



April 3, 2020

Instructions for Sewing Hospital Masks: Large, Medium, and Small

These masks will be provided to patients presenting to the hospital in an effort to keep our front-line workers, our most precious resource, safe and healthy.

Suggested material:

1. **Quilting cotton:** (due to the threads per inch that is it woven, please use two (2) layers of quilting cotton, and a third layer of cotton)
3 layers to ensure protection.
3 metres x 53 cm width = 18 masks
2. **Bed linen sets:** 300 thread count or higher.
Queen size set will produce approx 100 masks, dependent on the sizes of mask being cut out.
The masks would be only 2 ply, because of the density of the cotton being used (some bed linen is as high at 600 thread count).
3. Can be produced with either cord, trim, bias tape, or elastics. Suggestion would be to use elastic as this would be the most economical and also save on construction time.

Bias tape: 3.65 m package = 3 masks

Trim: can purchase per metre 34cm X 4 is required for each mask

Cord: can purchase per metre 34cm X 4 is required for each mask

Elastic: 6mm thickness X 5.57m pkg (23 cm X 2 for large mask, 21 cm X 2 for med mask, or 19 cm X 2 for small mask)

Thread spools: 1500 m size; white would suffice. One (1) spool per 100 masks

Suggestion for bed sheet linen is due to the fact that the known is the THREAD count of the cotton, as it is possible to find up to 600 thread count. Whereas, quilting cotton used to have a certain density of threads, but that is no longer the rule of thumb.

The other reason for the suggestion for bed linen, is that any unused linen could be reconstructed using the elastic to make the sheets to fit hospital beds, therefore reducing any possible waste.

Completed masks can be dropped off to the Main Lobby of the LWDH.

Questions? Contact Kaila Stepanik: kstepanik@lwdh.on.ca • (807) 468-9861, extension 2243

Thank you for your time, donation, and dedication to your community.