



Saber Healthcare Group
is dedicated to providing the highest quality of health services possible to our residents, as well as our community, especially in times of crisis. Due to a shortage of facemasks, our communities are left without personal protective equipment. The best way you help support the health of our community is to provide homemade facemasks to our employees. We invite you to join us in creating your own DIY masks and donating to your local Saber facility.

Sewing Instructions for Homemade Facemask

Per CDC Guidelines, homemade facemasks may be used by health care professionals for care of patients with COVID-19 as a last resort.

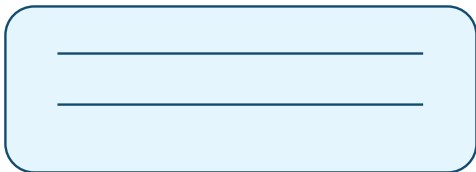
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/face-masks.html>

Materials List:

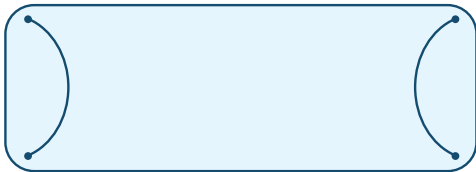
- 100% cotton fabric – prints are acceptable, directional prints should be horizontally oriented
- 100% cotton flannel for lining – softer fabric goes next to the face for comfort
- Two 7" pieces of 1/8" flat elastic
- Sewing machine, thread, and scissors

Instructions:

1-4



5



6



1. Cut 9" x 6" rectangles of fabric from both types of fabric, one rectangle of each fabric will be used per mask.
2. Pin three 1" folds/pleats on each side of the mask. Make sure the tucks/pleats are all going in the same direction (the finished mask should be at least 3.5 inches in height and 6.75 inches in length when pleats are not expanded).
3. Press pleats to hold.
4. Place two pleated rectangles together, right sides facing.
5. Place ends of elastic in the corners between layers.
6. Sew around the rectangle with 1/4" seam allowance leaving a 2-inch gap along one of the long sides for turning.
Reinforce corners and ensure elastic is secure by sewing forward and backwards at the corners.
7. Turn mask inside out and press flat, keeping 1/4" seam allowance pressed toward the inside of the mask at the opening.
8. Sew around the edge of the mask twice to secure the tucks and close the opening.

THANK YOU for helping keep our healthcare workers safer!

Donations of masks can be coordinated by emailing: **Masks@saberhealth.com**

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