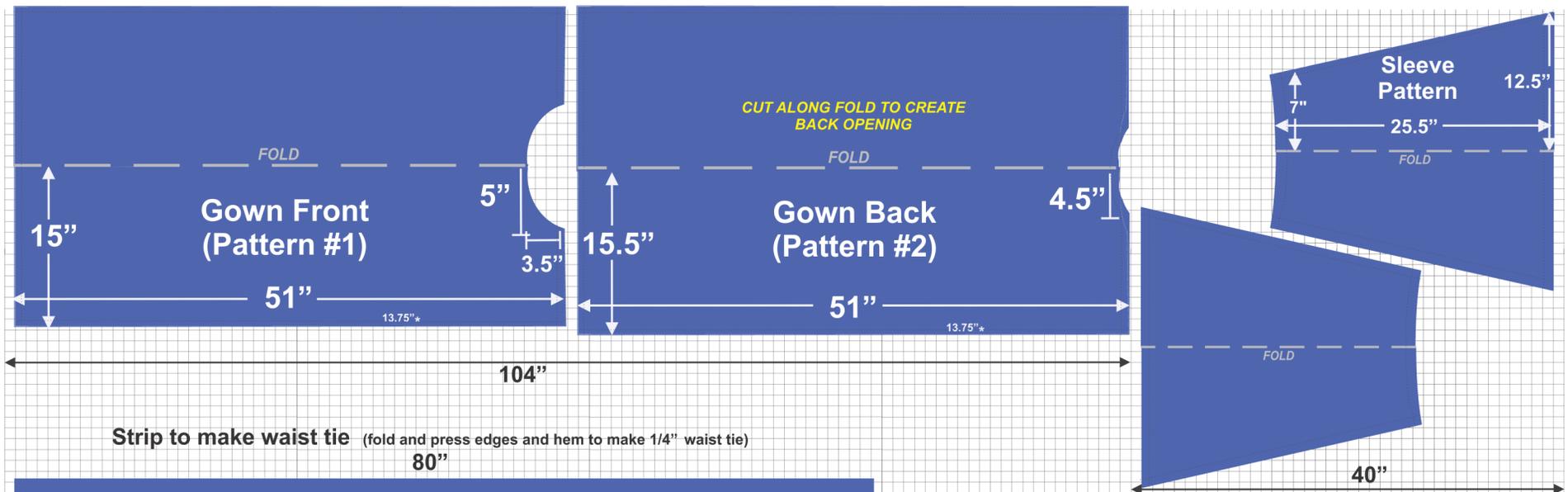


HOSPITAL ISOLATION GOWN SEWING PATTERN & INSTRUCTIONS

The dimensions below are intended to be used to create a sewing pattern for a hospital isolation gown. The patterns can be laid out in the following way in order to maximize use of the fabric.

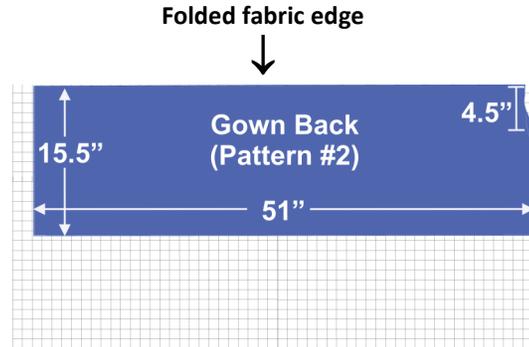
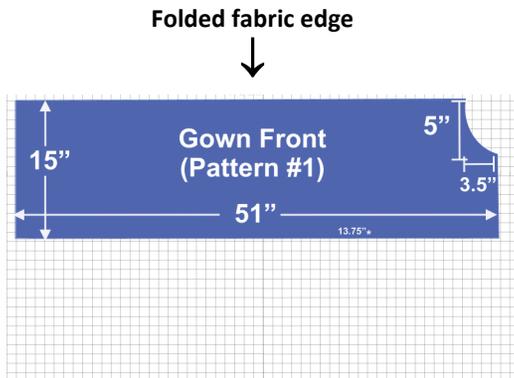


MATERIALS NEEDED FOR EACH GOWN:

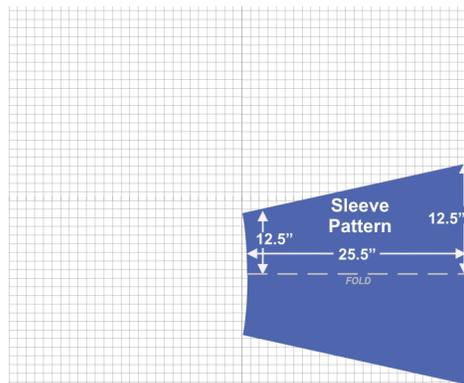
- 4 yards of 45" wide 65% Polyester / 35% Cotton Broadcloth fabric or equivalent. See <https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/isolation-gowns.html> for more information on Contingency Capacity Strategies related to the use of a gown such as this one.
- 1/2 yard of 1/4 inch elastic to finish the sleeves
- 47 inches of extra wide double fold bias tape to finish the neckline and to serve as the neck ties.
- All purpose thread
- 80" waist tie. You may use extra wide double fold bias tape hemmed or make your own as these instructions indicate.

