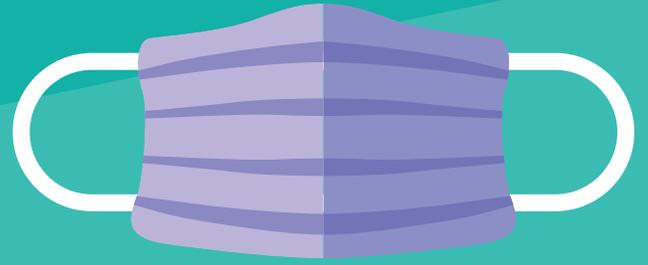


Making Homemade Masks for University of Ottawa Heart Institute Patients



Thank you for helping us provide masks to our UOHI patients. During this COVID-19 pandemic, there is a shortage of surgical masks available to the public for personal use during essential trips outside the home, including for medical appointments.

There are currently many patterns available online to make homemade masks. Please use one of the two patterns below for those wishing to donate masks to the UOHI. Once completed, you can drop your masks off at the following location, where they will be washed and processed before being handed out to UOHI patients.



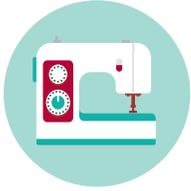
Drop Off

University of Ottawa Heart Institute
40 Ruskin Street
Ottawa, Ontario
K1Y 4W7



IMPORTANT

- **Please do not make masks or drop masks off for donation if there is anyone in your home who:**
 - Smokes
 - Has tested positive for COVID-19
 - Has travelled within the last two weeks
 - Has any symptoms of respiratory illness (shortness of breath or cough), fever, diarrhea, vomiting or nausea, fatigue, chills, headaches, sore throat, runny nose or sneezing, nasal congestion, hoarse voice or difficulty swallowing.
- Please pre-wash fabric, wash your hands and work in a clean environment.
- Work with the supplies that you have at home and do not make more trips out of the home to buy supplies.
- Do not try on the masks.



What You Need

- Sewing machine
- Scissors
- Cotton fabric (100% cotton is best) cut to a 9.5" x 6.5" rectangle
- If you have beading cord elastics OR 1/8" fabric elastics, **follow Pattern A below.**
 - Cut to 7" long
 - If using beading cord elastics, tie a knot at each end. Do not tie flat 1/8" elastics.
- If you don't have elastics, you can make your own ties. You will need two 1.5" x 34" pieces of cotton fabric. **Skip to Pattern B below.**
- Thread



Instructions for Pattern A (with elastics)

