

ARCTIC MISSION ADVENTURE PROTECTIVE MASK PATTERN GUIDELINES



CALLING ALL SEWING HEROES!

Village communities need your home-made masks. We need anyone who can sew to join with us in providing all our villagers, young and old, with protective masks. If you and your circle would like to be part of AMA Project Compassion Alaska COVID-19, email Nikki Perkins at: sadgee@aol.com for details.

AMA is providing guidelines to ensure consistency of home-made masks produced by AMA production teams. These guidelines come from several sources including the Center for Disease Control (CDC) and front-line medical personnel. Please refer to these guidelines (see links below).

- Under ideal situations, high grade surgical masks are preferred as they prevent the spread of COVID-19. The best alternative is home-made masks that help prevent droplet transmission from infected individuals, and is better than no protection all.
- For these masks, the CDC recommends using material that is 100% tight weave cotton for its higher filtration capabilities, for example pillowcases and t-shirts.
- Masks should be constructed using two layers of 100% cotton fabric.
- Adult masks are cut into 9x6 inch rectangular patterns that fit both male and females. Children's masks are cut into 7.5 inch rectangular.
- Either cloth ties or elastic bands can be used to fix the mask onto the face. All ties and bands need to be 3/4" wide and 7" long.
- Completed masks must be sterilized before shipment to Alaska as follows:
 - ˆ Machine wash the mask in the hottest setting on your machine, using bleach to kill germs and bacteria. Please be aware that bleach will fade your fabrics.
 - ˆ Ideally, masks will be air-dried for 24 hours in the direct sun. Alternatively, masks can be placed in a clothes dryer set to highest heat setting as possible.
 - ˆ Once sanitized, place masks in air-tight sealed plastic storage bags for shipment.

We need as **MANY** masks as **QUICKLY** as possible. The word from our villages is that they have NO protection and need our help. We are rolling out the first shipment as soon as possible and ship masks and support resources until the end of this pandemic.

Thank you for your willingness to help!!

Completed masks can be mailed or dropped off at
Arctic Mission Adventure 6100 O'Malley Rd Anchorage, AK 99507

For quality assurance purposes, we ask that you use one of the following resources to make masks:

1. Deaconess: youtu.be/9tBg0Os5FWQ
2. JoAnn Fabrics: www.housebeautiful.com/about/a31926785/joann-fabrics-mask-kits/

HOW TO MAKE A PROTECTIVE MASK

WHAT YOU WILL NEED

- U Cotton fabric, a pretty print is best.
- U Rope Elastic, beading cord elastic will work (you may also use 1/8" flat elastic)
- U Cut the elastic 7" long and tie a knot at each end (DO NOT knot the ends of the flat)

STEPS

1. Put right sides of cotton fabric together
2. Cut 9"x6" (Adult) or 7.5" x 5" (Child)
3. Starting at the center of the bottom edge, sew to the first corner, stop. Sew the elastic with the edge out into the corner. A few stitches forward and back will hold this.
4. Sew to the next corner, stop, and bring the other end of the same elastic to the corner and sew a few stitches forward and back.
5. Now sew across that top of the mask to the next corner. Again, put an elastic with the edge out.
6. Sew to the next corner and sew in the other end of the same elastic.
7. Sew across the bottom leaving about 1.5" to 2" open. Stop, cut the thread. Turn inside out.
8. Pin 3 tucks on each side of the mask. Make sure the tucks are the same direction
9. Sew around the edge of the mask twice. It is so easy to make this.
10. Be sure any fabric design is placed horizontally:

