

April 6, 2020

Thank you for your outpouring of love and support. We never expected the magnitude of interest we received when we decided to adapt the cotton mask, everyone is making for personal use, to the deaf and hard of hearing community. It would be quite impossible for us to fulfill all the requests we have received from all over the world. So, we challenge you to join us in making these masks.

We used materials we had on hand in our home and would like to be very clear these are NOT medical grade masks, they are NOT FDA approved, and they have not been tested in any way. The choice to make and wear these masks is your own.

A company we have been in touch with, Face View Mask, is working tirelessly to bring clear medical grade masks to the general public as well as hospitals.

We started a GoFundMe campaign to offset the cost of material and shipping to members of our local community who needed our masks. When that goal was satisfied, we closed the GoFundMe campaign. It was never our intent to make any profits from this endeavor. A great number of you have expressed the desire to donate to this cause. We humbly request that, if you can, you donate of your time and talent by making these masks for your own community. Imagine the number of deserving people we can reach if we work together. If that's not possible consider donating to your local "Hands and Voices" chapter or support a teacher next school year.

Please follow all CDC recommendations for handling the masks and remember these are, according to the CDC, "better than nothing". Please wash your hands before putting your mask on and after removing the mask.

We humbly thank you again for all your words of encouragement.

Below you will find a step by step "how to" document to make our masks complete with pictures.

Please keep in mind we are not seamstresses and used what we had on hand.

Happy sewing

Stay safe, stay healthy and stay home.

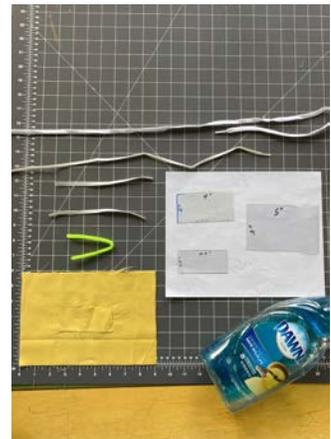
The DHH Mask Project

Disclaimer: These masks are made of cotton, vinyl, and elastic material. It is important to note that this step-by-step tutorial is a guide and is not intended to replace traditional, tested, FDA-Approved PPE. The CDC recommends the use of cloth face masks as a last resort, when other PPE is not available. The decision to use this particular guide is your own. These masks have not been tested or proven to protect against illness.

## **Homemade Cotton Mask for Deaf and Hard of Hearing During COVID-19**

### **Materials:**

- (2) 9"x6" pieces of fabric material for mask, washed and ironed (we use 100% cotton fabric)
- 8 gauge clear vinyl fabric, cut into a 3"x5" rectangle (available at fabric stores)
- Thread
- Sewing Machine (optional)
- Pipe Cleaner or Twist Ties, cut into 6" pieces
- (2) pieces of ¼" width elastic **OR** (4) pieces of 27" flat shoelace or (4) pieces of ¼" width Ribbon, cut into 27" pieces
- Scissors
- Ruler
- Pencil/Pen to mark fabric
- Sewing needle
- Sewing Pins
- Dawn dish soap
- 4" x 2" rectangle template
- 3.5" x 1.5" rectangle template

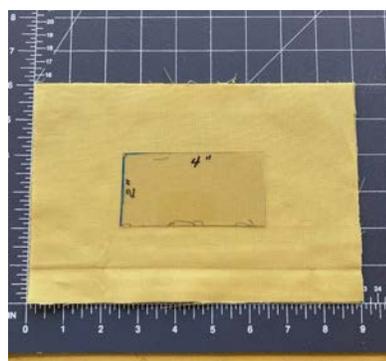


### **Instructions:**

1. Cut cloth fabric into two pieces of 9" x 6" rectangle.

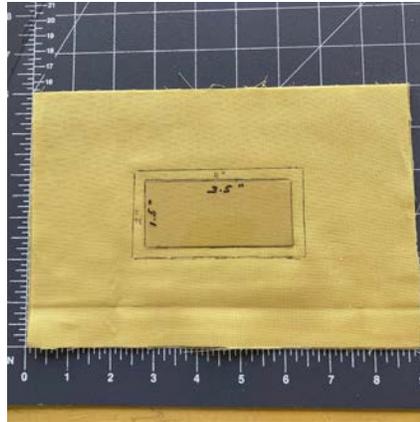


2. Match up the two pieces of fabric with the two right sides together. If you are using a solid color material, there may not be a right and wrong side. Place your 4" x 2" template in the center of your fabric squares, and trace all the way around the square.

