

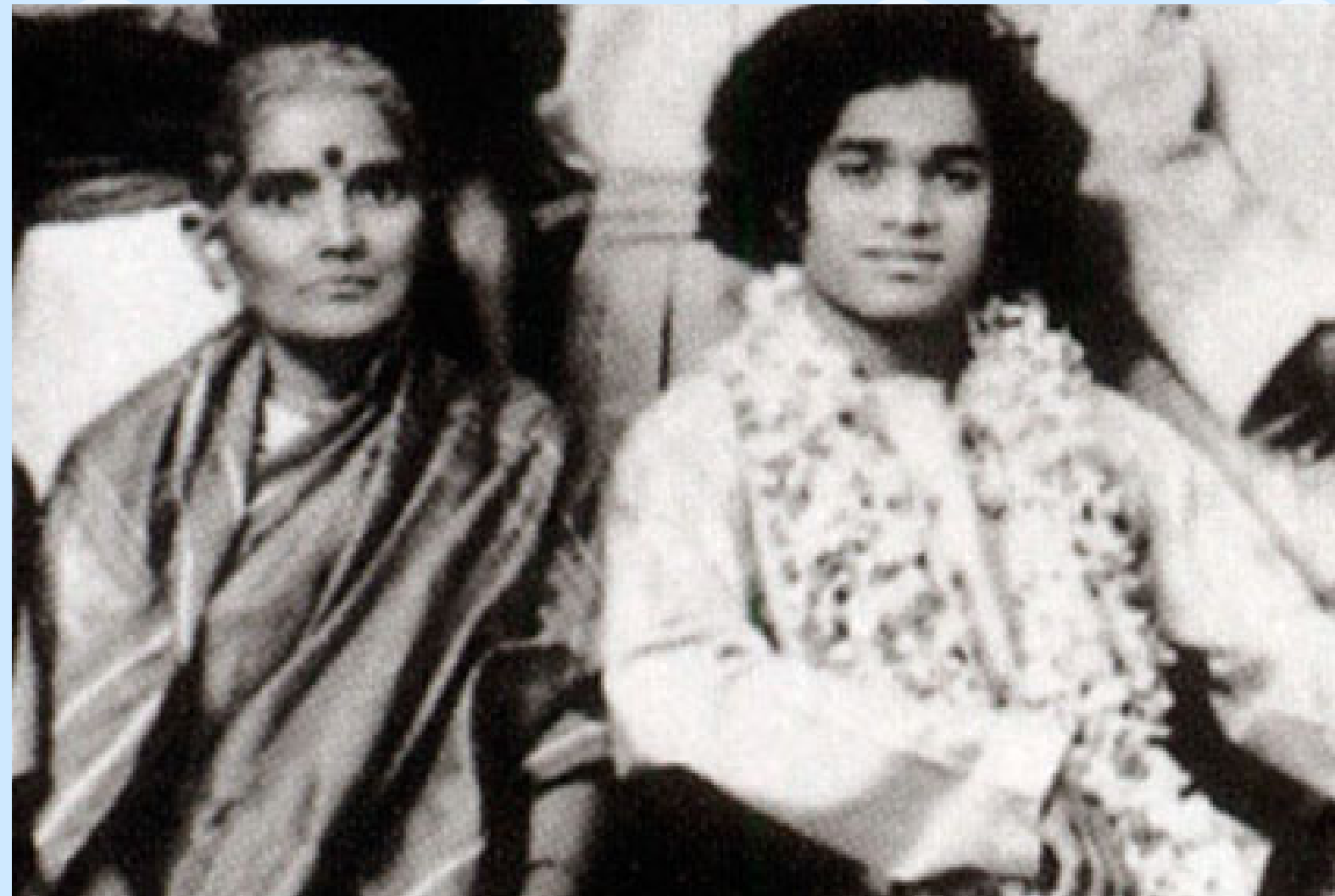


Sai Mask Project-Hands that Stitch Phase II

prevent disease transmission during this COVID-19 crisis

#MGH1000Masks challenge to help those in the community

HELP EVER HURT NEVER - SATHYA SAI



Mother Easwaramma and Swami

bit.ly/ClothMaskVideo for how to make cloth masks at home.

