



Thank you for making masks!

Tampa General Hospital urgently needs handmade masks and has asked our HRH family for help. Your mask donations will help keep premature (and full-term) babies safe by protecting the babies, families, and health care workers who care for them.

Included in this packet are detailed instructions on how to make the masks. Please let us know if you have any additional questions by emailing info@highriskhope.org. We hope your family remains healthy and well. Thank you.

Fabric Options

*Use mask appropriate fabric you have available at home.

*JOANN craft stores are giving away free kits to make face masks, gowns. Contact your local JOANN store for details.

Tampa General Hospital Mask Guidelines

Cloth face masks should:

- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be laundered and machine dried without damage or change to shape

Mask Drop Off Options

*You can mail your completed masks to HRH Headquarters (do not drop off, no one is there) to 1702 N. Avenida Republica de Cuba, Tampa, FL 33605. Please use USPS only.

*Drop them off at 1721 W Hills Ave, Tampa, FL 33606 in the box on the front porch. HRH staff will then deliver them to the hospital.

Useful Links

Online Instructions for masks: <https://www.joann.com/make-to-give-response/>

Local Joanne Store Listing: <https://www.joann.com/stores>.

DIY FACE MASK TUTORIAL

MATERIALS:

You will need:

1. 2 pieces of 100% cotton fabric 7" x 9"
2. 2 pieces of 100% cotton fabric 1 ½" x 6"
3. 2 pieces of 100% cotton fabric 1 ½" x 40"
4. Ruler
5. Pins
6. Scissors
7. Sewing machine & thread

Masks should be constructed from tightly woven, high thread count cotton fabrics. The fabric should not have any stretch, and should not be knit (i.e. t-shirt material).



Recommended fabrics include: Poplin, Shirting, Sateen, and Percale in 100% cotton. A possible source of fabric is high thread count sheets and pillow cases.

Wondering if your fabric will work? A simple way to check is to fold it into two layers. You shouldn't be able to see through the fabric, but you should still be able to breathe if you hold it over your mouth.

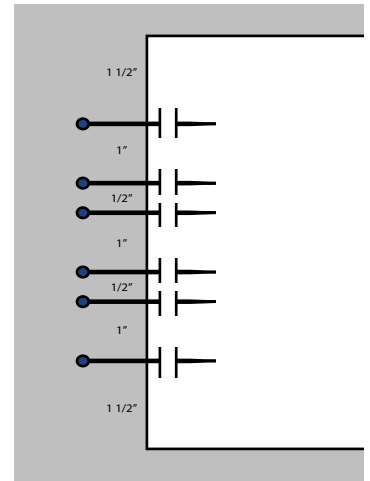
Before you start, fabrics should be washed and dried on Hot in order to pre-shrink them.

INSTRUCTIONS:

1. Lay main mask pieces wrong sides together. Sew around edges at 1/4" to secure



2. To create pleats: place pins along 7" edges as illustrated
3. Bring first needle to second to create pleat. Repeat with third & forth, fifth & sixth
4. Sew along previous stitching to secure pleats



5. Press up 1/4" on both 1 1/2" x 6" binding pieces

6. Lay unfolded side along pleated edge of mask, stitch at 1/4"





7. Fold binding around seam allowance & pin on opposite side, encasing raw edge. Topstitch in place.



8. Repeat for opposite side. Trim binding to match mask

- 9. On both 1 1/2" x 40" strap pieces, fold & press long edges to center
- 10. Fold the mask in half along the long edge & mark the center with a pin. Do the same with the strap



- 11. Matching centers, pin the strap in place. Stitch to mask body at 1/4"
- 12. Wrap strap around seam allowance as on binding & pin



13. Unfold strap ends. Fold in 1/4", then re-fold pressed creases. Pin to secure



14. Top stitch along entire strap, including mask. To finish, stitch across strap ends to secure, and press pleats flat

