



Currently, Chiricahua Community Health Centers, Inc. is fortunate enough to have surgical and N-95 masks at this time. We understand these are uncertain times, so we are beginning to accept fabric masks from community members. We appreciate your contributions and we want to thank all of you for your support.

I. MATERIALS NEEDED

1. Cotton fabric
 - o Best material is cotton polyester such as pillowcases
 - o If pillowcases are not available, please use cheap sheets
 - o T shirts are difficult to use and are not recommended
2. Rope elastic
 - o ¼ flat elastic 7 inches long
 - o If elastic is not available, please use cotton straps like a shoestring

NOTE: Keep the sewing patterns simple and appropriate for clinical use



II. WHERE TO SEND MASKS

Homemade masks can be dropped off between 9 a.m. and 4 p.m. with any personnel at the front desk at any of the CCHCI clinics. Please place all masks in a plastic bag. You are not required to wash them.

III. HOMEMADE FACE MASK INSTRUCTIONS

1. Put right sides of cotton fabric together. Cut 10x7 (Extra Adult) 9x6 (Regular Adult) or 7.5 x 5 (Child)
 - a. Please prioritize adult masks over child masks
2. Starting at the center of the bottom edge, sew to the first corner, stop. Sew the elastic with the edge out into the corner. A few stitches forward and back will hold this.
3. Sew to the next corner, stop, and bring the other end of the same elastic to the corner and sew a few stitches forward and back.
4. Now sew across that top of the mask to the next corner. Again put an elastic with the edge out.
5. Sew to the next corner and sew in the other end of the same elastic.
6. Sew across the bottom leaving about 1.5" to 2" open. Stop, cut the thread. Turn inside out.
7. Pin 3 tucks on each side of the mask. Make sure the tucks are the same direction.
8. Sew around the edge of the mask twice.

It should take you **15-20 minutes** to make each mask. We will **only accept masks that follow these steps**, also found on the DECONESS website (<https://www.deaconess.com/How-to-make-a-Face-Mask>). Please see page 3 for size dimension of regular mask. We have regular and large adult mask prototypes at the ECCE.



How to make a Face Mask

What you will need

- Cotton fabric, a pretty print is best.
- Rope Elastic, beading cord elastic will work (you may also use 1/8" flat elastic)
- Cut the elastic 7" long and tie a knot at each end (DO NOT knot the ends of the flat)

You can make two sizes: Adult or Child

1. Put right sides of cotton fabric together
 - o Cut 9x6 (Adult) or 7.5 x 5 (Child)
2. Starting at the center of the bottom edge, sew to the first corner, stop. Sew the elastic with the edge out into the corner. A few stitches forward and back will hold this.
3. Sew to the next corner, stop, and bring the other end of the same elastic to the corner and sew a few stitches forward and back.
4. Now sew across that top of the mask to the next corner. Again put an elastic with the edge out.
5. Sew to the next corner and sew in the other end of the same elastic.
6. Sew across the bottom leaving about 1.5" to 2" open. Stop, cut the thread. Turn inside out.
7. Pin 3 tucks on each side of the mask. Make sure the tucks are the same direction
8. Sew around the edge of the mask twice.

It is so easy to make this.

Be sure any fabric design is placed horizontally.