Picture courtesy of RadioSai.org

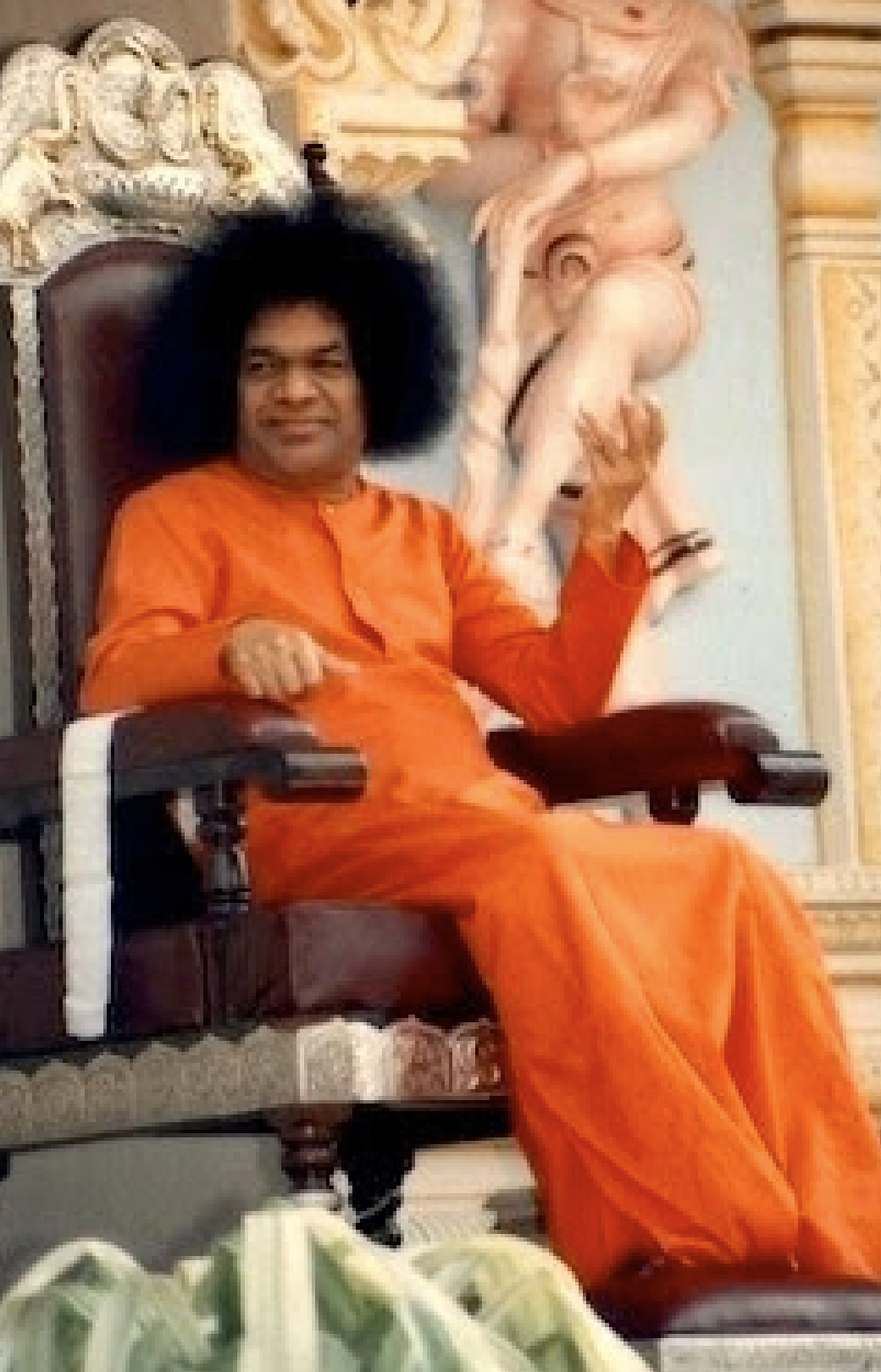


How to make a Face Mask with Elastic

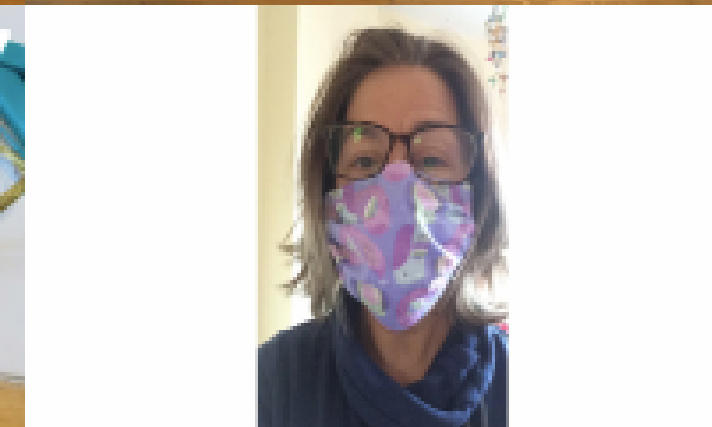
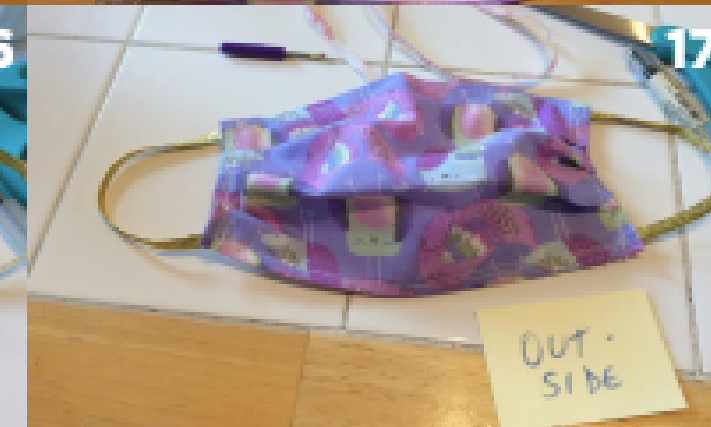
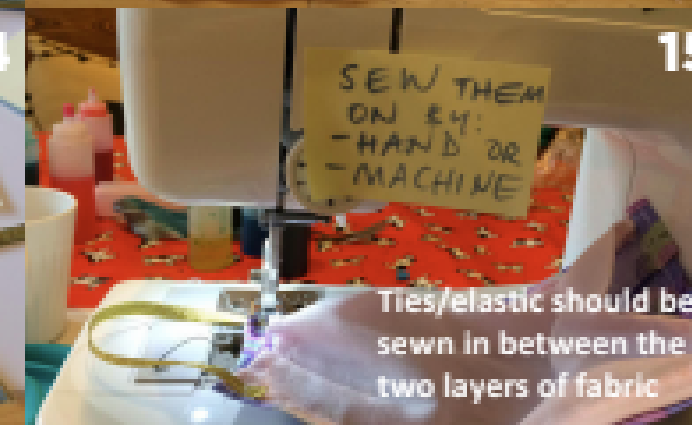
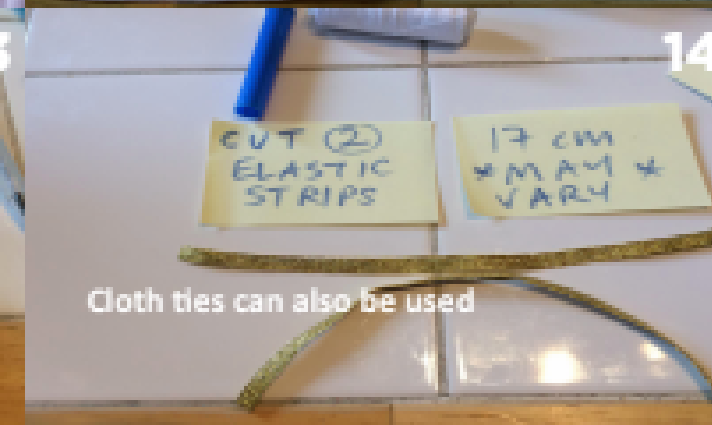
