



Good Shepherd Fabric Mask Guidelines

Thank you for helping to sew masks for our staff members to use while caring for our hospice and palliative care patients.

Recommended mask patterns/ videos

Please consider using one of these patterns, but if you have a different pattern you prefer, please use that.

Pattern 1: <https://buttoncounter.com/2018/01/14/facemask-a-picture-tutorial/>

Pattern 2: <https://www.youtube.com/watch?v=BCJcE-r7kcg>

Possible adaptations for most mask patterns

1. Fabric size and elastic length can be adjusted as appropriate after you make your first mask. Masks will need to fit various head shapes and sizes.
2. If elastic is not available, 4 fabric ties can be sewn onto the mask instead, one tie on each of the 4 corners. Ties should be approx. $\frac{1}{4}$ inch in width, sewn so that there are no frayed edges, approximately 16" long so they can be tied into bows (the top set on top of the head, the bottom set behind the head).
3. If you are sewing pattern 2, or any pattern with a bendy strip at nose, please make sure whatever wire or metal material you choose allows the user to bend it to fit over their nose, is not sharp at the ends, and will withstand washing. (Paper twist ties do not hold up to washing.)

Functionality

To work effectively, it is important that masks are sewn thoroughly, with no frayed edges, "holes" or missing seams.

Materials

- Tightly woven cotton, non-stretch - such as high-thread-count cotton (like pillow cases), woven cotton shirts, denim, duck cloth, canvas, twill, or other tight woven fabric are recommended. (Polyester or other non-breathable fabric will not work as well.) **Please make sure fabric has been pre-washed, so it will not shrink after the mask is made.*
- If you are "recycling" fabric for any portion of the mask, please ensure it is clean and in good condition.
- If using elastic it should be in good condition, with plenty of stretch. 1/16-in round cord or 1/8-inch braided, or 1/4 -inch elastic works well.

Completed Masks

Enclose completed masks in a sealed bag or container. Good Shepherd will launder them prior to use. If you would like to receive continuing communications from us, please consider including your name and address/ email address.

Delivery

Mail or drop off masks to:

Questions? Contact Mindy at:
msieber@gscommunitycare.org

<p>Mail & Drop-Off Address: Good Shepherd Community Care 90 Wells Ave. Newton, MA 02459</p>

<p>Drop-Off Details: Monday - Friday 9:00-5:00 Box for Masks is just inside the front door.</p>
