

Sew. Some. Good.
Overview & FAQ Answers

Wednesday, April 8 Welcome:

Welcome to Sew. Some. Good. For complete information, please visit us on Facebook at: <https://www.facebook.com/groups/3268998486452125/> and use the “Topics” to navigate your interests in the group. Topics include: Patterns, Tutorials, Donations, How to help if you cannot sew (CUT!), Personal Masks Buying/Selling/Making, etc. The best way to help is to join us on FB!

If you do not sew, but want to help, please buy tightly woven cotton fabrics (see below) and cut out the patterns (see below) to give to a sewer. CUTTING IS THE BEST WAY TO HELP A SEWER! Do not know how to cut? See below.



SEW. SOME. GOOD. is a Facebook group that exists as a place for people to come together to support our healthcare workers by creating homemade medical mask covers and mask substitutes as interim aid in the current medical mask crisis. We are partnered with Thrive Charleston Mask Task Force to deliver mask substitutes and covers from makers to health care providers. Please help!

Are you a medical professional who needs homemade masks? Request here:
<https://forms.gle/aCJy4DjbKE4xQABu7>

Are you a mask maker who wants to donate masks? Give here:
<https://forms.gle/9SnGkFQMoo84jY7KA>

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Background: The current outreach mission need is clear on the news, social media and in our neighborhoods... medical gear is at a critical shortage! To help our community, we will be making **masks covers and mask substitutes for our local healthcare professionals. We are partnered with Thrive Charleston Mask Task Force.**

How to start: Please begin by creating a Facebook account to **join the FB Group “Sew. Some. Good.”** I began this group to help organize our community of makers with the Healthcare Professionals who are nearing, under, or unprotected from COVID-19. The group is making mask covers (that go over hospital masks to extend their life/hygiene) and mask substitutes (cloth masks for people who do not have access to medical masks) for those in need. Specifically, we are making:

1. N95 COVERS
2. Multi-Ply Surgical Style Mask Substitutes
3. Olson (Filter Pocket) Mask Substitutes
4. Children’s Mask Substitutes

These are washable, reusable mask covers and mask substitutes that will help fill the gaps with rationing and dwindling supplies. Your sewing does not need to be perfect, but it does need to be prolific and **durable for washing and sterilization in hospitals.**

What to start: Any of them! We post daily what the greatest needs are; but, in general, priority is on the **Olson Masks** and Multi-Ply Surgical Style Mask Substitutes (like the Deaconess pattern) in terms of quantity. Pick one you can achieve quantity making. We have a waiting list of healthcare providers. You do not need the filters for the pocket masks, we insert them.

When to start: Yesterday. ;-) Seriously, the need is great. Please do what you can to help without stressing yourself out. Pray. Eat. Sleep. Exercise. Laugh with your friends and family. Then please **sew some masks. If you cannot sew, then cut. If you cannot cut then buy local fabric (see materials below) for someone who can.**

Materials:

Tightly woven cottons/blends (Pre-Wash fabrics please)

Solid colors are preferred but prints are great also.

Keep in mind men need these also.

Thin Elastic (cords or 1/8-3/8” flat elastic)*

*People are doing creative things with elastic like cutting wide elastic into thin elastic, upcycling elastic from sheets/clothing, using large NEW hair ties, using Dollar store headbands, making knit ties, using bias tape and grosgrain ribbon to make ties, etc. All of these are acceptable if it is hygienic and works to stay on the head. Please see the group for ideas. If you find genius new elastic idea, please share it on the page!

I am partnered with THRIVE Charleston Mask Taskforce for distribution, supplies, etc. You do not need filters, THRIVE will provide those.

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NEED MORE FABRIC? You should treat these fabric deliveries prudently, as you would any mail; wipe the bag down with a disinfectant and then wash your hands. If you are especially vulnerable (asthma, elderly living with you, etc.) you might want to open the bag directly in the washer to wash and dry it before handling it. Washing your hands remains the best way to protect yourself from spreading the virus. If you need additional materials, please post that on the group.

