

SEWING FACEMASKS FOR DONATION

Join the national movement of volunteers who have started to sew masks. This generous outpouring is in response to the CDC's guidance that **fabric masks are a crisis response option when other supplies have been exhausted.**

First, important infection prevention measures

Ask yourself these 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 answer "NO" to both questions, then proceed with making masks. **If you answer "YES"** to either or both questions, please do not make masks; call your primary care provider for a risk assessment.

Instructions for making fabric masks

Materials

- 100% unused cotton fabric (front) – no metallic fabrics
- 100% cotton or cotton flannel (back)
- 1/8", 1/4", or 3/8" flat elastic, or 1/4" inch bias-tape

For specific dimensions refer to the [written instructions \(PDF\)](#).

Sewing instructions

- **Video instructions:** [Instructional video from Deaconess Health System.](#)
- **Written instructions:** [How to Make a Facemask \(PDF\)](#)
- **Related questions:** see our [Fabric Mask Making Frequently Asked Questions \(FAQ\)](#) page on D-H's Facebook page.

If flat elastics are not available, make fabric ties

Sew fabric ties on the mask, one tie on each of the four mask corners. The four ties should each be approximately 1/4" wide, sewn so there are no frayed edges, and approximately 15" in length.

Dropping off masks

First enclose masks in resealable plastic bags.

When

- Monday through Friday: 9:00 am to 5:00 pm
- Saturday and Sunday: 11:00 am to 3:00 pm

Where

Vernon Homes
61 Greenway Drive
Vernon, VT 05354

Additional information

Contact Carrie Desmarais at 802.254.6041