Sewers from across the state of Wisconsin are getting really innovative using cloth and elastic to help serve and protect the public and its healthcare workers. Home sewn masks are becoming the new “barrier” in protecting individuals from the spread of COVID-19. Seniors, immune compromised, and other community members with medical issues can obtain a mask through several organizations across the state of WI. Although not a substitute for high-grade N95 masks, home sewn masks will serve a layer of some protection.

**Health Care Sewn Mask Resources**

Healthcare workers and facilities in need of a back up plan can reach out to the following Wisconsin resources:

**Seams for Hope**
Seams for Hope has generously donated 150+ mask to a Unit in need at the Aurora Medical Center in Grafton, WI
https://www.facebook.com/groups/211393036603415/?ref=share

**The Masked Sewists**
The Masked Sewists are serving Milwaukee, Ozaukee, Washington, and Waukesha county. Friends, family and employees can submit a request for a sewn mask but please note all requests will be verified prior to production/allocation of masks. Note: If you are requesting a mask for yourself and are not part of a facility type in the word SELF in the facility criteria box.

To request a mask, click on the link:
https://forms.gle/PN6S3F54e2FwqnBYA

New Website
https://themaskedsewists.com/?fbclid=IwAR21L_qR8L0atuKIN0e0XYr6Kvyxo3LtzXXCXCdyNajDk5khAyg0NuKtw

**Wisconsin Face Mask Warriors**
Wisconsin Face Mask Warriors is part of a 50-state network looking to help medical facilities that need their help in supplying face masks or other PPE during the Covid19 pandemic. Medical facilities can request masks by clicking or cutting and pasting the below link:
https://docs.google.com/forms/d/e/1FAIpQLS64Q224A2tuVM59zhYJl_yR787y4L6bD7N62mm3FFRccUeFOw/viewform?fbclid=IwAR1ogfJYKZACa2czEyhcTCnMuC6eFv2zpoHBUeytB3KCLSi-GG6VjIM

Facebook page: https://www.facebook.com/groups/WisconsinFaceMaskWarriors/about/

**Mask Beez**
MASK BEEZ is a grassroots sewing "hive" that makes all-fabric facemasks requested by local Chippewa Valley, WI hospitals, healthcare professionals, and others in our community to help aid in the massive shortage of facemasks during the COVID-19 pandemic.

Contact us at: maskbeezrequests@gmail.com

**Sheboygan County Camo Quilt Project**
Camo Quilt Project is a non-profit, all volunteer organization. Volunteers sew camo quilts for active troops on deployment and lap quilts for veterans in nursing homes. Together the volunteers have gathered to use their skills to sew face masks for healthcare workers.

Please call or message Linda at 920-627-3460 or linda.camoquilt@gmail.com
DO IT YOURSELF MASKS (DIY)

Want to get innovated yourself and create your own DIY homemade mask? Here is a link to a DIY Face Mask Tutorial that is approved by Froedtert and the Medical College of Wisconsin. Please note that it is now recommended to use two different colors or patterns on both sides so that you know which side has been placed against your face and which side is facing toward the public. Do not confuse the two sides.

https://www.froedtert.com/sites/default/files/files/2020-03/MaskInstructions_V2.pdf

DON'T KNOW HOW TO SEW? PAPER TOWEL OR KLEENEX ALTERNATIVE

Don’t know how to sew? Here is an alternative solution. Check out this YouTube video of a DIY face mask made from your choice of Kleenex or paper towels! All you will need is paper towels or Kleenex, rubber bands and a stapler. Click link below to view the step by step tutorial.

https://www.youtube.com/watch?v=vIT0wprRaql

For a more sophisticated paper towel mask, here is a DIY link that will require thread and ribbon.

https://www.youtube.com/watch?v=2Mc3i0WLO10

The Center for Disease Control has issued a guideline under HCP use of homemade masks

According to the CDC, (2020), “In settings where facemasks are not available, healthcare providers (HCP) might use homemade masks (e.g., bandana, scarf) for care of patients with COVID-19 as a last resort. However, homemade masks are not considered PPE, since their capability to protect HCP is unknown. Caution should be exercised when considering this option. Homemade masks should ideally be used in combination with a face shield that covers the entire front (that extends to the chin or below) and sides of the face.” Click link to read full article:


Every effort should be made to obtain FDA regulated facemasks and to comply with CDC’s Strategies for Optimizing the Supply of PPE and Equipment (www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/index.html) for the purpose of protecting the health care worker from exposure to infectious particles. Alternative facemasks can serve as source control for an individual who may be infected (transmission may occur prior to the development of overt symptoms) as an approach to limit transmission of the virus. MDH recommends the use of source control at this time for all health care workers.

