

Press Release  
March 23, 2020  
Monadnock Community Hospital

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MCH is welcoming fabric masks from our community as we prepare for COVID-19. Thank you so much for your interest and care. Orders for standard/disposable masks are on long back-orders, due to both demand and supply chain issues. Other hospitals across the country are reporting the same supply concerns. According to the CDC, fabric masks are a crisis response option when other supplies have been exhausted.

“Prior to modern disposable masks, washable fabric masks were standard use for hospitals,” said Dr. Michael Lindberg, Chief Medical Officer for MCH. “We will be able to sterilize these fabric masks and use them repeatedly as needed. While it’s less than ideal, we want to do our best to protect our staff and patients during this pandemic.”

A wonderful group of community volunteers have stepped up to coordinate this effort for MCH. If you are interested in sewing masks, the pattern and instructions can be found on the MCH website and also on this Facebook page: [www.facebook.com/groups/212670823140282](https://www.facebook.com/groups/212670823140282)

If you have questions, please email or call Sadie Halliday at 603.660.2321 or [Sadie.Halliday@beangroup.com](mailto:Sadie.Halliday@beangroup.com), or Cathy Maki at [Cathy.Maki@mchmail.org](mailto:Cathy.Maki@mchmail.org).

Attached are the instructions as well as the pattern for the masks.

**PLEASE do not bring the masks directly to the hospital; we are trying to limit traffic as much as possible.**

We are using five community drop off locations:

- Jaffrey Grade School (School Street, Jaffrey)
- First Service Title Company (Main Street, Jaffrey)
- Rindge Memorial School (School street, Rindge)
- Peterborough Town Library (Concord Street in Peterborough)
- Grapevine Family & Community Resource Center (Aiken Street, Antrim)

Each building has an overhang and there will be a container in which to leave the masks. The masks will be collected daily and delivered to the hospital. When you leave masks, could you please leave your name, address and phone number so that we may acknowledge your generous contribution.

## Masks for MCH

Here's more detailed instructions for making the MCH masks.

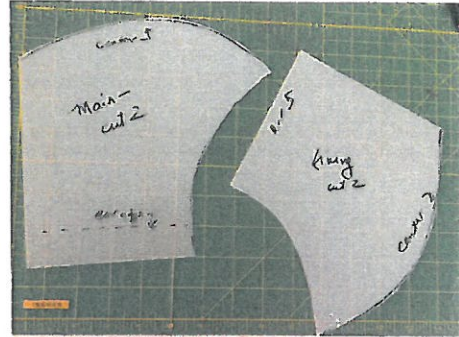
Keep in mind that the goal is to make a sturdy mask that can be washed and bleached repeatedly.  
No raw edges, no loose threads.

Main fabric – at least 9" x 17", tightly woven cotton

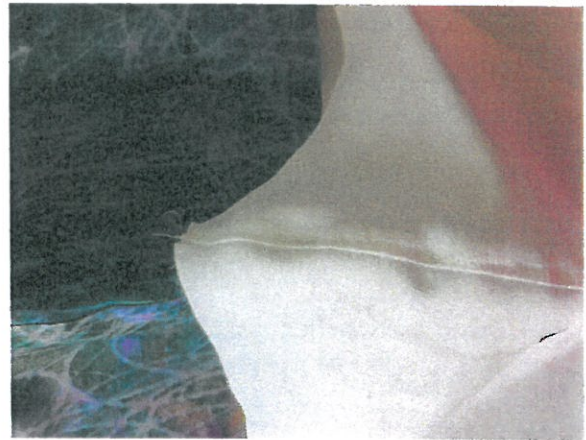
Lining fabric – at least 9" x 14", tightly woven cotton (I use good quality muslin for my linings)

Ties – 2 strips, 1 ½ wide x about 32" long. You could probably use ready-made bias tape instead.

1. Trace the pattern on template plastic or cardboard.
2. Cut out pattern shapes with fabric folded in half.  
Cut two main pieces, two lining pieces.



3. Put main fabric pieces right sides together, and sew the curved center seam. Press seam to one side, clipping curve if needed. Topstitch.
4. Repeat with lining pieces. They'll look like weird little bra cups at this point!

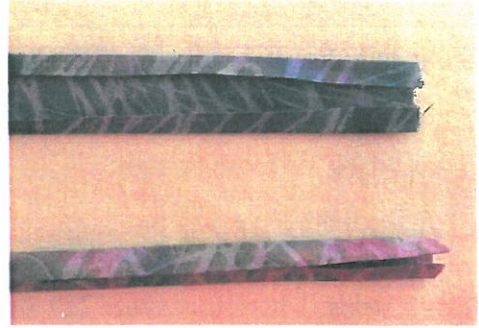


5. Place main fabric and lining fabric units right sides together. Sew the top and bottom edges. Yes, the lining is shorter than the main piece.
6. Clip seams if needed. Turn right side out and press. Topstitch top and bottom edges.