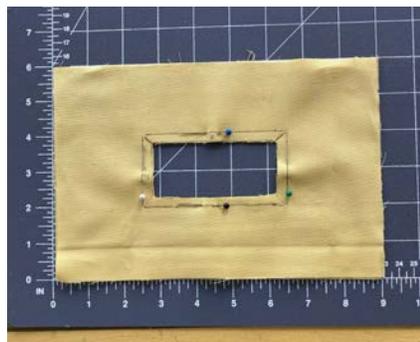


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- Using your smaller template, make a second square that is  $3\frac{1}{2}$ " x  $1\frac{1}{2}$ " in the center of your previously traced/drawn square on the fabric. You should now have two squares on your fabric, one inside the other. Tracing the second square gives you your  $\frac{1}{4}$ " seam allowance for the opening.



- Pin the fabric on all four sides of the larger rectangle so the fabric remains in place, and then cut out the  $3\frac{1}{2}$ " x  $1\frac{1}{2}$ " rectangle in the center of your fabric.



- Cut diagonally into the corners of the 4"x2" rectangle. Fold your quarter inch allowance up on all four sides and pin them in place. When completed, all four sides of your rectangle on both pieces of fabric should be folded up, with the folded pieces facing out.



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6. Sew your  $\frac{1}{4}$ " seam allowance on all four sides of both pieces of fabric.



7. Put fabric pieces back together, with the seam allowance facing out, right sides together. Pin the two pieces of fabric together for added stability. Sew the two pieces of fabric together with a  $\frac{1}{4}$ " seam allowance on all four sides. Cut your corners outside the thread line for a cleaner corner on the finished mask.



8. Using the opening in the center of the fabric, turn the mask right-side-out. Determine which 9" side is going to be the top of the mask. Fold your 6" pipe cleaner piece in half. Slide the pipe cleaner/twist tie into the center of the top edge of the 9" side of fabric and sew one end closed and then sew the other end closed. Finally, sew just below the pipe cleaner/twist tie, securing it in place.



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9. Insert your 3"x5" piece of vinyl into the hole in the middle of the fabric, and sandwich it in between the two pieces. Secure the vinyl inside the window with sewing pins, and sew all the way around. After you sew the vinyl into the fabric, tug on the fabric to ensure there are no gaps in the stitching.



10. Pin the elastics/shoelaces/ribbon to the edges of the 6" side of the mask. Use one 7" elastic or two 27" inch shoelaces per side. Pin one end of the elastic to the top corner and one end to the bottom corner. **If using shoelaces: Place the end of one shoelace about half an inch down from the top. Place the other shoelace at the bottom of the mask, using the same measurements. Ensure you are sewing over top of the woven part of the shoelace, not the plastic aglet.**

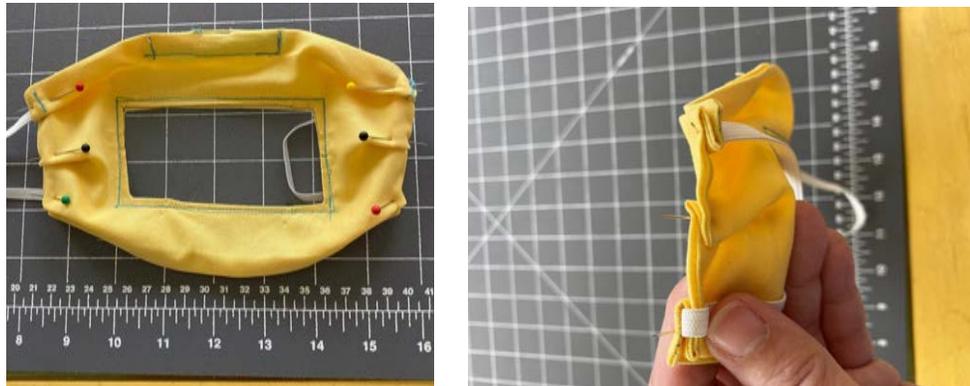


11. Sew the elastics/shoelaces to the fabric. Sew forward and backward over the elastic/shoelace several times to ensure it is secure. Repeat on the other 6" side.



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12. To make the pleats, start by folding down the top corner about an inch down, folding the fabric into itself. Pin down for security. Move down the fabric about an inch, and create another pleat. Pin down for security. Finally, move about another inch down and make your third fold. Pin down for security. All pleats should fold in the same direction.



13. Repeat the pleat process on the other side of the mask, ensuring the pleats are going in the same direction throughout the mask.
14. Sew over the pleats, making a straight seam all the way down the side of the mask. Repeat on the other side of the mask.
15. Finally, in the center of the bottom 9" length, make two ¼" vertical pleats next to each other and then sew over the pleats. This will help the mask be more form-fitting to your chin.



16. When the mask is completely finished, your nose should be covered by fabric, not by vinyl.
17. To prevent fogging inside the mask, place a small drop of dawn on your finger and rub it on the inside of the vinyl on the mask.

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