

Info for Sewing Masks and Scrub Caps – update 3/30/2020

We'll post this on the CVFG website as a blog post so we can make updates as needs change at the local hospitals. Find the post linked from the sidebar, or direct link here: <https://cvfg.org/2020/03/28/info-for-sewing-masks-and-scrub-caps/>

UPDATE 3/30 – New Links:

100 Million Mask Challenge: <https://www.aha.org/initiativescampaigns/2020-03-25-100-million-mask-challenge-individuals>

If you know a nurse or doctor, ask if they'd like a headband to protect their ears, see blog post for photo.

UPDATE 3/29 – New Links:

Equip Cville: <https://www.supportcville.com/equipcville>

Masks 4 Humanity: <https://masks4humanity.org/>

Masks for Heroes: <https://www.masksforheroes.com/>

UVa: As of March 27, 2020, UVa is no longer accepting handsewn masks, but they are still asking for scrub caps. (I understand the caps are worn under plastic face shields.) Masks are still needed in other local settings than the hospital however. Contact UVa to make arrangements to meet to drop off items. *(if you are stuck at home, email me for help with getting items donated at info@cvfg.org)*
LaDelle Gay 434-806-1357 or email LH3WN@hscmail.mcc.virginia.edu Or
Maureen Oswald at: [mmo7u@virginia.edu](mailto:mno7u@virginia.edu)

MJH: Had previously said they couldn't accept masks but now they are working on corporate approval we'll post on the website and FB when we hear more. At this point they prefer the pleated style with elastic loops or fabric ties.

Piedmont Pediatrics: Can use single layer masks and not to worry about pockets...though they will very happily take any type, and are so very grateful and appreciative for anything. Their thought process is 1) they decided that for now they will wear their (reusable in order to conserve) paper masks and put the cloth masks over them so they can keep washing the cloth masks. 2) They thought it would be easier and quicker to make. They'd love a mix of tie and elastic masks but again are really just so appreciative of any type. Find their website at: <https://piedmontpediatrics.net/>

Update: Albemarle Center for Family Medicine is also interested in single layer facemasks (no pocket) which they will be using over their surgical masks to help preserve those masks. (since it is single layer, please use high-quality tightly woven cotton.). You can drop them off at their office at 535 Westfield Rd., Charlottesville. They are very appreciative of any help you can give.

The Laurels of Charlottesville is looking for N95 masks, Surgical masks, Sewn Masks, Disposable Gowns, Face Shields, and Hand Sanitizer. Their instructions say "ring bell and await staff member to accept delivery". <https://www.laurelsofcharlottesville.com/>

Info is being posted more often on the Cville Sews Facebook group, so you may want to head over and ask to join them: <https://www.facebook.com/groups/497457917341874/>

MASKS:

Handsewn masks are often used as a cover over the N95 masks to extend their useful life. As a last resort, they are used alone.

From UVa Volunteer Services:

Thank you so very much for your kindness in offering to make face masks for UVA. The infection control team has provided us with the following guidelines: Layers are recommended, the outer layer

could be a tightly woven cotton or viscose/rayon, or tightly woven wool; The inside layer could be the same tightly woven cotton. Here are some links to ideas and tutorial. This first one could be made as a pocket so folks could use a liner if they have one...

Buttoncounter face mask: <https://buttoncounter.com/2018/01/14/facemask-a-picture-tutorial/>
Or as a pdf I made from the tutorial: <https://cvfg.org/wp-content/uploads/2020/03/Buttoncounter-Facemask.pdf>

About the best materials to use: <https://smartairfilters.com/en/blog/best-materials-make-diy-face-mask-virus/>

Deaconess Face Mask info: <https://www.deaconess.com/How-to-make-a-Face-Mask>

Home sewn simple mask with a casing for wire: <https://cvfg.org/wp-content/uploads/2020/03/Home-sewn-simple-mask.pdf>

Here's another pleated mask pattern from a RN:

<https://www.instructables.com/id/AB-Mask-for-a-Nurse-by-a-Nurse/>

Pattern as a pdf:

<https://content.instructables.com/ORIG/F4B/DL99/K81UHNOP/F4BDL99K81UHNOP.pdf>

Instructions as a pdf:

<https://content.instructables.com/ORIG/FV7/Q9ZC/K84NGHTT/FV7Q9ZCK84NGHTT.pdf>

Modified version with pocket for filter material:

<https://content.instructables.com/ORIG/FNF/7LQD/K84NE8GY/FNF7LQDK84NE8GY.pdf>

Instructional video for sewing the Olson mask:

<https://www.youtube.com/watch?v=ZnVk12sFRkY&t=919s>

SCRUB CAPS:

Surgical Scrub Hats, skull caps:

You are welcome to use any cotton, or cotton poly blend, in any cheerful fun colors or designs that you would enjoy using. Here are some links to patterns and ideas.

KatieKadiddlehopper simple reversible scrub cap:

<https://katiekadiddlehopper.blogspot.com/2019/07/reversible-scrub-cap-tutorial-with-free.html>

Note: UVA confirmed that single thickness for the scrub caps is OK.

Bonnet-style scrub cap: <https://freepatterns4scrubhats.blogspot.com/2014/07/the-dragonflyscrub-hat-with-fold-up.html>

Etsy shop with scrub cap sewing patterns in a variety of styles:

https://www.etsy.com/shop/adesignbyangie?section_id=5960775

UVA says "Please call or email us if you have any questions and/or when you are ready to coordinate a convenient pickup/drop off location. We look forward to hearing from you."

GENERAL INFO:

From Ewe Fibers on Main Street: Help supply masks to those in need

Ewe Fibers info and location on their website: <https://ewefibers.com/>

We are donating cotton fabric to anyone who would like to make masks. The fabric will be in a bin outside the shop door and you are welcome to come pick it up anytime you want. Bias tape and elastic are also available as long as they last.

Here are the resources we have been using:

Local group coordinating the mask making effort (also links to patterns and sign up to sew):

<https://cvillebio.wixsite.com/cvillecraftaid>

Blog post from Fancy Tiger Crafts: <https://fancytigercrafts.com/blogs/projects/shortage-of-masks>

Not local, but another option to donate your sewing time:

If you have people who have needs please encourage them to register with the Sewing the Save! group on Facebook where both makers and requesters are matched up with local resources. It's at: <https://www.facebook.com/groups/884127602057599/>