

Pondera Medical Center is accepting homemade masks to prepare and offset the limited supplies available to healthcare workers. We are so grateful for the generosity of our community. We've provided some requirements for acceptable masks, provided below.

Mask patterns can be followed by using the tutorial video located at the link below.

All homemade masks should have a built-in pocket for a filter to be placed in. Currently there are no allowed modifications for the mask unless there is a low supply of a certain material used to make them.

Masks can be delivered to our facility, but we ask that you please call ahead first to make arrangements. Please contact caseyr@ponderamedical.org for more information or with questions.

LINK TO DIY Mask

HOW TO MAKE FACE MASK WITH FILTER POCKET AND ADJUSTABLE WIRE - SEWING TUTORIAL - YouTube

Pattern from EasyToSew on YouTube: ([link on ponderamedical.org/covid-19](https://ponderamedical.org/covid-19))

HOW TO MAKE FACE MASK WITH FILTER POCKET AND ADJUSTABLE WIRE | SEWING TUTORIAL

Considerations: Prewash cotton before you start to sew--This is a slightly larger sized pattern, but if you have cut material to the old size, go ahead and finish the mask you are working on and then switch to these dimensions--Fabric of tight weave cotton or cotton/poly and color-fast so when washed in hot water will not bleed.--The nose piece stay is going to be a garbage bag tie and can be stitched in place. You'll see that in the video.

Material	Quantity	Dimensions
Cotton or cotton/poly woven fabric	1	15" long x 7.5" wide
Bias tape or 2" width fabric strips	2	**36" long**
Plastic Twist Tie or **pipe cleaner**	1	About 6.5" long

Serge or zigzag the short edges of your rectangle.

Fold your fabric right sides together, matching the short (serged) edges.

Mark 1.5" in from each unfinished side

Stitch along your finished edges with $\frac{3}{8}$ " seam allowance to the mark, reversing at the beginning and end of your seam. Press your seam allowance open.

Topstitch one edge of your seam allowance, $\frac{1}{8}$ " from the fold.

Mark $\frac{1}{2}$ " above the unstitched side of your seam allowance. Fold your mask at that mark. Press flat. Topstitch around the entire mask, $\frac{1}{8}$ " from the edge.

Insert your twist tie into the top of the mask (above the unfinished pocket edge). Stitch along the top edge of the pocket opening, enclosing the twist tie.

Fold three $\frac{3}{4}$ " pleats along your mask **so pleats face down on the front of the mask**. Press. Run a basting stitch along the edge of the mask to hold the pleats.

((For elastic ear loops)) **Lay your bias tape or 2" fabric strip right sides together along the edge of the mask. Leave 12" of bias tape hanging below the mask and the rest of the excess above the mask. Stitch in place with a $\frac{3}{8}$ " seam allowance.**

Fold the raw edge of your bias tape to meet the raw edge of your mask. Fold again so the folded edges meet along the ties, and covers your previous stitching on the mask. Topstitch in place down the entire length of the bias tape (36"). Finished!

For elastic ear loops:

$\frac{1}{4}$ " elastic	2 pieces	12" long
$\frac{1}{2}$ " bias tape or 2" wide strip	2 pieces	6" long

Lay your bias tape or 2" fabric strip right sides together along the edge of the mask. Leave $\frac{1}{2}$ " above and cut excess to have $\frac{1}{2}$ " overhang below the mask. Fold the $\frac{1}{2}$ " overhang to the back side of the mask on top and bottom. Stitch in place with a $\frac{3}{8}$ " seam allowance.

Fold the raw edge of your bias tape to meet the raw edge of your mask. Fold again so the folded edge covers your previous stitching. Topstitch in place.

Insert your elastic through the channel formed by the bias tape. Tie ends and tuck knot inside bias tape channel. Finished!