Fabrics, Finishes and Layers:

I have found that for thin fabrics, these covers work great lined (two layers) with the center front seam allowance sewed down (flatfold) to the top layer for a better seal. Brook Floyd from Five Eights Seams made and a posted a fabulous tutorial with my pattern and you can see the seersucker examples in photos. For this thicker gorgeous African wax batik (see photos) a single layer with the lining strip down the front seam (to cover the seam and give extra protection across the nose/mouth) worked great.

https://drive.google.com/open?id=1AeXpbmTiiYMj3qfqqC8IHZAall_TDRNU

The trick to sewing that lining strip in easily is to iron the edges well and then just pin the center of the strip to the seam for sewing. Ultimately I am figuring out what I can do well and quickly and you will need to do the same.

Patterns & Directions:

If you have a printer, you can print off patterns. If not, follow the Deaconess tutorial below. If you need patterns printed for you, please reach out to neighbors because people are happy to be involved!

1. N95 COVERS

Pattern:

<https://drive.google.com/file/d/1nJqJ6M120PsN42WLMjgwrbRoDIHwCOGI/view?usp=sharing>

Directions: <https://docs.google.com/document/d/1ocn-IQkBS7Q-llbEewqAQSJEKLX6r6Cq2Iu38VWeV58/edit?usp=sharing>

Video Tutorials: Single layer coming soon and Brooke Floyd of Five Eights Seams has a fabulous tutorial on FB with this pattern double layered

Photos of a complete N95 Cover:

https://drive.google.com/open?id=1AeXpbmTiiYMj3qfqqC8IHZAall_TDRNU

2. Multi-Ply Surgical Style Mask Substitutes (Deaconess)

Pattern, Directions & Tutorial: <https://www.deaconess.com/How-to-make-a-Face-Mask>

3. Olson Mask Substitutes

Pattern & Directions: https://www.regmedctr.org/webres/File/OlsonMask_wPattern_v3-USE%20THIS%20ONE.pdf

Video Tutorial: <https://www.youtube.com/watch?v=ZnVk12sFRkY>

4. Children's Mask Substitutes

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Label for Drop Off/Pick Up:

Please place your finished masks in a clear, labeled zipper bag by style and write **“Sterilize before use.” and the Style (see below)...**

#1 N95 Mask Covers

#2 Multi-Ply Surgical Style Mask

#3 Olson Masks “NEEDS FILTER INSERTS”

#4 Children’s Masks

How to Hand Over Masks;

You will need to designate a no-contact pick up area (such as a mailbox or spot in the yard) and fill in this form for pick up there:

<https://forms.gle/VG5YGnqWQ92P7Eyo6>

My partners, Jessica Boylston and Mackie Moore, will coordinate delivery of your masks to the requesting Healthcare provider.

Know a healthcare provider who needs masks? If you know a HEALTHCARE PROVIDER who needs masks; we want to help. Please send them here:

<https://forms.gle/Z6iZ5PVQZHP5g9Hq9>

If you know a private citizen who needs masks, please buy them for him/her from one our mask makers so they can afford to keep donating. You can find this topic on our FB page under “Personal Mask Buying & Selling”

If you would like to volunteer to cut fabrics, please post on the FB page. Cutting patterns is BIG help!

