



Before starting this project, please ask yourself the following questions:

1. Have you been in contact with anyone suspected or confirmed to have COVID-19 in the past 14 days?
2. Do you have fever, cough or shortness of breath?

If you are able to answer "NO" to both questions, then proceed with making masks. Instructions are below.

If you answer "YES" to either or both questions, please do not make masks. If you are experiencing cough, fever, or shortness of breath and have a concern that you may have COVID-19 please call your primary care provider for a risk assessment.

Instructions to build masks:

The Jackson Quilt Guild is making fabric masks in response to the shortage of N95 masks. Masks will first be delivered to St. John's Health to be used by ancillary staff, extending the supply of N95 masks for surgical and front-line staff. Masks may also be used by front lines staff (nurses and doctors) if N95 masks are exhausted. 2 designs with instructions are included below. The first uses elastic and the second uses ties. Elastic is in short supply so a second pattern for a tied mask using fabric binding is also included. As always, with both designs quality matters for effectiveness and comfort. We are looking forward to receiving as many as you can make of either version!

## Mask Type #1 using elastic:



### What you will need:

- 100% Cotton fabric, pre-washed. A tightly woven fabric is best (like a sheet, pillow case or 100% cotton quilting fabric). We used a pattern fabric for the outside piece and a plain white sheet for the inside fabric.
- Coordinating thread
- 1/8" or 1/4" flat elastic

### Instructions:

(for video instructions use this link: <https://youtu.be/TL9D6ZFtZHM> into your browser). The video from the above link gives the general idea, but we are adapting this pattern by adding a small pleat under the chin. Detailed written instructions follow:

- Wash and dry fabric before cutting. Wash hands too!
- With right sides together, cut two 9" x 7" rectangles
- Cut two 6-7" pieces of elastic (please note that elastic varies widely! Please test your first mask on both an adult female and adult male to find a length that suits both. This is an important step since fit is paramount!).
- Starting at the center of the bottom edge, sew to the first corner using a 1/4" seam
- Place elastic inside the mask, with one end barely extending out of the corner
- Continue sewing around the corner, sewing the elastic into the seam, backstitching several times to secure it
- Continue sewing down with the short edge towards the second corner, stop, and insert the end of the same piece of elastic into the mask, with

one end barely extending out of the corner. Secure as done on the first piece

- Now sew across that top of the mask to the third corner
- Extend out of the corner, the end of the second piece of elastic and sew around the corner, securing the elastic by backstitching several times
- Sew down the last short side to the last corner and sew in the other end of the second piece of elastic, securing by backstitching several times
- Sew across the bottom leaving about 1.5" to 2" open
- Stop. Cut the thread. Turn right side out
- Pin 3 tucks on each side of the mask. Each tuck should be approximately  $1/2$ " or less. **Make sure the tucks are the same direction.**
- **Pin 1 smaller tuck (1/3" inch) on the bottom center of mask to tightly secure under the chin.**
- Sew around the edge of the mask twice

## Mask Type #2 using ties:



### What you will need:

- 100% Cotton fabric, pre-washed. A tightly woven fabric is best (like a sheet, pillow case or 100% cotton quilting fabric). We used a pattern fabric for the outside piece and a plain white sheet for the inside fabric.
- Coordinating thread
- 2 – 1.5 or 2” x 42” strips of fabric to be used for the ties (this will be turned into binding)

### Instructions:

(for Video instructions use this link: <https://youtu.be/f1Jz0d50D74>). Our instructions follow this video exactly, we are not making any adaptations to this pattern. Detailed written instructions follow:

- Wash and dry fabric before cutting. Wash hands too!
- Cut one 14” x 8” rectangle
- Fold rectangle in half making a 7x8 rectangle; sew using 1/4” seam allowance along top (opposite side of the fold). Turn right sides out and iron.
- Place seamed side at the top. Make 3 horizontal pleats and baste. Make sure the pleats all go the same direction. After pleating, mask should be about 3” tall. The sides will still have raw edges.
- Make binding from the two strips. It does not need to be cut on the bias. (use this link for a quick way to fold binding using a pin <https://www.youtube.com/watch?v=Hzd8VU0XHtY&feature=youtu.be>).
- Center binding along raw edges of mask; encasing binding around raw edges. Clip or pin in place.
- Sew using zigzag or straight stitch, stitch down entire length of binding ensuring that mask is securely tucked in binding.
- Knot ends of ties to keep from fraying.

**Delivery:**

- Write your name and number of masks on the outside of a CLEAN bag (Ziplock is preferred).
- Deliver to the porch of Laura Harrison 4330 Melody Ranch Dr. There will be 2 bins. One bin is for elastic masks, the other is for tie masks. Be sure to put your masks in the appropriate bin. Please do not knock on the front door simply leave them in the box. (Laura's house has a covered deck with a red front door).
- Post pics of you making the masks on our "Jackson Hole Quilt Guild" and JH community mask project Facebook pages. First, join the "group" and then you can post pictures. Note: there is both a "page" and a "group". The "group" enables everyone to post pics.

**QUESTIONS?** Janet Monahan (307) 413-3453 or [janetmonahan@hotmail.com](mailto:janetmonahan@hotmail.com)

**THANK YOU!!!!**