

Masks4WV

Local health departments are central to community planning for public health emergencies and are responsible for the distribution of supplies in their communities. **The West Virginia Association of Local Health Departments is welcoming fabric masks from our communities across the state.** Orders for standard/disposable masks are on long back-orders, due to demand and supply chain issues. Local health departments are continuing to plan for those on the front lines as we respond to COVID-19.

According to the CDC, fabric masks are a crisis response option when other supplies have been exhausted. Local health departments, health care facilities, and hospitals can sterilize these masks and use them repeatedly as needed. Homemade masks will only be used as a last resort as they are not considered to be personal protective equipment since their capability to protect healthcare providers unknown. However, while we understand it is less than ideal, we want to do our best to protect all those providing care during this pandemic.

YOU CAN HELP by sewing face masks that can be used if there are no other supplies available. Here are details about making/delivering fabric masks:

- **The pattern is attached and on our Facebook page.**
- Use tightly-woven cotton fabric on both sides.
- Please remember that both women and men in a variety of roles may wear these masks.
- When your masks are complete, email us at masks4wv@gmail.com to receive further instructions
- Masks will be distributed by local health departments to healthcare organizations based on local community needs.



Masks4WV is a collaborative effort of the West Virginia Association of Local Health Departments and West Virginia Local Health Inc. with support from The Benedum Foundation

Contact: MASKS4WV@gmail.com

How to Make a Face Mask

What you will need

- Cotton fabric, a pretty print is best
- Rope Elastic, beading cord elastic will work (you may also use 1/8" flat elastic)
- Cut the elastic 7" long and tie a knot at each end (DO NOT knot the ends of the flat)

You can make two sizes: Adult or Child

1. Put right sides of cotton fabric together
 - o Cut 9x6 inches (Adult) or 7.5 x 5 inches (Child)
2. Starting at the center of the bottom edge, sew to the first corner, stop. Sew the elastic with the edge out into the corner. A few stitches forward and back will hold this.
3. Sew to the next corner, stop, and bring the other end of the same elastic to the corner and sew a few stitches forward and back.
4. Now sew across that top of the mask to the next corner. Again put an elastic with the edge out.
5. Sew to the next corner and sew in the other end of the same elastic.
6. Sew across the bottom leaving about 1.5" to 2" open. Stop, cut the thread. Turn inside out.
7. Pin 3 tucks on each side of the mask. Make sure the tucks are the same direction
8. Sew around the edge of the mask twice.

It is so easy to make this. You can watch a video for instruction at <https://youtu.be/VNvRI5AXt8I>

Be sure any fabric design is placed horizontally.