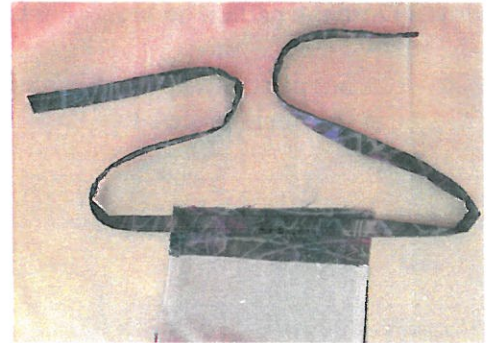


7. To make ties, fold and press the long edges about 1/4" toward the center, then fold and press the strip in half.

Stitch along the length, turning in about 1/4" at both ends so there's no raw edges.

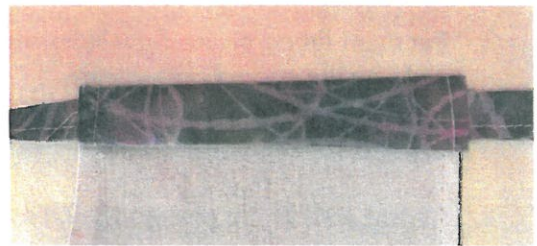


8. With mask lining side up, center the tie on the ear edge, so that half the tie extends at the top and half at the bottom.

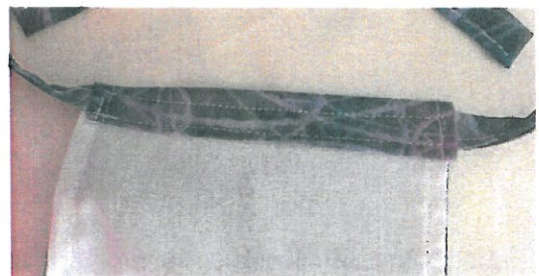


9. Fold that extra main fabric over once and again, so you are sort of rolling the tie into the folds.

You should have a nice neat folded edge covering the raw edge of the lining.



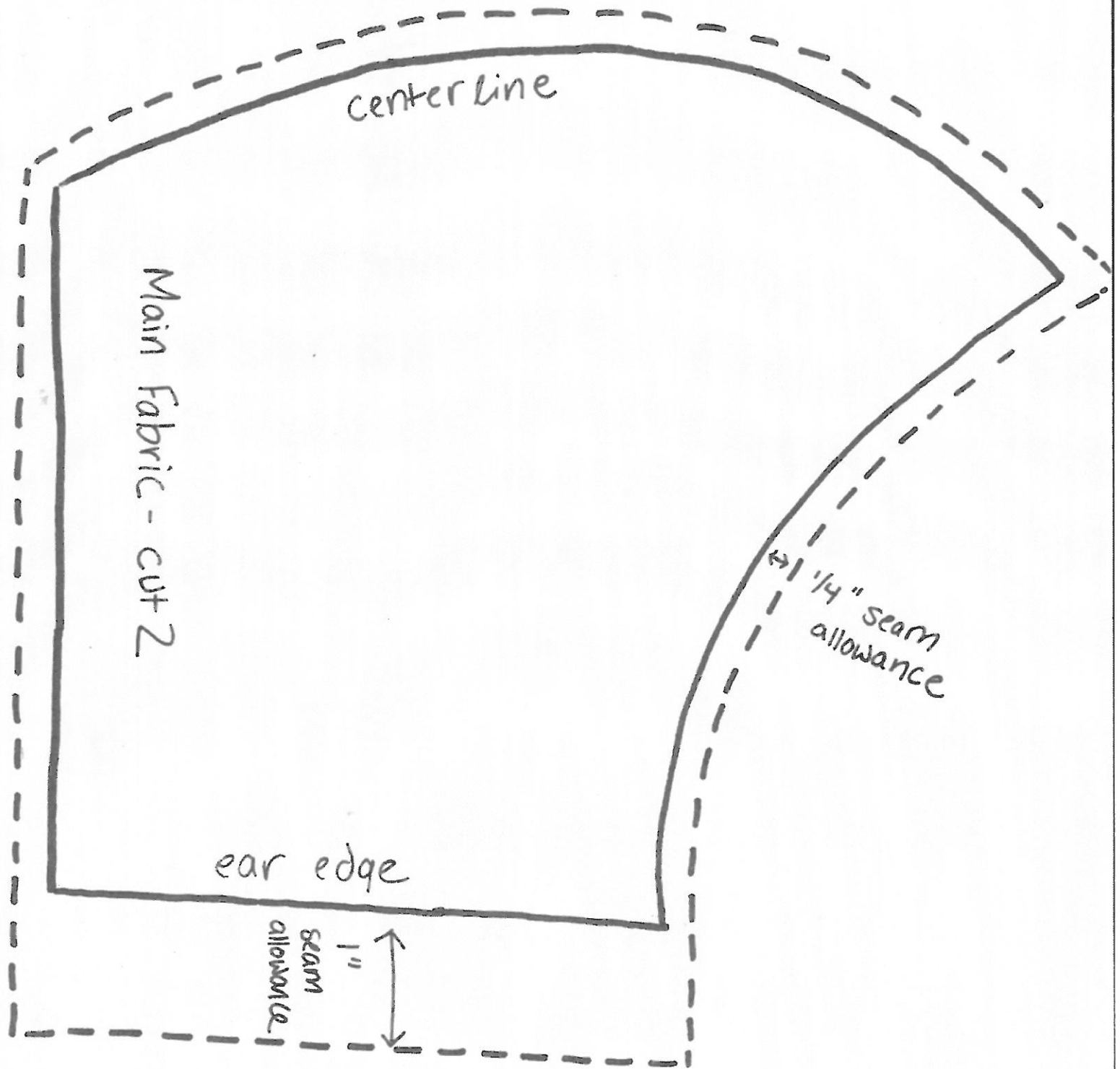
10. Stitch along both edges of the folded part, making sure to catch the tie as you stitch.