Click link to read full article:

https://www.health.state.mn.us/diseases/coronavirus/hcp/masksalt.pdf
Wash dirty masks between each use. Wash in hot water with regular detergent. Dry completely on hot setting.

Alternative facemasks should be changed when saturated from condensation build up from breathing, or after a gross contamination event. Dirty and clean facemasks must be housed in separate, clearly labeled containers to prevent cross contamination.

**USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION**

- Keep hands away from face
- Limit surfaces touched
- Change gloves when torn or heavily contaminated
- Perform hand hygiene

**Mask Removal per CDC**

**MASK OR RESPIRATOR**

Front of mask/respirator is contaminated — DO NOT TOUCH!
If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
Discard in a waste container

**How Long Can You Wear DIY Masks for?**

Next, researchers tested the DIY masks’ effectiveness after people had worn them for 3 hours. The results showed that moisture and time had very little impact on effectiveness for any of the masks.
In fact, the homemade masks actually captured 5.8% more virus-sized particles after 3 hours. Thus, wearing them for several hours seems to have little impact on their effectiveness.
Evidence Based Practice (EBP): Acute Respiratory Infection Mask

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6724169/

Cloth Face Coverings: Questions and Answers

This document is intended to address frequently asked questions about cloth face coverings.

Why do you need to wear cloth face coverings?

In light of new data about how COVID-19 spreads, along with evidence of widespread COVID-19 illness in communities across the country, CDC recommends that people wear a cloth face covering to cover their nose and mouth in the community setting. This is to protect people around you if you are infected but do not have symptoms.

When do you need to wear a cloth face covering?

A cloth face covering should be worn whenever people are in a community setting, especially in situations where you may be near people. These settings include grocery stores and pharmacies. These face coverings are not a substitute for social distancing. Cloth face coverings are especially important to wear in public in areas of widespread COVID-19 illness.

Do I still need to stay at least 6 feet away from people if wearing a cloth face covering?

Yes. Wearing cloth face coverings is an additional public health measure people should take to reduce the spread of COVID-19. CDC still recommends that you stay at least 6 feet away from other people (social distancing), frequent hand cleaning and other everyday preventive actions. A cloth face covering is not intended to protect the wearer, but it may prevent the spread of virus from the wearer to others. This would be especially important if someone is infected but does not have symptoms. View CDC’s guidance on how to protect yourself.

What type of cloth face covering should be worn?

Cloth face coverings can be made from household items or made at home from common materials at low cost.

Who should not wear cloth face coverings?

Cloth face coverings should not be placed on young children younger than 2 years of age, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cover without assistance.

Why is CDC recommending cloth face coverings instead of medical grade facemasks?

Surgical masks and N95 respirators are in short supply and should be reserved for healthcare workers or other medical first responders, as recommended by CDC guidance.

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

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 wide elastic pieces (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.
Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials
• T-shirt
• Scissors

Tutorial

1. Cut T-shirt along the center line (7–8 inches).

2. Cut coffee filter into a rectangle 6–7 inches long.

3. Tie strings around neck, then over top of head.

Bandana Cloth Face Covering (no sew method)

Materials
• Bandana (or square cotton cloth approximately 20"x20")
• Coffee filter
• Rubber bands (or hair ties)
• Scissors (if you are cutting your own cloth)

Tutorial

1. Cut coffee filter.

2. Fold filter in center of folded bandana.

3. Fold top down. Fold bottom up.

4. Place rubber bands or hair ties about 6 inches apart.

5. Fold side to the middle and tuck.
CDC recommends voluntary use of face masks for public to stem spread of coronavirus

WASHINGTON – The Trump administration is advising people to start wearing face masks in public to stop the spread of the coronavirus, a reversal on previous guidance that urged people not to wear masks.

Trump: CDC recommends voluntary use of face masks for public to stem spread of coronavirus