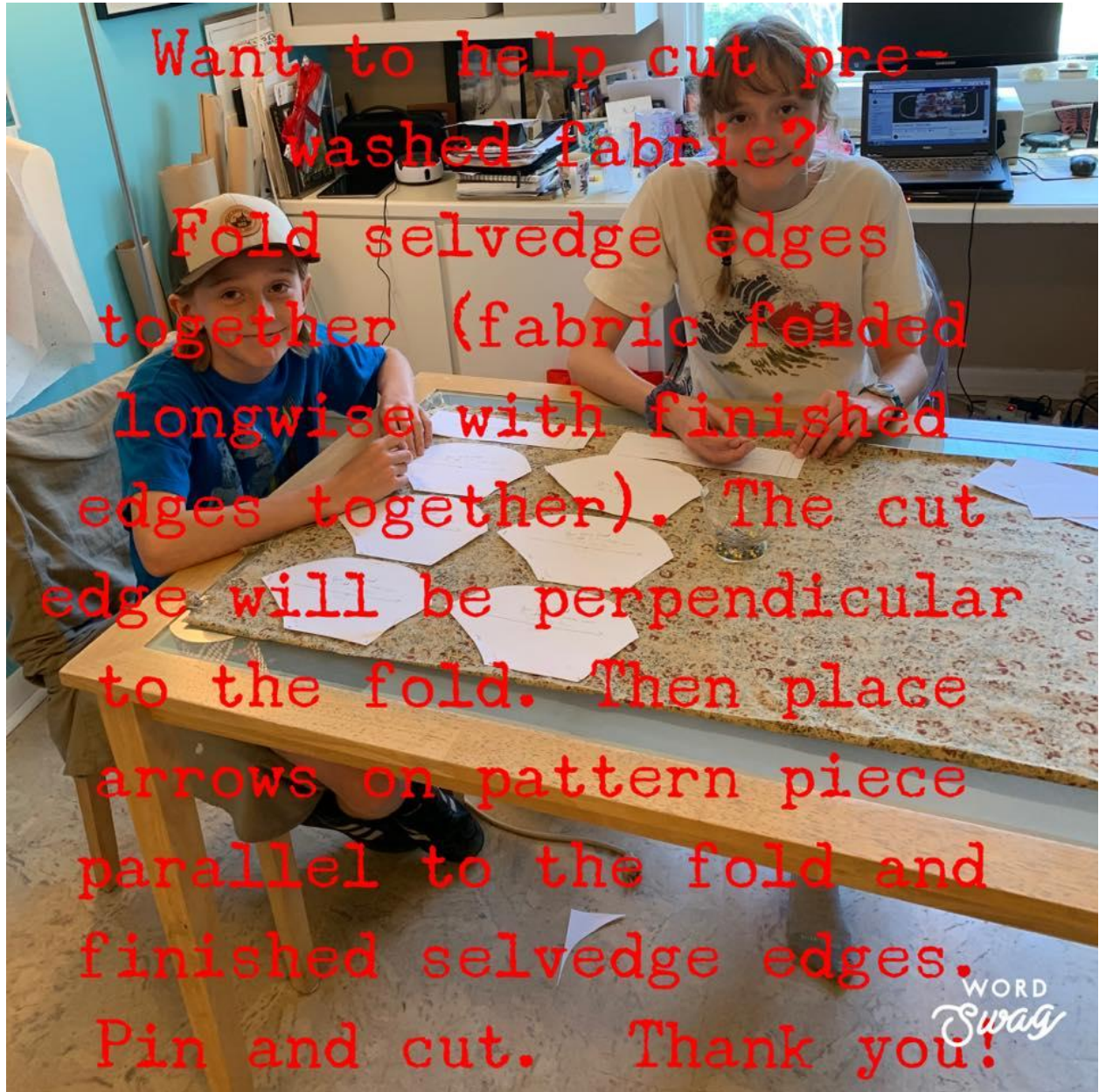
If you would like to buy fabric for a sewer, please reach out to the sewer directly or post on the FB page if you do not know a sewer.

Need more information on how to cut patterns on pre-washed fabric?

1. Make sure fabric is pre-washed in natural detergent.
2. Cut out paper pattern pieces.
2. Fold selvedge edges (finished edge of fabric that often has words/color square on them) together by folding the fabric longwise (hotdog) with finished selvedge edges together and printed/right sides together. The cut edge will be perpendicular to the fold. The pretty sides will be touching. (See below photo of the children cutting.)
3. Then place the arrows on pattern pieces parallel to the fold and finished selvedge edges. You are now on grainline!

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4. Pin on grainline and cut both layers at once. Cut half as many “Cut 1” as you cut Cut 2”. Remember, if your fabrics are folded you are automatically cutting a right and left side of the face. Fabrics are sewn “right sides together” with a left and right piece just as they are cut.
5. Give to a grateful seamstress! Thank you!



More Questions? Please email caroline@maudecouture.com or DM me on Facebook.