

Thank you for your generous offer of support during this unprecedented time. It means so much, and we thank you deeply for your care – especially as you face challenges of your own. We are inspired and uplifted by your generosity.

Included are directions to use for making fabric masks, along with a YouTube video by Lisa Thomson, a nurse practitioner with Pulmonary & Critical Care Consultants at Premier Health. If you have already generously created masks from other patterns and materials, we will welcome those, as well.

We are also accepting donations of personal protective equipment (PPE), including nitrile gloves, masks, and face shields. If you have any of these materials to donate, we will gladly add them to our inventory.

There are two ways to donate supplies:

1. Mail them to the following address:

**Miami Valley Hospital
One Wyoming Street
Attn: Mike Farwell (Loading Dock)
Dayton, OH 45409**

2. Deliver them in person to the Wyoming Street loading dock at the same address. The loading dock is located on Wyoming St., just off Main St. You can knock on the door to deliver them.

How to make a surgical mask

1. Cut out 2 squares of fabric 8 inches by 8 ½, a solid (for the inside of the mask) and a print (for the outside).
2. Put right sides together and sew 1 seam on the 8 ½ inch side of the fabric and press open.
3. Then, on the long edges of the rectangle, fold in ¼ inch and press. You will then iron ¼ inch on each short end and repeat.
4. Cut 7 inches of craft wire and bend the ends so it will not poke through the fabric and sew in the folded down ¼ inch fold on the print fabric. Sew down the other short end. (the craft wire may be omitted if you unable to obtain).
5. Put wrong sides together and make 3 – ½ inch pleats and cut 13 inches of elastic, cut in half and secure to each corner.
6. Sew around the sides and the bottom of the mask (your ends that you previously sewed, where the wire is will remain open). I recommend sewing these seams twice for added durability.
7. Congratulations! Your mask is completed!

Note that these masks have the option for a filter to be placed in them, which is essential for effectiveness (vacuum cleaner bags which filter 0.1 micron will work). You may need to find alternatives for materials as ¼ elastic extremely difficult to find at this time (some individuals are making ties or using grosgrain ribbon for ties).

https://www.youtube.com/watch?v=mWYF3i7UZ_E

We thank you so much for thinking of us and being part of our Premier family. You can rest assured that at Premier Health, our care lives here for you and your loved ones – now, and when we've come through this crisis together. We thank you again and wish you and your family well.

Sincerely,

Premier Health Helping Hands

HelpingHands@premierhealth.com

