



Million Mask Challenge

How to Make a Cloth Face Mask

OU Medicine welcomes your generous gift of masks during the COVID-19 pandemic. Donated cloth masks will be used primarily for patients and visitors.

What pattern is preferred?

We prefer a standard, pleated mask with ties. Please reference the back of this flyer for a preferred mask pattern.

Should I insert a disposable filter?

No. The mask should be fabric only.

Do I need to wash the mask before donating it?

Other than prewashing the fabric to shrink it before cutting, you do not need to wash the completed mask.

What size masks are needed?

Both adult and pediatric sizes of masks are needed.

Where should I go if I want to deliver my completed masks myself?

The Children's Hospital
1200 Children's Avenue
Oklahoma City, OK
Monday-Friday 9 a.m. - 5 p.m.
Main Valet Entrance

OU Physicians Tulsa
Schusterman Center Clinic
4444 East 41st Street
Tulsa OK 74135
Monday Friday 8:30 a.m. - 4:30 p.m.

What kind of fabric should I use for the mask?

100% cotton, tightly woven fabric. Please do not use knit fabric.

What kind of fabric should I use for the ties?

Some sewists are cutting old, freshly washed t-shirts into 1" strips. Others are using bias tape with the edge sewn closed. You are welcome to use similar options.

Can I create elastic ear loops instead of ties?

Ties are recommended for a better fit on various sizes of people. However, if you have already made some with elastic ear loops, we definitely welcome them!

Does it matter what the fabric design is?

Prints or solids are fine. As long as the design is not offensive.

Do the two rectangles' color or print need to match?

No. This is a good opportunity to use up your fabric scraps!

Does it matter what kind of thread I use?

No. Use any kind of standard thread you wish, in any color.

Can I schedule a porch pickup of my completed masks?

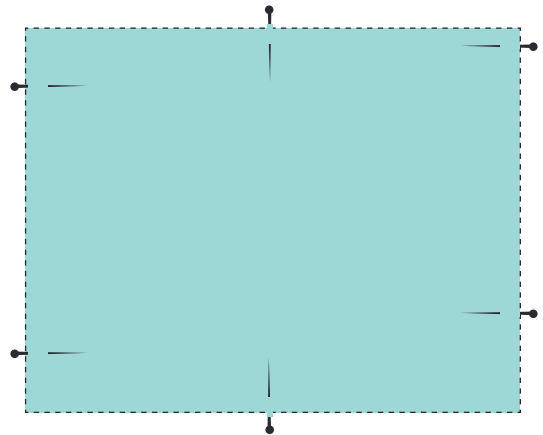
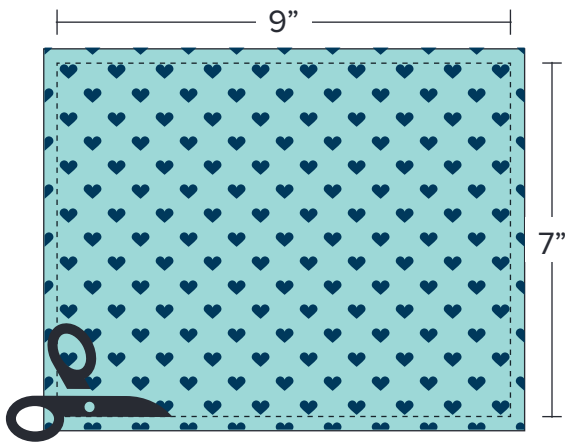
To schedule a porch pick up of masks in the OKC metro area, please contact the OU College of Medicine Community Response Team at (405) 283-8479.

Call (405) 271-1234 or email giving@oumedicine.com with questions.



www.OUMedicine.com/TheChallenge

HOW TO SEW A FACEMASK

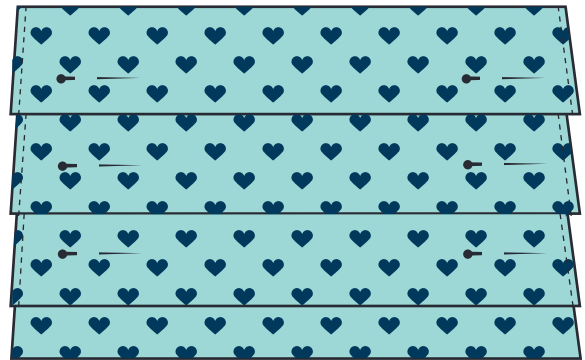
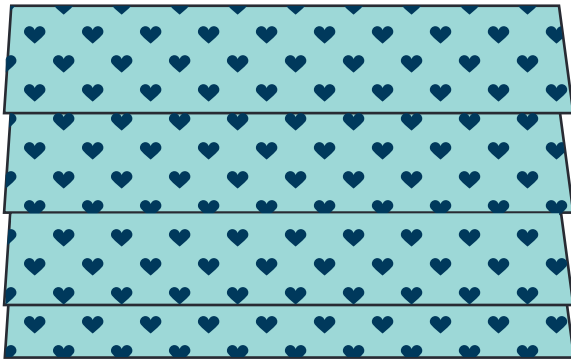


1. Cut Materials

- After prewashing fabric in hot water to preshrink, cut material into 2 rectangles of 100% cotton fabric (9"x7" for adult; 7"x5" for child)
- For ties, using bias tape or t-shirt strips: Cut 4 pieces 15" long

2. Sew Rectangles

- Pin rectangles, right sides together
- Sew all four sides, leaving 2" opening on bottom edge
- Turn right side out
- Sew opening closed



3. Create Pleats

- Fold mask in fourths and press
- Open mask and make 3 pleats, using pressed ridges as guide
- Press pleats in place

4. Finish

- Sew a straight line down the left and right edges using a $\frac{3}{8}$ " seam allowance, to hold pleated sides in place
- Sew elastic or ties to four corners, backstitching for strength