

NHN Masks

Neighbors Helping Nurses

Volunteer PPE mask making project

Instructions and Pattern
For Full photo tutorial,
Please visit

<https://www.nhnmasks.net/pattern-and-tutorial>

Note: The masks **in this kit** are NOT for personal use. They will be distributed to hospital staff.

Please return them as quickly as possible to:

EWE Fibers
617 W Main St,
Charlottesville, VA 22903
Phone: (434) 409-9095
Email: info@ewefibers.com

The pattern can be used to make masks for personal use from your own materials, but not for sale of any kind.

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Thank you for sewing masks! We are doing this project in conjunction with UVa hospital and the bioengineering department of UVa to provide nurses with adequate PPE equipment to help protect them during the current COVID-19 epidemic. We are in the process of lab testing this design for porosity, and have worked closely with the staff at UVa hospital to develop a fit and design that works for their staff. We are aiming to make at least 1000 masks for UVa by the beginning of May. Thank you for being part of this volunteer effort!

This mask is designed to provide maximum protection against water molecules carrying virus. It is designed to fit closely around the head with double strands of elastic and closely around the nose with a rubber covered metal insert. It is designed with a side opening and a bottom opening to receive a replaceable filter insert, and when the filter is removed, it can be washed in hot water, or a sanitizing cycle of a washing machine.

Please be sure to wash your hands and work surface before you start to reduce transmission as these masks are getting handled by multiple volunteers. They will be sterilized before use by medical staff. *There is no need to wash the masks when they are finished.*

Your kit contains:

- Pattern and instructions
- A piece of fabric 36" x 116"
- 12 Nose wires
- 12 Elastics
- 12 Safety pins

Please see: nhnmasks.net for a tutorial, and please email offer2help@nhnmasks.net if you have any questions or need any help.

*Pay attention to seam allowance for each step. Please **backstitch** the beginning and end of each seam. Note: We have found it easiest to do one step at a time on multiple masks, assembly line style. Each mask takes about 20-30 min if you do them one at a time.*

Before you begin: Cut 24 lining pieces and 24 mask outers. Seam allowances are included in the pattern pieces. Please be as efficient with the fabric as you can. If you have extra fabric, please return it in a separate bag. Patterns are attached at the end of this set of instructions.

Instructions: Please see NHNmasks.net for a photo tutorial

1. Center front seam: Sew center front seam (curved edge) of both the lining and mask outer with a 3/8" seam allowance
2. Sides— Turn under 3/8" on the front and back, and sew. (This hems the side edges of the mask pieces)
3. Put the mask outer and lining with right sides together, line up center seams pin top and bottom edges. Mark 4" opening along the bottom (see pattern)
4. Sew top seam (with the nose curve) with a 5/8" seam allowance.
5. Sew bottom (straight edge) with a 5/8" seam allowance. Leave 4" open at center, see pattern for markings (to allow the insert to be placed properly)
6. Turn right side out and press. Pay attention to pushing the seams out fully from the inside.
7. Make elastic plackets: Fold edges of mask outer to meet **but not overlap** the edge of the lining, making sure you leave enough room for the elastic to be threaded and move freely in the placket. Sew edge of the placket. **Do not include edge of lining.** *The idea here is that the filter insert can be inserted from either side, and also accessed from the bottom edge.*
8. Hem each side of bottom opening.
9. Place green wire inside the mask under top nose seam, pushing it against the inside of the top seam. Sew around the green wire creating to hold in place.
10. Put pin on elastic
11. Thread the elastic through both the plackets on both sides, and pin elastic together at the back. It should create a double loop to go behind the head of the wearer.
12. Trim threads

When your masks are completed, please include your name and email here, and return this page with your bag:

Name: _____

Email: _____

Would you sew like another kit? _____ Yes _____ No

If yes, how many? _____

Put all of the masks back in the plastic bag, and return to EWE Fibers at:

617 W Main St,

Charlottesville, VA 22903

Phone: (434) 409-9095

Email: info@ewefibers.com

Please check their website for hours of operation, and let them know to expect you for a drop off. The staff will do curbside pickup of your masks if you give them a call when you arrive. EWE is providing their store as a pickup and drop-off point to help with this project. Please check out their wonderful selection of fabric and yarn on their website at: ewefibers.com