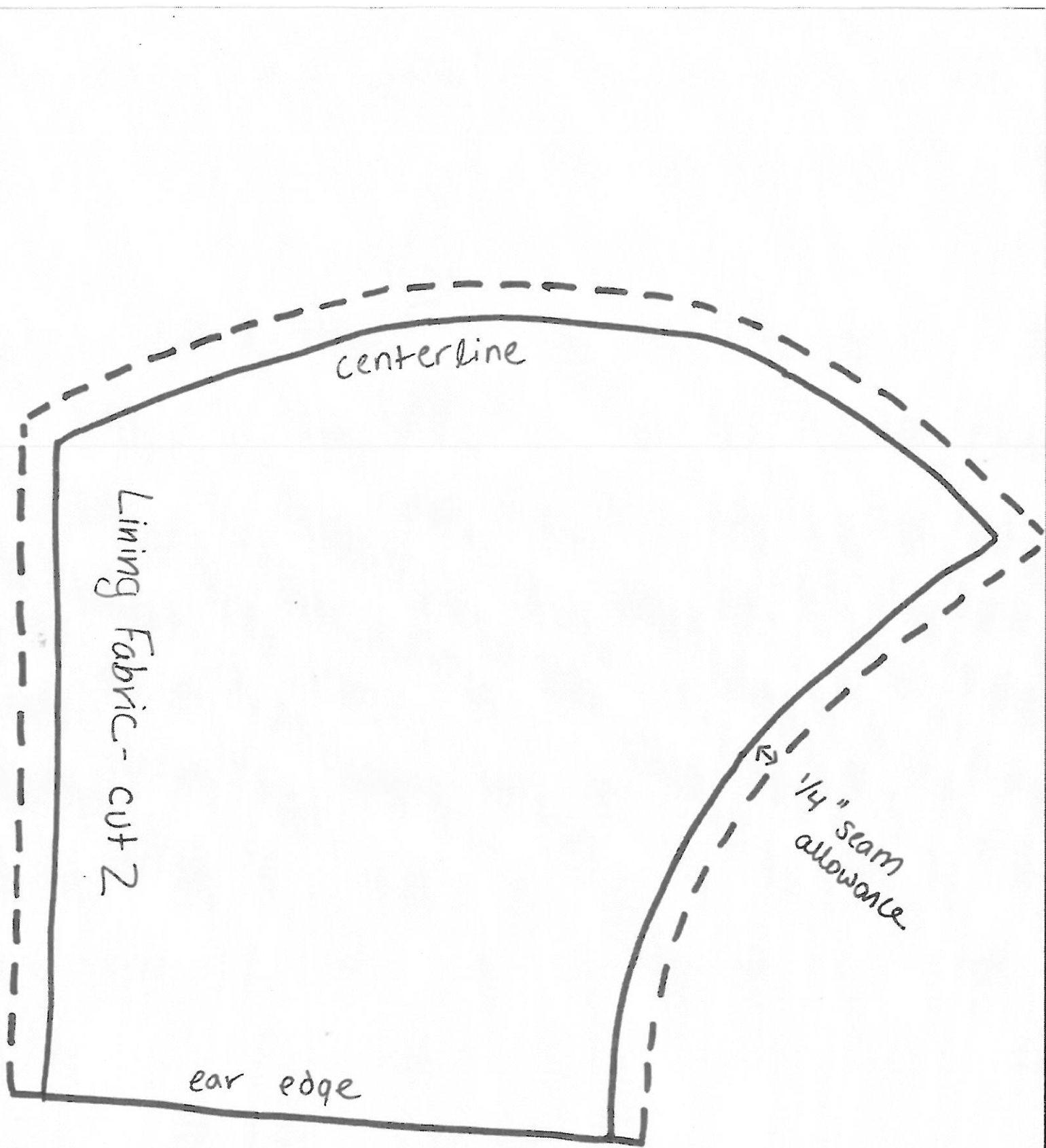


11. Done!







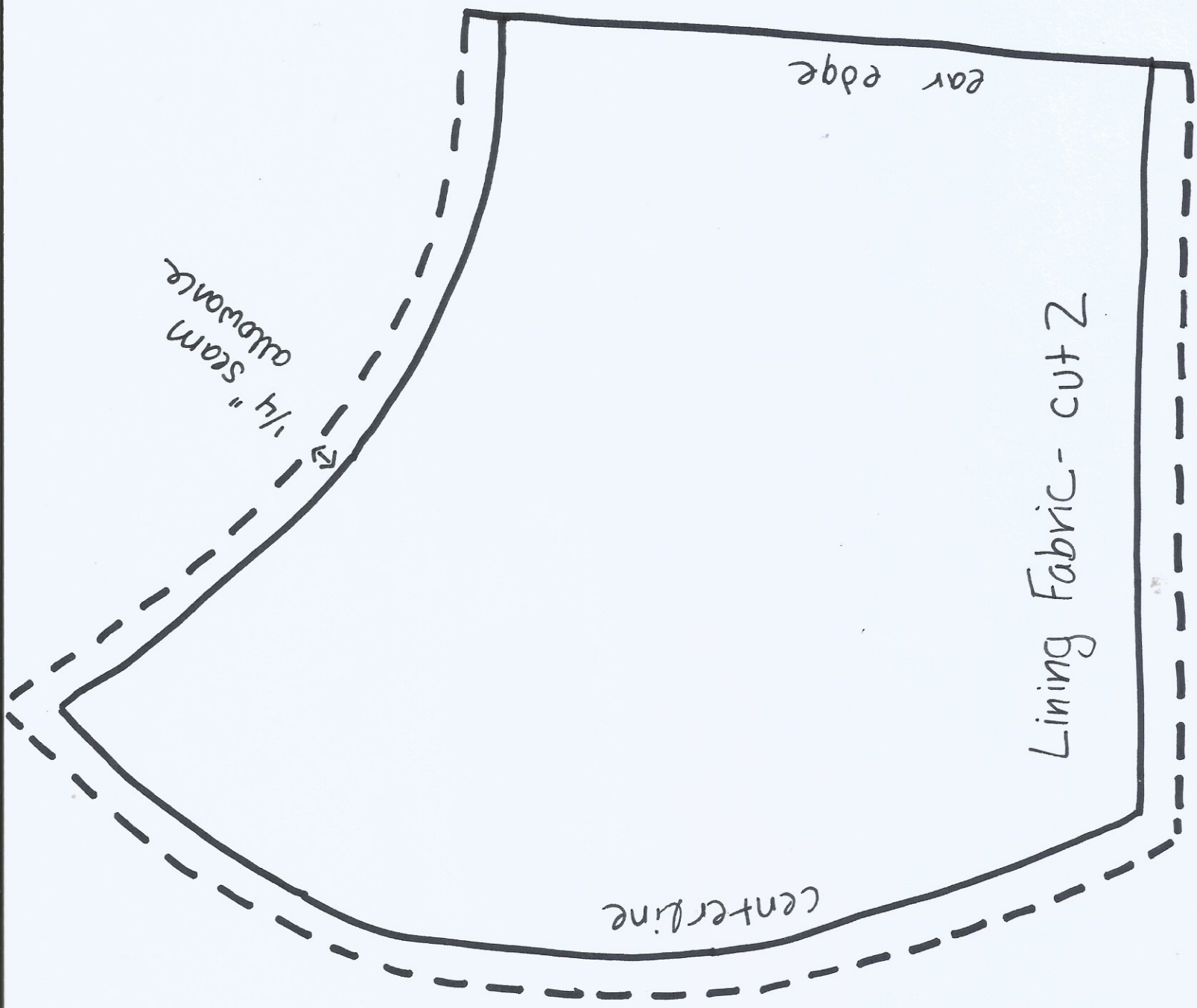


centerline

