



# HOMEMADE MASK PROJECT

## INTRODUCTION

Health Canada is advising the public, as well as healthcare professionals to use caution when considering the use of homemade masks to protect against the transmission of COVID-19. Homemade masks are not medical devices and consequently are not regulated, like medical masks and respirators, and are not to be used to replace proper Personal Protective Equipment for health care professionals. They do not provide complete protection from the coronavirus because of a potential loose fit and the materials used. The purpose of these masks is not to provide protection from COVID-19 but rather to protect others from our own coughs and sneezes

CURRENTLY, The Public Health Agency of Canada guidance on preventing coronavirus includes guidance on wearing masks, if necessary, which says:

- If you are a healthy individual, the use of a mask is not recommended for preventing the spread of COVID-19 because the mask may give a false sense of security, there is a risk of infection when you do use it right or don't wash it correctly, and you need to know when to change them.
- However, your health care provider may recommend you wear a mask if you are experiencing symptoms of COVID-19 while you are seeking or waiting for care. In this instance, masks are an appropriate part of infection prevention and control measures. The mask acts as a barrier and helps stop the tiny droplets from spreading you when you cough or sneeze.

Mississauga First Nation is handing out kits for our sewists to create fabric masks for this purpose. The masks may also be donated to our Health care providers, who may use them to extend the life of their proper Personal Protective Equipment.

Each kit contains enough materials to make approximately 30 masks, which will be picked up for distribution by MFN staff. Please wash and dry your cotton fabric before use.

# POCKET MASK FOR PUBLIC USE

## MATERIALS

100% cotton, 2 different colours  
20 gauge wire  
Elastic

## EQUIPMENT

Sewing Machine  
Pins  
Scissors  
Thread  
Marking Pen / Pencil  
Rotary Cutter / Cutting Mat, *optional*

## GATHER/CUT MATERIALS

Cut 2 pieces of cotton fabric, each piece a different colour, 8"x 8"  
Cut 2 pieces elastics, 8"  
Cut a piece of wire 3.5" curled in at edges

## ELASTIC METHOD #1

1. Unless indicated, all seams are 3/8"
2. Fold over 1 edge of each square about 3/8" towards the wrong side of the fabric, press or finger press
3. Sew 1/4" seam on the fold you have created on each piece, these edges are now the bottom of the mask
4. Place right sides together, making sure that the two finished seams are together
5. Pin ear elastics about 1/2" away from the bottom and top of each side of the mask on the inside of the mask sandwich
6. Sew the 3 unfinished edges together, making sure to backstitch at the beginning and end
7. Clip corners, turn inside out, press or finger press fabric
8. Place metal nose bar in the top middle of the mask, pin in place
9. Sew 3 edges around metal piece to encase it in the mask
10. Use pleat guide to make 3 pleats in mask, pin in place
11. Sew from the top to bottom of each side to lock pleats in place

## ELASTIC METHOD #2

1. Unless indicated, all seams are 3/8"
2. Fold over 1 edge of each square about 3/8" towards the wrong side of the fabric, press or finger press

3. Sew 1/4" seam on both pieces of fabric, this edge is now the bottom of the mask
4. Place right sides together, making sure that the two finished seams are together
5. Sew the 3 unfinished edges together, making sure to backstitch at the beginning and end.
6. Clip corners, turn inside out, press or finger press fabric
7. Place metal nose bar in the top middle of the mask, pin in place
8. Sew 3 edges around metal piece to encase it in the mask
9. Use pleat guide to make 3 pleats in mask, pin in place
10. Pin ear elastics about 1/2" away from the bottom and top of each side of the mask
11. Sew up each side to lock pleats in place, backstitch where elastics join the fabric

# HEALTH CARE WORKER MASK

## MATERIALS

100% cotton, 2 different patterns

20G wire

Bias Tape

## EQUIPMENT

Sewing Machine

Pins

Thread

Scissors

Marking Pen / Pencil

Rotary Cutter / Cutting Mat, *optional*

## GATHER/CUT MATERIALS

Cut 2 pieces each a different coloured cotton, 8.5"x8.5"

Cut 2 pieces of bias tape, 35"

Cut/use piece of wire curled in at edges, 3.5"

## BIAS TAPE METHOD

1. Unless indicated, all seams are 3/8"
2. Fold over 1 edge of each square about 3/8" towards the wrong side of the fabric, press or finger press
3. Sew 1/4" seam on both pieces of fabric, this edge is now the bottom of the mask
4. Place right sides together, making sure that the two finished seams are together.
5. Sew top of the mask together
6. Turn right inside out, press or finger press fabric
7. Place metal nose bar in the top middle of the mask, pin in place
8. Sew 3 edges around metal piece to encase it in the mask
9. Use pleat guide to make 3 pleats in mask
10. Sew up the sides to lock pleats in place
11. Open up the bias tape and match the side middles of the mask with the middle of the bias tape, with the right side of the bias tape against the side of the mask
12. Baste tape in place up sides of mask
13. Fold bias tape back on the other side of the mask and itself, and create hem at tip of tape
14. Then stitch from each tip making sure to backstitch at the spots where the bias tape meets the mask

# PLEAT GUIDE PATTERN

Glue this pattern on cardstock or thin cardboard and then cut out to create a guide for folding the mask.

