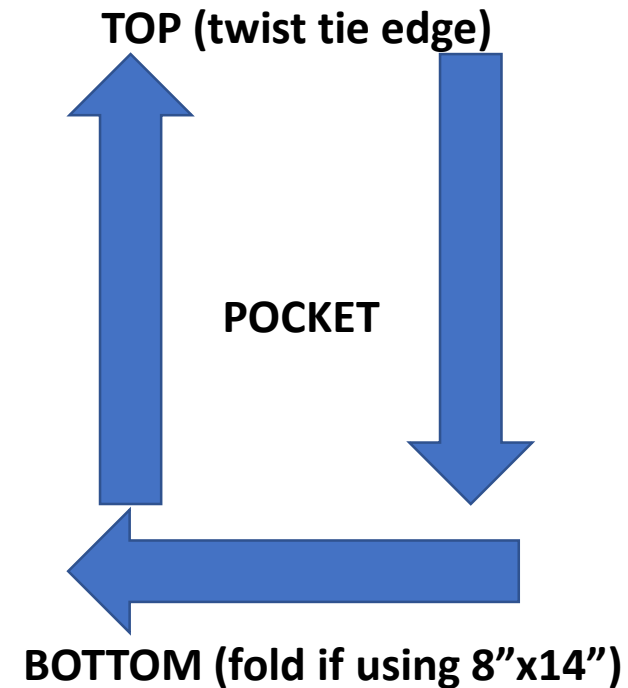


VAIL HEALTH

STEP 4:

Sew 3 sides to make pocket, sewing the elastic on inside.

SUGGESTION: back stitch over each piece of elastic for strength.



VAIL HEALTH

STEP 5:

- a. Clip corners
(this makes it turn easier)
- b. Turn right side out and press.

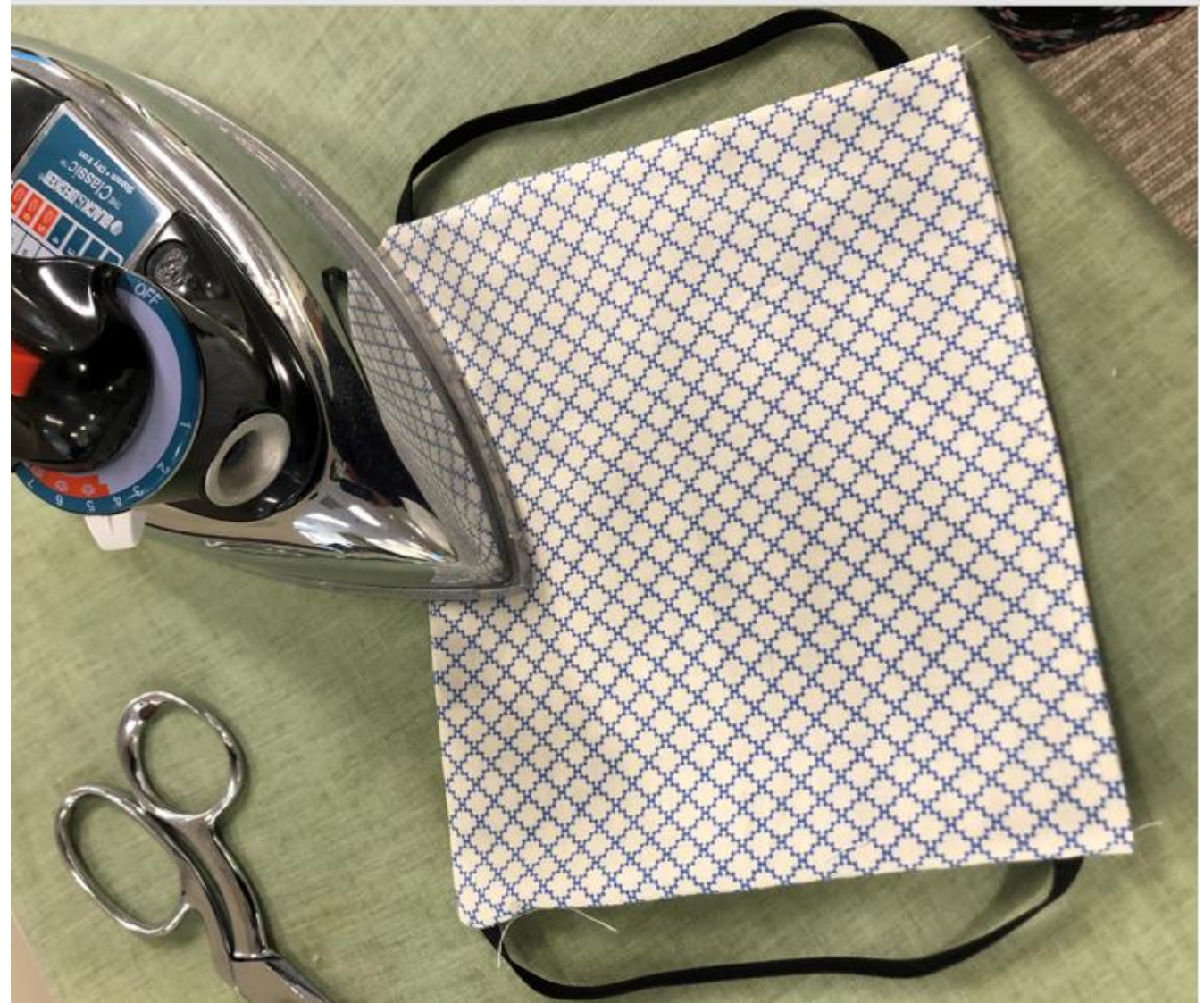
It should now look like a pocket with elastic on each side.



