Mask Donations

Donated masks for Cody Regional Health can be dropped off at the main entrance of Cody Regional Health, West Park hospital at 707 Sheridan Ave, Cody, WY 82414.

All donated masks will be immediately sent to laundry/processing to be prepared for use. They will then be distributed to all areas of our organization.

Cody Regional Health is grateful for continued support from our community. If you have further questions about any type of donations please feel free to reach out to foundation@codyregionalhealth.org or 307-578-2338.

Thank you for your support. Please see CDC mask instructions on the next page.
How to Wear Cloth Face Coverings

Cloth face coverings should—

• fit snugly but comfortably against the side of the face
• be secured with ties or ear loops
• include multiple layers of fabric
• allow for breathing without restriction
• be able to be laundered and machine dried without damage or change to shape

CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.
Sewn Cloth Face Covering

Materials

- Two 10”x6” rectangles of cotton fabric
- Two 6” pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

Tutorial

1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the cloth face covering as if it was a single piece of fabric.

2. Fold over the long sides ¼ inch and hem. Then fold the double layer of fabric over ½ inch along the short sides and stitch down.

3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the cloth face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don’t have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the cloth face covering behind your head.

4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the cloth face covering on the elastic and adjust so the cloth face covering fits your face. Then securely stitch the elastic in place to keep it from slipping.
Guide to making homemade masks

Make with tight weave cotton. Ties can be made with the same cotton sewn in strips or bias or twill tape. Material must be tough enough to withstand multiple washings in hospital laundry.

1) Cut or rip material (I use tight weave cotton sheets) to 16 x 9 inches.

2) Fold this double and stitch along 9-inch edge. This stitched material should measure ~ 7.5 x 9 inches.

3) Turn right side out and top stitch over seamed edge.
4) Fold and pin or tack three tucks on 7.5 inch edges, making sure tucks on both edges are in same direction. The lateral edges should be approximately 3.5 inches with tucks. Sew the tucks in place.

5) Cut durable cloth ties. I don’t use elastic because I think it will deteriorate over time and elastic over ears for long periods can become uncomfortable. I use 1-inch twill tape, or sewn cotton material. Ties are 36 inches long and ~ 1 inch wide. I mark these at 16, 18 and 20 inches and use the marks to more or less center on the edge of the masks.
7) Double sew the ends of the ties as you sew a seam joining the long edges. Sew the ties over the tucks, one each side, enclosing the tucks in the seam at the lateral edges of the mask.

8) I finish with a double sewn zigzag stitch over lateral edges of mask.

9) Finished mask is ~3.5 x 9 inches.

10) Launder (for home use)

11) Donate the mask to the main entrance of the hospital at 707 Sheridan Ave, Cody, WY 82414. Donated masks will be immediately sent to laundry/processing to be prepared for use. Any surplus masks will be distributed to other organizations in need.
This mask will not provide adequate protection from penetration by a virus. However, it may be worn over an N 95 and laundered and reused, thereby extending the life of the N 95. The N 95 also can be decontaminated with 40 watt or greater UV light.

Some folks are sewing a pocket (an additional piece of the same fabric with an open edge on the interior of the mask) so additional filtration can be inserted into this pocket. Such a mask would therefore have three layers. Other designs include leaving an opening in the first seam for the same purpose.
How to make a Face Mask

What you will need

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

You can make two sizes: Adult or Child

1. Put right sides of cotton fabric together
   - Cut 9x6 (Adult) or 7.5 x 5 (Child)
2. 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.
3. 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.
4. Now sew across that top of the mask to the next corner. Again put an elastic with the edge out.
5. Sew to the next corner and sew in the other end of the same elastic.
6. Sew across the bottom leaving about 1.5” to 2” open. Stop, cut the thread. Turn inside out.
7. Pin 3 tucks on each side of the mask. Make sure the tucks are the same direction.
8. Sew around the edge of the mask twice.

It is so easy to make this.

Be sure any fabric design is placed horizontally.
How to Make an Adult Mask with Ties

Supplies for 1 mask:
One (1) 8x14 inch piece of cotton fabric
Two (2) 1.5 x34 inch strips
Thread & sewing machine

Prepare the mask:
On 8/14 inch piece, right sides together, sew ¼ inch seam, creating tube.
Turn right sides out, press seam and fabric.
Make 3 pleats, approx. 1 inch each in size, using steam or pins to hold. Mask will be approx. 3-3.5 inches in width.
Sew ¾ inch seam on each side of mask, securing pleats.
Trim seam allowance.

Prepare the ties:
Fold in half and press (3/4 inch). Open tie back up.
Fold each edge in to meet middle (3/8 inch/0.375 inch) and press.
Fold in half again, securing raw edges inside and press. Each tie will be approx. 3/8 inch in width.

Assembly:
Align center of tie with side of mask, open tie so edge of mask fits snugly inside. Pin.
Sew tie to mask, seam will be very short, get as close as able while still catching all fabric. You are just attaching the mask to the tie at this point, not sewing the whole tie yet.
Repeat for other tie and other side of mask.
Sew down edges of tie, securing raw edges inside. Seam is very short. You will stitch over where mask is already attached. This is good because it helps reinforce.
Repeat for other tie and other side of mask.
Clip any stray fabric and enjoy 😊