Lining Fabric - cut 2

ear edge

1/4" seam allowance

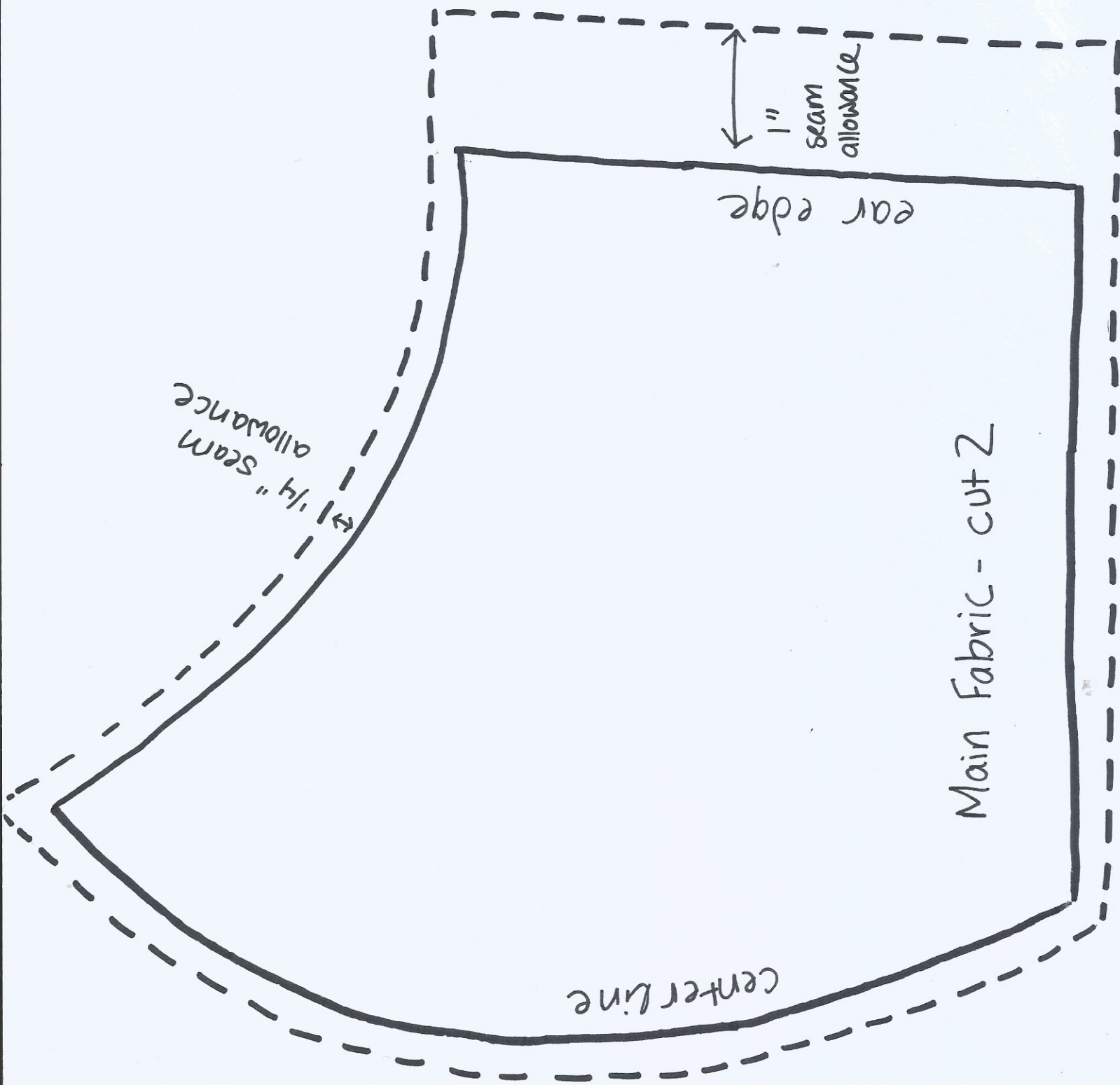


ear edge

Lining fabric - cut 2

centerline

1/4" seam allowance



Main Fabric - cut 2

ear edge

1" seam allowance

1 1/4" seam allowance

center line