STEPS:

1. Create your pattern (if one was not provided to you) by using the dimensions provided in these instructions. Each square in the images represents 1 square inch.
2. Use pattern to layout and cut fabric. (*Hint: Launder fabric before cutting to ensure no shrinkage and to remove any chemicals from manufacturing.*)
 - Layout the **Gown Front (Pattern #1)** and **Gown Back (Pattern #2)** first. Fold the fabric in half width-wise. Since the fabric is 45" wide, it will provide you 22.5" of doubled fabric to cut. Position **Gown Front (Pattern #1)** and **Gown Back (Pattern #2)** on the folded edge of the fabric and within 1/2 inch of the end of the fabric. Cut the patterns out of the folded doubled fabric. Cut the **Gown Back** at the fold to create 2 back pieces. **DO NOT CUT THE GOWN FRONT AT THE FOLD!** Mark **Gown Front (Pattern #1)** and **Gown Back (Pattern #2)** , as indicated with "*" .



- Unfold fabric and place the 25" arm opening part of the unfolded **Sleeve Pattern** within 1/2 inch of the edge of the fabric edge. Cut the first sleeve. Reposition the unfolded **Sleeve Pattern** on the remaining fabric and cut the second sleeve. Mark pattern sleeve with "*" at the top of the sleeve at fold.



STEPS (cont'd):

3. Sew **Gown Front** and **Gown Back** together

- The pattern allows for a 5/8 inch seam allowance. Use a serge, zigzag, or French seam.
- REMEMBER TO LEAVE 13.75 inch **Sleeve** openings. Sew **Gown Back** pieces to each side of **Gown Front**, stopping for 13.75 inch **Sleeve** openings marked by the “*” on the pattern.
- Sew shoulder top and back together. Finish edges by serging, zigzagging, or French seam. Press seams.
- Finish back opening edges by rolling 1/2 inch and again 1/2 inch Iron and sew.

4. Sew **Sleeves**

- Place an “*” at the top of the sleeve (representing the middle), this will be used to match your upper edge of sleeve sewn seam.
- Place a mark 4 inches down from top of the shoulder seam on either side of the gown body. Sew a basting stitch to gather.
- Fold piece lengthwise and sew raw edge of **Sleeve**.
- Finish edges by serging, zigzag, or French seam (see separate instructions for French Seam).
- Press lower seam.
- Gather, between both marks placed on upper edge of sleeve.
- With right sides together, pin sleeve to body, fit sleeve to body, gather top of sleeve to fit in arm hole.
- Sew sleeve to body at 5/8 inch and again at 3/8 inch.
- Finish edges by serging, zigzag, or French seam. Press seams.

5. Neck

- On the **Gown Front**, position and pin the 47 inch **Extra Wide Double Folded Bias Tape** so that the center of the length is at the center of the neckline, leaving approximately 14 inch length at either side of the neckline to make neck tie.
- Stitch the bias tape to the neckline only and continue stitching to finish the ties.
- Make sure you caught both sides in your stitches. To ensure you capture both sides, sew 2 lines next to each other.

(If you have to use single bias tape, open and iron one side, sew to neck. Flip bias tape to other side and sew close to lower edge and again at upper edge.)

STEPS (cont'd):

6. Sleeve Wrist

- Fold and press 1/2 inch up at wrist, sew.
- Fold again 3/4 inch and sew. Leave a 1/2 inch opening to insert elastic.
- Cut 9 inch piece of elastic and insert in sleeve casing. (You can use a safety pin, attached to the elastic for ease of pushing through casing.)
- Sew elastic together, overlapping the ends of the elastic by about 1/2 inch and use the zigzag stitch setting on your sewing machine to sew across the overlapping elastic 2 or 3 times.
- Sew casing opening closed.

7. Sew Hem

- Roll 1/2 inch and again 1/2 inch Iron and sew.

8. **Waist Tie** (*You may choose to use ribbon as a waist tie, but the fabric will be more durable.*)

- Cut 1 inch of fabric 80 inches long.
- Fold in half and sew 3/8 inch short side, turn and length wise to end, turn inside, so seam is inside. Fold inside, opened end and sew.
- Fold the front body in half, find the center, and mark 16 inches down from the neck. This will be where you attach the **Waist Tie**.
- I sewed a 3 inch length of the **Waist Tie** in center of front where you made your mark.

9. Press Gown

You have now completed your hospital isolation gown! Congratulations!