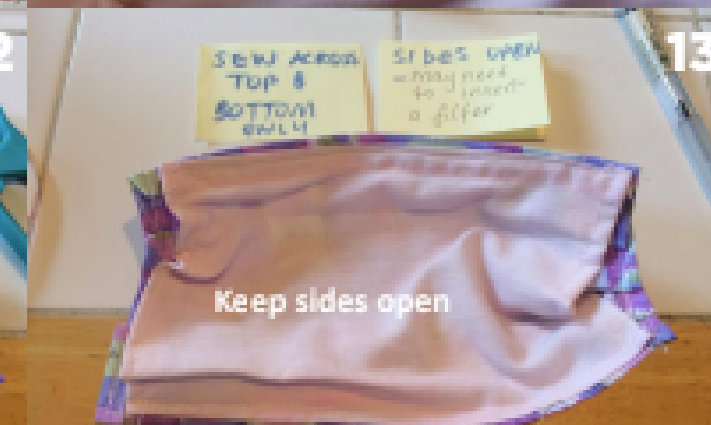
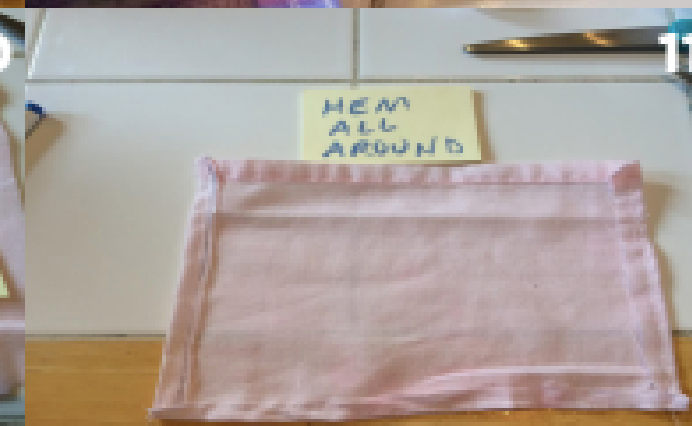
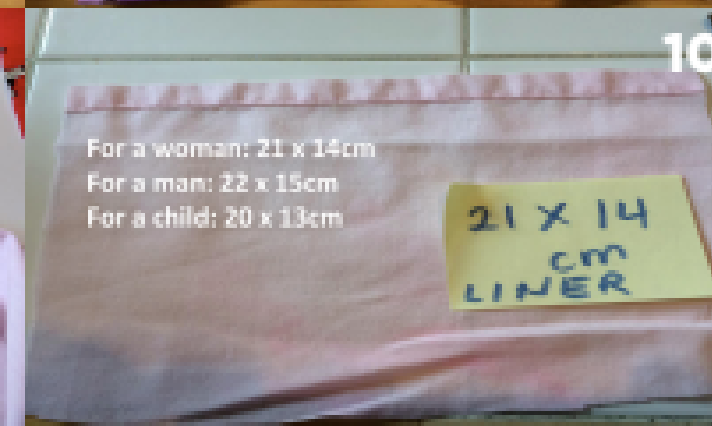
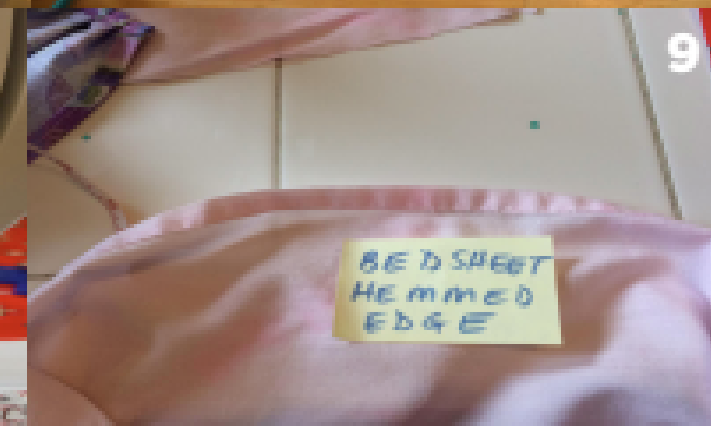
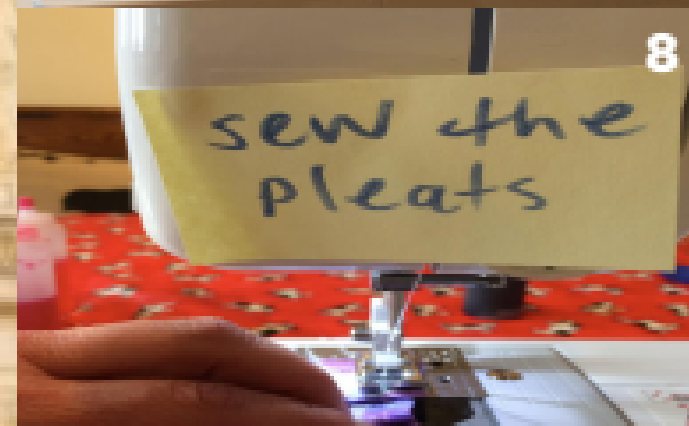
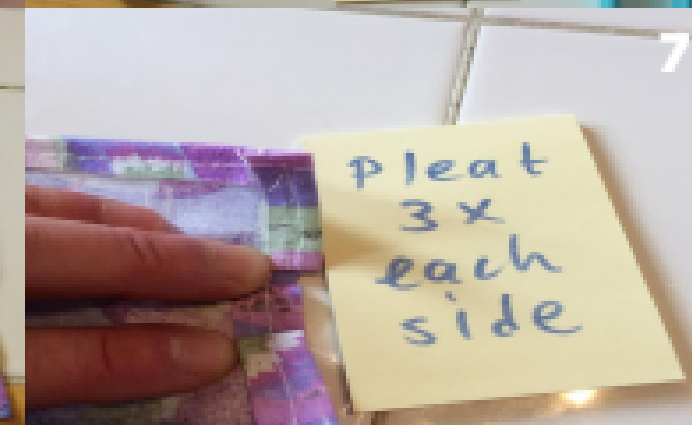
