

SCCQG RESOURCE GUIDE TO FABRIC MASKS

It has been both heartening and inspiring to see the outpouring of generosity from quilt guilds and quilters in Southern California and the nation in terms of making masks. This resource guide attempts to navigate the vast array of information available on the subject of making masks and includes links to various sources. There are many other resources out there; please choose the pattern(s) that is best for you.

Please feel free to share this SCCQG guide with your quilt guilds, fellow quilters and sewers in general.

THIS GUIDE HAS THE FOLLOWING SECTIONS:

- MEDICAL FACILITY USES
- ADDITIONAL FACILITIES IN NEED OF MASKS
- INDIVIDUALS IN NEED OF MASKS
- PLACES TO DONATE MASKS
- MEDICAL FACILITY MASK PATTERNS & VIDEOS
- MASK PATTERNS & VIDEOS FROM THE QUILTING/SEWING COMMUNITY
- EAR SAVER PATTERNS
- MISCELLANEOUS PATTERNS
- MISCELLANEOUS INFORMATION

MEDICAL FACILITY USES FOR THE MASKS

Since fabric masks are not intended as replacements for PPE such as surgical grade or N95 masks, they may or may not go directly to healthcare providers depending on the facility. Masks may be given to:

- Visitors to facilities;
- Caregivers not involved with direct patient care and are at low risk of catching COVID-19 from patients or transmitting to others;
- COVID-19 patients, as an alternative to surgical masks to better protect them and others around them; and
- Provide extra protection by covering N95 masks for caregivers on the front lines.

ADDITIONAL FACILITIES IN NEED OF MASKS

- Nursing Homes
- Adult Residential Care Facilities
- Chronic Dialysis Clinics
- Hospice Facilities
- Intermediate Care Facilities
- Psychiatric Health Facilities
- Skilled Nursing Facilities
- Social Rehabilitation Facilities
- Long-Term Care Facilities
- Senior Living Facilities
- Psychological Counseling Centers
- Day Care Centers
- Veterinarian staff, animal shelters and pet boarding services.
- Funeral Homes
- Prisons

INDIVIDUALS IN NEED OF MASKS

- Frontline healthcare workers including but not limited to: Lab Techs, Pharmacists, Home Care workers
- First Responders – EMT, Ambulance, Police and Fire/emergency workers
- Food delivery including but not limited to: Meals on Wheels, Restaurant delivery/take out services, Grocery delivery services.
- Postal Service, UPS, and FedEx delivery employees
- Food banks; Grocery store and cashier staff; Liquor store employees.
- Homeless communities and shelters
- Friends, family, and neighbors

PLACES TO DONATE FABRIC MASKS

These are a few of the searchable databases/lists of medical facilities needing masks.
However, if you have a personal contact at a hospital, please discuss donations with them as it might expedite delivery of the masks.

We Need Masks

<https://www.weneedmasks.org/list/>

Deaconess Hospitals

<https://www.deaconess.com/How-to-make-a-Face-Mask/Mask-Donations?state=California>

We Need Handmade Masks (Team of UC Berkeley PhD (Public Health) students)

<https://docs.google.com/document/d/12a5YO0Z9RpHZk9Zkzl4NOj9CbzhFfoKjPLFFC-21LU/mobilebasic?fbclid=IwAR0CY-8ACqgPmthZGb08tuHfnRYjcKTxWJqOGBPrVNTisNs4EVcZAAg9GTQ#h.dhb5oeu3yh3x>

Sew Masks 4 Heroes

<https://www.sewmasks4heroes.com/location-search>

Local Quilt Guilds - many are collection points for local hospitals and other facilities

Local Quilt Shops - many are collection points for local hospitals

Facebook Groups - many are providing patterns and locations to donate masks

FREE PATTERNS FOR FABRIC MASKS

Please consider using two different fabrics so wearers can distinguish between back and front.
If using a single fabric, please use a marker to write the words "BACK" and "FRONT" on the respective sides.

MEDICAL INSTITUTION MASK PATTERNS & VIDEOS

Promedica	Includes links for 2 types of masks (for medical personnel and for non-medical personnel in a hospital) https://www.promedica.org/news/masks-needed-clarification-to-sewing-fabric-masks
Deaconess	Includes links for 2 types of masks (with elastic and with fabric ties) and a video https://www.deaconess.com/How-to-make-a-Face-Mask
Unity Point Health	Olsen mask https://www.weneedmasks.org/wp-content/uploads/2020/03/OlsonMask_wPattern_v3.pdf Olsen mask instructional video https://youtu.be/ZnVk12sFRkY
University Hospital	Mask Pattern https://www.uhhospitals.org/-/media/Files/Coronavirus/MaskProductionGuidelines03282020v4.pdf?la=en&hash=33149A4F59463C1B7EC1EBDA682C3DAD716A7322 Mask Template https://www.uhhospitals.org/-/media/Files/Coronavirus/MaskRevised2.pdf?la=en&hash=0BA61FC3A0AB3BC996462F2CC962BE678483D5D6 Instructional Video https://vimeo.com/399659611
Providence St. Joseph	100 Million Mask pattern, templates, and video https://www.providence.org/lp/100m-masks
Centers for Disease Control	3 patterns (1 sewn and 2 no-sew) https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html

