

# COVID-19 Healthcare Mask Collaboration - South OC

## Instructions for Sewers

**I am new to this site, how do I get started? Register with this [link](#).**

### **What type of material should I use?**

#### ***Ideal:***

Quilters-grade cotton, 6-8 oz weight, is ideal. You may see this referred to as “medium weight” cotton if shopping in-store or online. 100% cotton is the first choice but a poly/cotton blend will also work such as 90% cotton-10% polyester. Avoid too much polyester as it will be too “drapery” and the mask requires a bit of structure to make the pleats when sewing and to function well when wearing.

#### ***Acceptable:***

100% cotton “shirting weight” is acceptable. This type of cotton is often used to make dress shirts. You will find the drape is much softer, less stiff than quilter’s grade cotton.

#### ***Avoid:***

Upholstery-grade fabric is not a good choice. This type of fabric is commonly used in drapery, decorative pillows, sofas and sofa cushions. The weight is much too heavy for mask-making purposes. The mask needs to be comfortable to wear on the face and breathable.

***Note:*** Other fabrics that we discourage using in this mask collaborative group: jersey knits or t-shirt type fabric, unless you’re making masks for your own personal use, fleece, and fabric that is too lightweight or thin. You can do a simple test by holding up your fabric to a light source, if too much light shines through, it is likely too thin.

### **What Pattern should I use?**

We suggest you use the pattern that best suits your sewing ability. You will find pattern recommendations in the “Topic” section of the FB page, in the top right corner.

**Pattern #1: Click on this link ([Beginner Sewers](#))**

**Pattern #2 Click on this link ([Second Level Sewers](#)):** This is most requested from healthcare workers because it has a slot for a replaceable filter.

**Pattern #3 (Second Level Sewers, if no elastic available):** Under Topics, see “Pattern/ No Elastic”

**How do I get materials?** We request you donate your own materials, however we do supply elastic and fabric if needed (first come, first serve).

***Make sure you are registered before contacting one of the distributors: click this [link](#).***

**Do I wash my material before I sew?**

YES

**Do I wash the masks after I sew?**

NO, the healthcare provider will do that

**How can I keep myself safe as well as the recipients of the sewn masks?**

While sewing we recommend you wash hands frequently. If you are sick or anyone else in your house is sick, you must not sew. When you finish the masks we recommend a paper bag as opposed to a plastic bag (since the virus can live on plastic for multiple days). We recommend using disposable gloves when placing the masks in the bag.