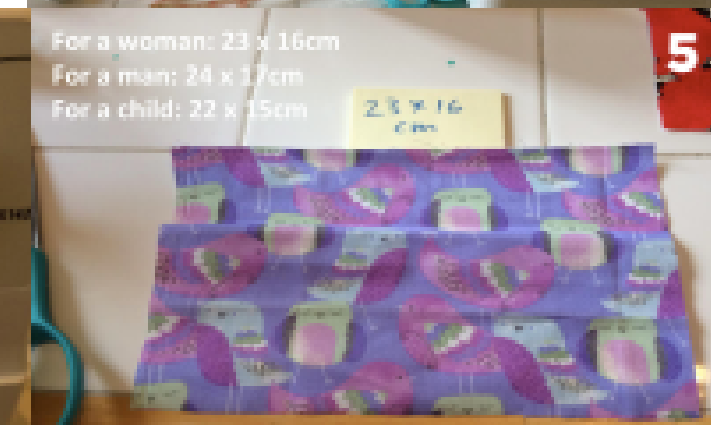
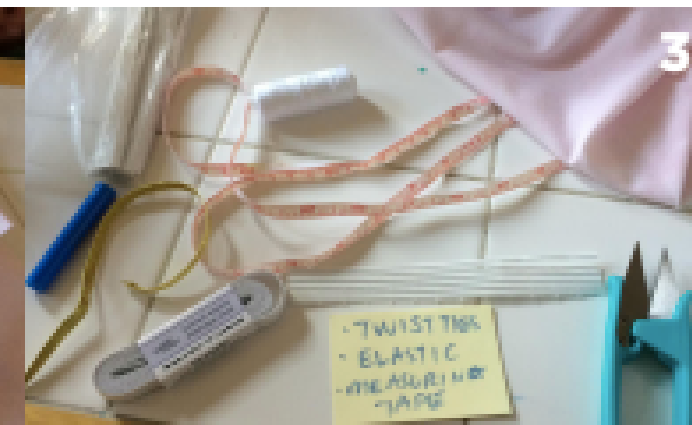
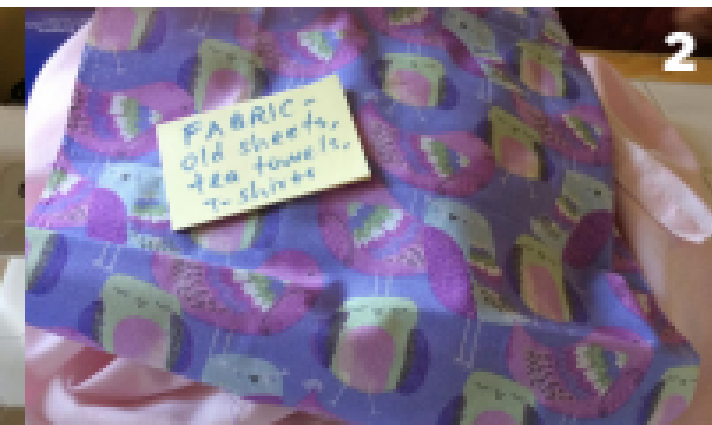
1. Put right sides of cotton fabric together. Cut 9x6(Adult) or 7.5x5(Child)
2. Starting at the center of the bottom edge, sew to the first corner, stop. Sew the elastic with the edge out into the corner. A few stitches forward and back will hold this.
3. Sew to the next corner, stop, and bring the other 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. Be sure any fabric design is placed horizontally