VAIL HEALTH

STEP 6:

Iron the mask flat

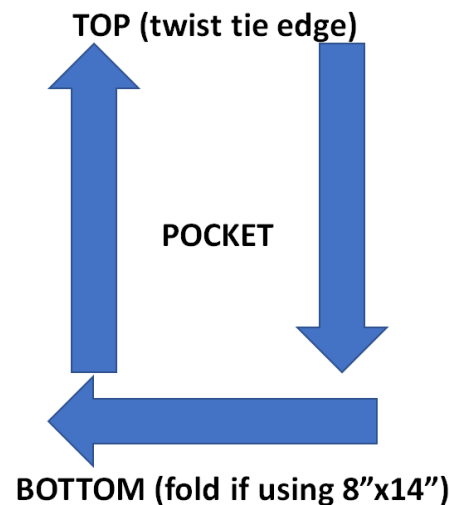


VAIL HEALTH

STEP 7:

- Make 3 pleats ½" each – pin and iron flat.
- Stitch pleats down on one side, stitch across the bottom, and stitch up the other side.

Don't stitch the top pocket closed!



STEP 8: *(ONLY if twist tie or pipe cleaner was not put into folded top edge in step 2)*

On the inside, use a zig zag stitch to secure a twist ties or folded pipe cleaner to one layer of material.

This will allow mask to seal around bridge of nose.

SUGGESTION: Some seamstresses may want to put the twist tie or pipe cleaner against the fabric and fold it over another ¼" to enclose it. This could also be done in Step 2 before the rest of the construction of the mask.



VAIL HEALTH

STEP 9a:

If using ties:

- a. Cut 2 strips, each 1 ½ " wide x 34" long as listed in materials
- b. Place strip print side or right side down on ironing board. Press short edges in ½" (1) Press in half lengthwise (2).
Open.



VAIL HEALTH

STEP 9b:

If using ties:

Press each long edge in but NOT quite to the fold (1). Now press in half lengthwise pressed sides in, making a long strip to be used as a tie (2).

NEW SEAMSTRESSES: stitch the length of the tie to be attached to the mask over the pleats. Pin the middle of the tie over the middle of the pleats, then stitch the tie in place from the top to the bottom of the pleats (you may straight stitch or zig zag)

SUGGESTION: More experienced seamstresses may want to open the tie in the middle and pin both sides over the pleats. Pin tie in place. Stitch down the tie to where it is around the pleats and zigzag the tie over the pleats to catch both sides of the tie enclosing the pleats (3).



Completed Mask

With Ties



With Elastic



VAIL HEALTH

DISCLAIMER FOR COTTON MASKS

Note: Efficacy of these homemade cotton masks against the novel coronavirus SARS-CoV-2 has not been validated. However, they may provide a benefit to the community by preventing the spread of potentially infectious respiratory secretions from the wearer to others and deterring the wearer from touching their face. The Centers for Disease Control and Prevention (CDC) states that in settings where face masks aren't available, homemade face masks can be used. These masks should be washed frequently with soap and hot water.

WASHING INSTRUCTIONS

These cotton masks should be **washed daily**. Here are the hand washing instructions.

Wash in a combination of hot water, bleach and dish soap. See amounts below. Wash/soak for 10 minutes. Then rinse thoroughly and air dry.

2 Cups Hot Water

1 tsp bleach

1 drop liquid dish soap

Drop off completed masks in drop boxes located at the following locations for delivery to front line staff at essential businesses:

- **CMM in Eagle** | 377 Sylvan Lake Rd #210, Eagle
- **Gypsum Urgent Care** | 410 McGregor Dr, Gypsum
- **Avon Urgent Care** | 230 Beaver Creek Place, Chapel Square, Avon
- **Valet at Vail Health Hospital** | 181 W Meadow Dr Vail

Thank you for your assistance in protecting health care workers and front line employees in our community.