



To help preserve our personal protective equipment (PPE) supplies during the coronavirus disease 2019 (COVID-19) pandemic, Ballad Health is welcoming donations of handmade face masks for patients.

Because the masks are not medical grade, they will not be worn by team members as they provide care. Rather, they'll serve as a vital barrier for patients who come in with respiratory ailments, and they'll also help prevent our patients from touching their faces.

This pattern has the information you'll need to make masks – please be sure to follow these guidelines:

- Constructed in a clean environment without smoke residue or pet hair
- Created from fabric that is clean and washed in hot water before being sewn
- Includes two 8-inch squares of woven cotton fabric and a mid-weight non-woven fusible interfacing fabric, as well as bindings, a metal wire for the nose structure and elastic ear loops
- Made from new, tightly-woven fabrics, such as quilting cotton, cotton and cotton-blend poplin

When it's time to drop off the masks, please follow the instructions on www.balladhealth.org/COVID19.

Thank you for helping Ballad Health protect our patients and communities!

Supplies:

- Two pieces of fabric, around 8 inch square
 - Tightly woven fabrics such as quilting cotton, cotton and cotton blend poplin
 - Prewash your fabric in hot water.
- Nonwoven interfacing, an 8 inch square
- Bias tape for binding
- A 6-inch wire twist tie (like for bread bags)
- Elastic for ear loops, 1/8-inch
- Thread, pins, scissors, a sewing machine, a hot iron

Tutorial:

- Cut your fabric and interfacing, per the pattern.
- Layer the fabric, wrong sides together, and pleat it per the pattern. You should fold out (with the insides of the mask together) along the top line of each pleat and fold in on the lower line. The upper fold should come down to the dotted line. Your pleats should meet together along the mask. Press your pleats firmly with a hot iron. Trim the edge to even it out.
- Apply binding to the pleated, short sides of the mask and sew it in place.
- Trim the binding across the top and bottom edge, trimming the edges cleanly at the same time.
- If you are making the style with elastic loops, cut your elastic to the desired length. About 6.5 inches is what seems to work for the average adult. Place the ends of each piece of elastic along the top edge and fold the binding over it. Tuck the wire twist tie under the binding in the center area of the mask.

Tutorial continued:

- Pin the binding in place. Stitch down the binding, being sure to stitch across the ends to secure the elastic. Repeat this step on the bottom edge.
- If you are making the style with ties, you will apply your binding to the top and bottom similar to the way you applied it on the sides, but this time, leaving long tails to form your ties.

- Pin the binding in place. Measure the second tie again to 20 inches past the other edge of the mask and cut your binding. Now stitch the entire length of the binding.

Wearing instructions:

- To wear the mask with ties, tie the upper ties around the head first, wrapping them securely to the back of the head, then tie the lower ties upward, ensuring a snug fit under the chin. Tie the ties on top of the head.