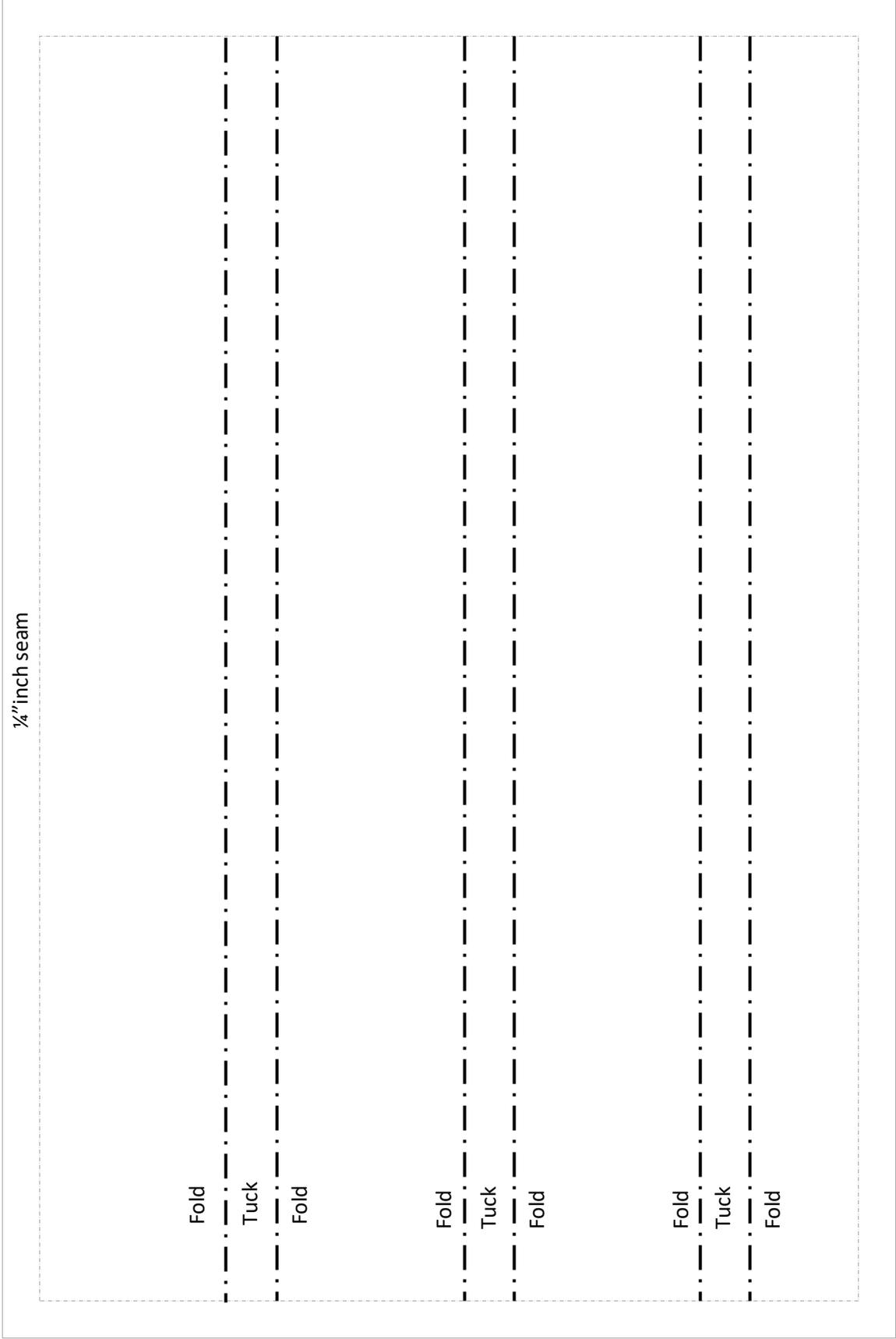
1. Take two pieces of 9.5" x 6.5" cotton fabric. Put the right sides of the cotton fabric together. Note that the fabric design should be placed horizontally.
2. Starting at the centre of the bottom edge, sew to the first corner. Stop.
3. Sew the elastic with the edge out into the corner. A few stitches forward and back will hold the elastic in place.
4. Sew across to the top of the mask to the next corner and sew in the other end of the same elastic. Again, sew a few stitches forward and back to hold it in place.
5. Sew across the top of the mask to the next corner. Stop.
6. Again, sew the elastic with the edge out into the corner.
7. Sew to the next corner and sew in the other side of the same elastic.
8. Sew across the bottom, leaving 1.5" to 2" open. Stop. Cut the thread.
9. Turn the mask right side out.
10. Pin three pleats/tucks on each side of the mask. Make sure the pleats/tucks are in the same direction.
11. Sew around the edge of the mask twice. Clip any stray strings.



Instructions for Pattern B (with ties)

1. Take two pieces of 9.5" x 6.5" cotton fabric. Put the right sides of the cotton fabric together. Note that the fabric design should be placed horizontally.
2. Starting at the top corner, sew a ¼ inch seam across the longest side of the mask to the opposite corner. Stop. Cut the thread.
3. Starting at the bottom corner, sew a ¼ inch seam across the longest side of the mask to the opposite corner. Stop. Cut the thread. You should now have a tube shape.
4. Turn the mask right-side-out.
5. Pin three pleats/tucks in the side of the mask.
6. Sew ¼ inch seam on each side of the mask. This will secure the pleats/tucks.
7. Trim the seam allowance as needed and set the mask aside. Now you will make the ties.
8. Take the two pieces of 1.5" x 34" inch fabric and fold each edge inward to meet in the middle. If you have an iron, you can press the strip of fabric at this point.
9. Fold the strip in half again, securing the raw edges of the fabric inside. The strip should be 3/8 inches in width.
10. To attach the ties to the mask, align the centre of the tie with the side of the mask. Open the tie so that the edge of the mask fits snugly inside. Pin.
11. Sew the tie to the mask with a short seam (as close as possible while still catching the fabric). Start at the top corner and work down the short side of the mask. Stop. Cut the thread.
 - Note: At this stage, you are not sewing the whole tie, just the tie to the mask.
12. Repeat Step 11 on the other short side of the mask, securing the other tie to the other side of the mask.
13. Now you can finish sewing the ties. Sew down the edges of the tie, securing the raw edges inside with a short seam. You can stitch from the top of the tie to the bottom of the tie, re-stitching the area where the tie is already attached to the mask. This can provide extra reinforcement.
14. Clip off any stray strings.

Mask for Patterns A and B



Tie for Pattern B (Cut out and tape together end-to-end for 1 tie pattern)

