Fabric Surgical Masks Information

Thank you for sewing fabric surgical masks.

Many from the State College community have generously offered to help assist in our preparedness efforts by sewing cloth masks. While the Centers for Disease Control and Prevention does not suggest cloth material as a first-line defense against the coronavirus causing COVID-19, cloth masks work well for other conditions and can help conserve precious reserves of N-95 respirator masks.

If you would like to donate cloth masks to our cause, please deposit them at the address found at the bottom of this page. We are unable to accept packages through the mail, nor can we offer pick-up service.

A recommended sewing pattern, along with suggested cloth materials, can be found below.

Note versions with and without elastic.

Any tightly woven cotton fabric works. Non-matching fabrics, thread, binding strips are OK, but a well sewn mask with no frayed edges, missed seams, or "holes" is important.

PSU & the School of Theatre reminds everyone these masks are not sterilized. If you distribute a cloth mask, please advise the recipient to machine wash and dry the mask with detergent before using.

In order to make sure the masks are safe and as effective as possible, consider the following points:

- Please use one of the following patterns. They are most similar to current products.
  - Craft Passion: Face Mask Sewing Pattern
  - The Stitching Scientist
- Recommended fabric for the outer portion of the mask includes heavier, non-stretch fabric such as denim, duck cloth, canvas, twill, or other tight woven fabric.
- Recommended fabric for the inner lining and filter pocket can be other cotton, cotton-blend non-stretch fabric.
- Whenever possible, make the two sides of the mask out of different colors help the wearer identify front from back easily.
- Wash and dry fabric without fragrance or dyes prior to sewing to pre-shrink the fabric.
- Polyester or other less breathable fabric will not work as well, due to moisture produced when breathing.
- Elastic should be in good shape, with plenty of stretch and of an appropriate size to fit over the ears. ¼” round cord or braided work best.
- If elastic is not available, fabric ties can be sewn on the mask. There will need to be 4 ties (one tie on each of the 4 corners). Ties should be approx. ¼ inch in width, and approximately 7” long.

Completed Masks

Enclose completed masks in a closed plastic bag or closed plastic box.
Deliver masks to: Charlene Gross @ 2005 East Branch Road, State College, 16801
Please place these in the labeled box on the front porch.
*Please do not drive all the way down the drive. While we would love to greet everyone, we will be maintaining social distancing. We also have 2 dogs and they are included in their isolation. Their collars limit them to the middle of the driveway.

Washing masks:

Wash all masks upon receiving. These are not sterilized.
Wash dirty masks between each use.
Wash in hot water with regular detergent. Dry completely on a hot setting.
INSTRUCTIONS FOR HOMEMADE FACE MASK (WITH ELASTIC)

One adult mask requires two (2) 9"x6" pieces tight-weave cotton and two 7" pieces of 1/4 inch elastic. Therefore, one yard of 44" wide fabric yields 12-15 masks.

7.5 yards of elastic/ 25 masks (14 inches/ mask).

1. Put right sides of cotton fabric together (Be sure any fabric design is placed horizontally).
   a. Cut 9x6 (Adult)
   b. 7.5 x 5 (Child)

2. Starting at the center of the bottom edge, sew to the first corner, stop. Sew the elastic with the edge out into the corner. A few stitches forward and back will hold this.

3. Sew to the next corner, stop, and bring the other end of the same elastic to the corner and sew a few stitches forward and back.

4. Sew across that top of the mask to the next corner. Again, put an elastic with the edge out.

5. Sew to the next corner and sew in the other end of the same elastic.

6. Sew across the bottom leaving about 1.5" to 2" open. Stop, cut the thread. Turn inside out.

7. Pin 3 tucks on each side of the mask. Make sure the tucks are the same direction.

8. Sew around the edge of the mask twice.

INSTRUCTIONS FOR HOMEMADE FACE MASK (NO ELASTIC NEEDED)

● Options for Ties
   o Bias Tape (either ½ or 7/8 as available)

OR
   o Make ties from strips of fabric indicated above (cut strips 2 " wide by 16" long)

One adult mask requires two (2) 9"x6" pieces tight-weave cotton and four (4) 16" pieces of bias tape or fabric ties (64" total per mask). Therefore, one yard of 44" wide fabric yields 12-15 masks. You need 21 1/3 yards of bias tape for 12 masks.

1. Place right sides of cotton fabric together (Be sure any fabric design is placed horizontally.)
   a. Cut 9x6 (Adult) or 7.5 x 5 (Child)

2. Starting at the center of the bottom edge, sew around the edges of the fabric leaving about 1.5" to 2" open.

3. Stop, cut the thread. Turn inside out.

4. Pin three (3) ½" tucks on each side of the mask. Make sure the tucks are the same direction.

5. Make ties using Bias Tape or Fabric.
   a. Bias tape: stitch closed.
   b. Fabric: Fold in half, turn under 1/4 " on each long side, iron in place. Stitch long edges closed.

6. Pin one (1) tie at each corner.

7. Sew around the edge of the mask twice, catching the bias tape as you go.
Studies & Articles on homemade masks:
https://www.huffpost.com/entry/how-to-make-face-mask-coronavirus_1_5e78cb2fc5b6f5b7c5483e17
https://www.health.state.mn.us/diseases/coronavirus/hcp/masksalt.pdf
https://www.instagram.com/masksforheroes/