MASK PATTERNS & VIDEOS FROM THE QUILTING/SEWING COMMUNITY

Orange Dot Quilts	<p>Dora Carey is a quilt teacher and SCCQG member. She designed this mask at the request of a physician in Orange County. The design has been approved by both doctors and nurses at Southern California hospitals.</p> <p>https://www.orangedotquilts.com/simplemask/simple-mask</p>
JoAnn's	<p>This page features several mask patterns and videos</p> <p>https://www.joann.com/make-to-give-response/</p>
Missouri Star Quilt Co.	<p>Mask tutorial https://blog.missouriquiltco.com/make-a-diy-face-mask-in-12-easy-steps/</p> <p>Video for mask with elastic https://www.youtube.com/watch?v=4kwFaRFHKhY&</p> <p>Video for mask with fabric ties https://www.youtube.com/watch?v=X_-R8Ox3Spw</p>
Indiana Quilt Depot	<p>https://www.indianaquiltdepot.com/surgical-mask--patterns.htm</p>
Stitchin Heaven	<p>https://www.blog.stitchinheaven.com/post/face-mask-tutorial-join-our-mission-to-stop-the-spread</p> <p>PDF https://ae82a841-12db-4d93-a1f7-15f64f154ca4.usrfiles.com/ugd/ae82a8_833161dc68c64cf89ba35810c58bca18.pdf</p>
Quilt In A Day	<p>Quilt In A Day https://www.quiltinaday.com/eleanorandcompany/events/SurgicalMaskCover.pdf</p>
Fat Quarter Shop	<p>Mask pattern with hair ties https://blog.fatquartershop.com/free-face-mask-sewing-tutorial-with-hair-ties/</p>
Sewn Up Teresa Down Under	<p>Mask pattern https://mypatchwork.files.wordpress.com/2020/03/surgical-face-mask.pdf</p> <p>Video https://www.youtube.com/watch?v=0-j_qo7g-Ug&feature=emb_logo</p>

The Sewing Room	Ten minute mask - uses a twist tie for the nose area https://www.youtube.com/watch?v=fEHU0U4TQXc&t=13s
Asian style mask	Simple mask - can be hand sewn http://blog.japanesecreations.com/how-to-sew-a-simple-fabric-face-mask
Easy to Sew	How To Make Face Mask With Filter Pocket And Adjustable Wire Sewing Tutorial https://www.youtube.com/watch?v=BCJcE-r7kcg
Fabric Patch, WA	This page features several mask patterns and videos http://www.fabricpatch.net/face-masks-for-covid-19-relief.htm
HEPA fabric mask	Mask made from HEPA vacuum bag https://www.youtube.com/watch?v=W6d3twpHwis
Cochenille Design Studio	More voluminous mask pattern with removable insert https://www.cochenille.com/garment-designer-face-mask/
New York Times	Fabric mask pattern https://www.nytimes.com/article/how-to-make-face-mask-coronavirus.html
Xobon Magazine	Mask with a filter and video http://xobonmag.com/project/fabric-face-mask/ Mask template https://drive.google.com/file/d/1YVL5agpesIt_n7gxhjTSwHu4-45fvMJs/view
Stitching Scientist	Simple tutorial https://thestitchingscientist.com/2020/03/how-to-sew-a-face-mask.html
SewCanShe	Five mask tutorials https://www.sewcanshe.com/blog/5-free-diy-face-mask-tutorials-using-fabric
Leah Day	How to Sew a Face Mask with Filter Pocket - Fast and Easy DIY Flu Mask https://leahday.com/pages/how-to-make-a-face-mask-free-pattern

EAR SAVER/HEAD BAND DESIGNS
(Protective accessories for masks made with elastic)

Stretchable Headband Face Mask

<https://www.youtube.com/watch?v=4eblo5pYC2Q&fbclid=IwAR2wlewpkqXNKookGvuEmK41kIPBIOUfqfPvsV7HYIbkeCGDHauWYAfROW8>

No Sew Headband Ear Saver for Face Masks

<https://www.youtube.com/watch?v=84hkn7V0arA>

Fabric Ear Saver

<https://www.youtube.com/watch?v=A0A-XdXKugs>

Ribbon Ear Saver

<https://youtu.be/ndlfinOp7aQ>

No Button - Flower - Crocheted Ear Saver

<https://melucrochet.com/2020/04/12/melu-crochet-free-no-button-ear-saver-mask-adaptor-crochet-pattern/>

Button & Flower Crocheted Ear Saver

<https://www.willowdesignscrochet.com/post/mask-ear-savers>

Reusable Button Crocheted Ear Saver

<https://www.sigonimacaroni.com/reusable-crochet-ear-protector-free-crochet-pattern/>

No Sew Headband Ear Saver for Face Masks

<https://www.youtube.com/watch?v=84hkn7V0arA>

MISCELLANEOUS PATTERNS
(For facilities requesting surgical caps and gowns)

Scrub Cap Tutorial

<https://weallsew.com/scrub-cap-tutorial/>

Free Scrubs, Surgical Gown, & Scrub Cap Sewing Pattern

<https://www.moodfabrics.com/blog/free-scrubs-surgical-gown-scrub-cap-sewing-pattern/>

Collection of mask, cap, and gown patterns

<https://www.lazygirldesigns.com/free-hospital-gown-patterns/>

Rob Appell's Man Sewing Skully Cap

<https://assets.ctfassets.net/jrpaaeu40lxp/48ARbOFbqC2ZWQY0EvKjvb/1902aa9aeea663e6d152f8c44c441471/skully-cap.pdf>

MISCELLANEOUS INFORMATION

Fastest way to sew bias tape ties without tools or ironing

https://www.youtube.com/watch?v=vR7sWFwo48g&feature=share&fbclid=IwAR2S0dkiufaVOeJWD9zeinkqMeuhyXbvtotyD-e7d_H9dzQclJxX2DBMFg

Elastic alternatives

•Ribbon •Bias Tape •Fabric Ties •Elastic Hair Bands •Elastic Cording (e.g., jewelry making) •Spandex cut into ½" strips & stretched