Nancy Rosen

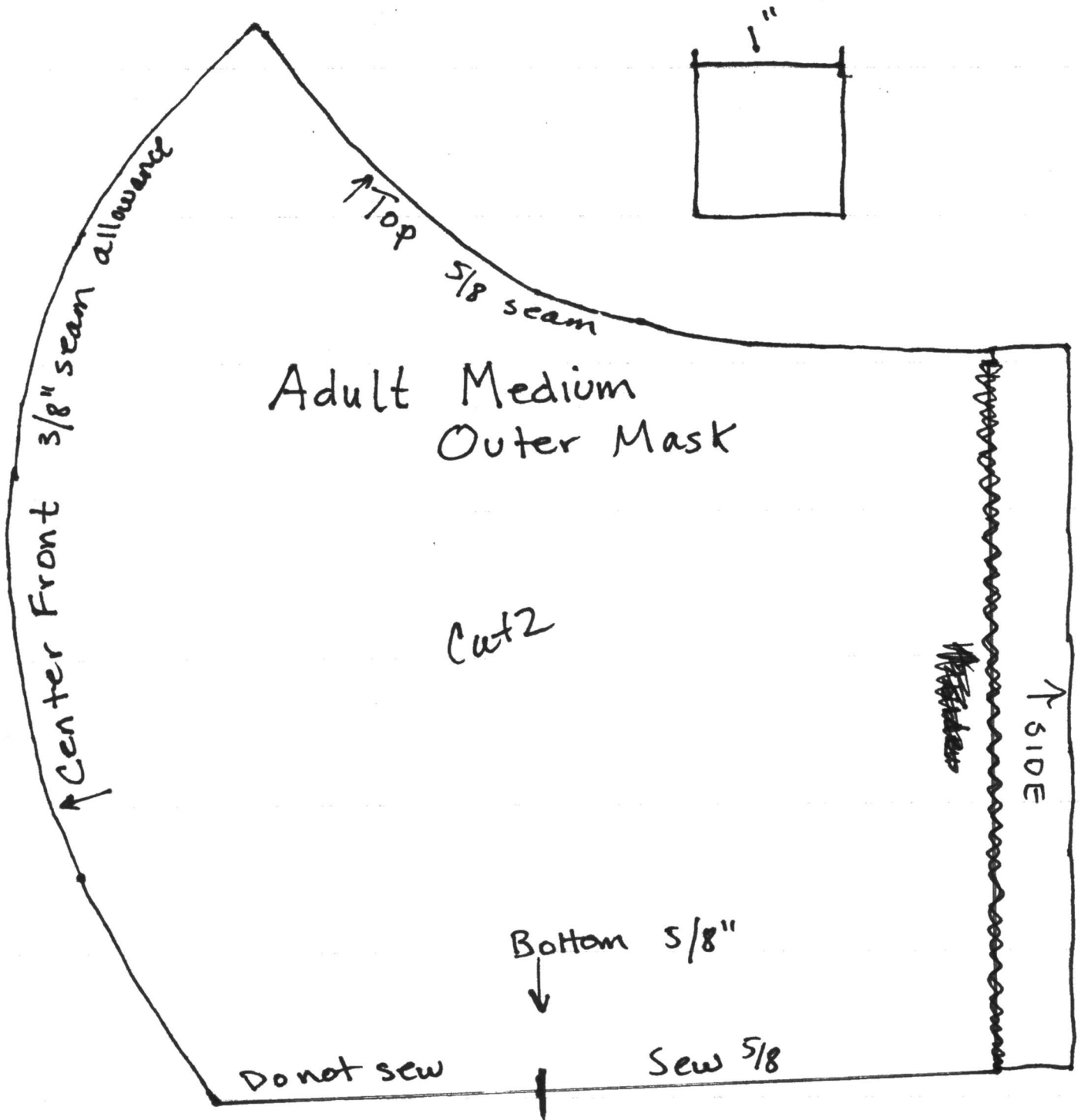
April 18, 2020

Alternative Mask

Designed for UVA Nurses

Use high count sheeting cotton 300/inch

N. Rosen
4-2020



N. Rosen
4-2020

Alternative Mask

Designed for UVA Nurses

Use high count sheeting cotton 300/inch

