

## Practice Guideline: Cloth Surgical/Isolation Masks for Respiratory Protection

**Purpose:** To provide recommendations for materials/design of homemade masks, in order to conserve disposable surgical/isolation masks.

### A. Mask design:

1. Optimal fabric is single ply cotton-blend t-shirt material (newer shirts; not worn or tattered)
2. Second choice for fabric is quilting cotton
3. Head loop or ear-loop preferred over ties (ties tangle in laundry)
4. Medium or Large size
5. See pdf with additional sewing directions.

### B. Supplies needed:

1. Fabric, ~ ½ yard per 2-3 masks
2. Elastic band, approximately ¼" wide, or elastic hair tie/band
  - a. Head loop preferred due to ability to obtain tighter fit; If head-loop, elastic band~ 23 inch long
  - b. If ear-loop, ~ 8 inches long
  - c. OR, elastic hair tie/band may be used
3. All-purpose thread
4. Scissors
5. Pins
6. Sharpie pen

Please return masks to drop boxes, at Fabrics Plus (parking lot entrance) or Mailboxes & Parcel Depot. Mask contributed will be shared with Avera system-wide, and other Marshall area organizations as the coronavirus pandemic situation evolves.

For a video on mask construction, visit: <https://www.youtube.com/watch?v=ZnVk12sFRkY>

If elastic is not available for your kit, you will need to make ties. Cut 4 – 1" x 16" strips of fabric for each mask, fold raw edges to the center of the strip, then fold again so that all raw edges are encased. Stitch. Stitch ties securely to the back edges of the mask.