How to Make an Adult Mask with Ties

1. On 8/14 inch piece, right sides together, sew 1/4 inch seam, creating tube.
2. Turn right sides out, press seam and fabric. Make 3 pleats, approx. 1 inch each in size, using steam or pins to hold. Mask will be approx. 3-3.5 inches in width.
3. Sew 1/4 inch seam on each side of mask, securing pleats. Trim seam allowance. Prepare the ties: Fold in half and press (3/4 inch). Open tie back up.
4. Fold each edge in to meet middle (3/8 inch/0.375 inch) and press.
5. Fold in half again, securing raw edges inside and press. Each tie will be approx. 3/8 inch in width.
6. **Assembly:** Align center of tie with side of mask, open tie so edge of mask fits snugly inside. Pin.
7. Sew tie to mask, seam will be very short, get as close as able while still catching all fabric. You are just attaching the mask to the tie at this point, not sewing the whole tie yet.
8. Repeat for other tie and other side of mask. Sew down edges of tie, securing raw edges inside. Seam is very short. You will stitch over where mask is already attached. This is good because it helps reinforce.
9. Repeat for other tie and other side of mask. Clip any stray fabric and enjoy



Instructions for MGH Mask



Humble offering from the Sri Sathya Sai Baba Centre of Cooksville



FREQUENTLY ASKED QUESTIONS

WHO WILL BE GIVEN THESE MASKS?

- Hospital healthcare providers will not use these masks. They have certified masks that they are required to wear.
- All approved visitors who enter Michael Garron Hospital
- All of our discharged patients as they reintegrate into the community
- We also plan to distribute to our broader community to help prevent disease transmission

I DON'T HAVE ELASTICS. CAN I USE FABRIC TIES?

- Yes, you can absolutely replace the elastics in the pattern with fabric ties.

WHERE CAN I FIND FABRICS AND SEWING SUPPLIES?

- In many cases you can still shop online! For a local option, try Fabric Spark (located on Danforth near Woodbine).

Source: <http://www.mghf.ca/>