

# Guides and Resources for making protective face masks:

(1) Washable masks for general public to reduce transmission:

Use 100% pre-shrunk, pre-washed cotton. Most recommended fabrics are thick and breathable like quilting fabric, sheets, dishtowels...Instructions can be found here:

<https://tinyurl.com/FacemaskHowTo>

Univ. of Wisconsin pattern (via Joann's Fabrics) and instruction video can be found here:

<https://tinyurl.com/FacemaskHowTo2>

There is a Joann's Fabric pattern that can be found here:

<https://tinyurl.com/FacemaskHowTo3>

Note 1: scroll down to get ideas on how to create flexible nose bridge with this design using bias tape and pipe cleaners. Other suggestions: aluminum strips from pie tins and coated speaker wire.

Note 2: the JOANN pattern suggests fusible non-woven interfacing between the two cotton layers. Another layer of cotton fabric helps if interfacing isn't available.

Note 3: elastic is in short supply, so if you don't have any already, make ties from washable ribbon, cloth strips and even shoelaces.

Note 4: some Joann's employees have raised concerns about the quality of fabric in their free kits:

<https://www.buzzfeednews.com/article/amberjamieson/jo-ann-joann-fabric-masks-coronavirus-staff-speak-out>

(2) Mask covers for health caregivers, to be used with insertable filters:

<https://www.sewingforlives.com/how-to-make-a-mask-cover>

<https://www.youtube.com/watch?v=3mE-27211Pc>

## **Ways to Donate:**

St. Peter's Hospital in New Brunswick:

contact Jim Choma, at 732-745-8581; JChoma@saintpetersuh.com

Robert Wood Johnson/Barnabas Network

[gifts@rwjbh.org](mailto:gifts@rwjbh.org)

**Share:** Got fabric? Got expertise? Got questions?

Contact the PPDO Neighborhood Aid Network: <https://tinyurl.com/PwayNeighbors>

**Give Help, Get Help**