



Sathya Sai International Organization (SSIO) – USA

Appendix A: Homemade Mask Construction Instructions by Sacramento Team

General Guidelines:

- Wait for 14 days after full recovery from any recent illness before participation
- Please follow the CDC, State, County and Hospital Guidelines regarding personal precautions
- Sew with clean hands after washing with soap and water for at least 20 seconds and sanitize machines, tools, stations and work area. Please keep family pets away from work area.
- Collectively infuse positive vibrations throughout the process by chanting prayers and devotional songs
- The back side of the mask that touches the face should be soft and absorbent. The fabric that touches the face, should be in a lighter color than the mask front
- The initial trial mask may be worn to be tested as shown in some of the videos and instructions, but the masks to be donated should not be worn.

PLEASE NOTE: This method uses layers of woven and non-woven fabric. If non-woven fabric is not available, make a two-layer mask with woven cloth and leave a slit where the mask user can insert a non-woven fabric filter (such as a HEPA filter).

Supplies:

1. **Woven fabric:** *This layer helps to breathe*

- Use store bought fabric. Please do not use reused fabric
- Choose colors that will not bleed (lose their color) and can be washed in a **hot washing cycle and hot drying cycle.**
- Preshrink and sanitize fabric and seam binding (if purchased) by washing in hot water with bleach and detergent and drying on high heat in a dryer before use

2. **Non-Woven fabric:** *This layer acts as a filter*

- Use store bought fabric. Please do not use reused fabric
- Examples: Pellon's 380 soft-n-stay (Nylon), 9&10 featherweight (Polyester, rayon), 40 midweight stabilizer (Polyester, Viscon), 360 EZ stitch (Polypropylene), 915 Cambric (Polypropylene)
- Use two layers if fabric is thin
- Choose colors that can be washed in a **hot washing cycle.**
- Wash with hot water and detergent before using

3. **Sewing Machine** (estimate 20 min to make one mask)

- Alternative: **Hand Stitching** - Use double thread and stitch with small, closely spaced Back Stitches and finish edges with pinking shears to help prevent fraying during laundering at the hospital



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4. Ties (2 Options)

- DIY Fabric strips using cloth
 - 17 inches long, ¼ inch wide sewn without frayed edges; one for each corner to enable tying around the head
 - You can also use “Seam binding tape”
 - If attaching the fabric strip or seam binding tape all the way across top and bottom layer extending as ties, you will need 43 inches length (x 2).
 - Knit elastic (available at [JoAnn](#) or [Michaels](#))
 - 10-12 inches long; one strip each side attached from top to bottom to go around the ear
 - Preference is for ties rather than elastics, as it can be adjusted around head
5. Scissors, Rulers, Thread, Pins, Needles, Marking Tools, Iron, Hand Sewing Needles, Size 12 or 14 Sewing Machine Needle (Smaller point makes a smaller hole in fabric when completing a stitch) and Fray Check to seal holes if necessary, Pinking Shears
 6. Cardboard Box (for packaging)
 7. Washing Machine, Detergent, Bleach (for sterilization)

Basic Instructions:

1. Wash your hands with soap thoroughly for 20 seconds
2. Prepare Woven Cloth and Non-Woven Cloth by cutting
 - a. Dimensions: 9 x 7 inches
 - b. Place Woven (cotton fabric) on top of Non-Woven
3. Stitch ends using a sewing machine or with needle/thread and make three folds
4. Attach straps to make final product
 - a. Final Product Dimensions: at least 8 x 4 inches

For detailed instructions, please see below

Alternative Tasks that do not require stitching experience:

Task A: Preparation of Mask Material

- Pre-wash and iron woven cloth fabric
- Cut woven cloth fabric (9x7inches)
- Cut non-woven fabric to (9x7inches)
- Pin them together
- Assemble and Pack together

Task B: Preparation of Ties



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1. Cut white cloth fabric (43x2inches)
2. Instructions will be provided for folding and ironing in tutorial video



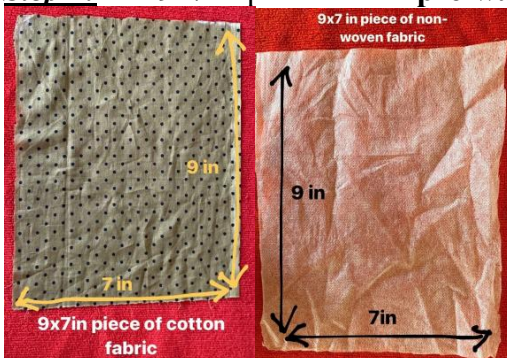
Detailed Instructions:

1. Detailed instructions for Sewing technique by using ties by Sacramento YA's:
<https://youtu.be/JuOF61vKuDs> (copy and paste link in browser if link does not work)
2. Detailed instructions for Sewing technique using elastic band:
<https://www.youtube.com/watch?v=ueWkAuY3k6Y>
3. Detailed Instructions for hand stitching technique by Sacramento YA's :

Materials Required:



Step 1: Cut 9x7 in pieces of the **pre-washed** woven and non-woven fabrics

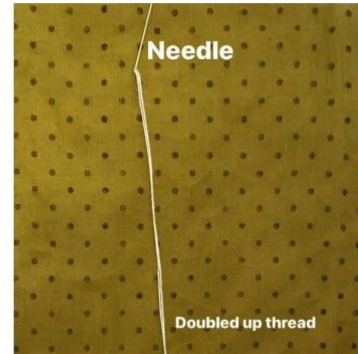


Step 2: Place the right side of the woven fabric on top of the non-woven fabric



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Step 3: Stitch one end together. ● NOTE: If hand stitching, use a double threaded needle and make small close together Back Stitches. Use pinking shears on raw edges to prevent fraying.

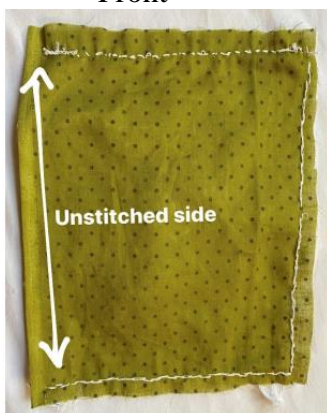


Step 4: Attach the fabric strips to the corners. Start with one edge



Step 5: Finish stitching three sides only, attaching the fabric strips to two opposite edges. Then turn it inside out through the institched end. Front Back Flipped

Front



Back



Flipped





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Step 6: Stitch the last edge together by folding the open edges of the fabrics inwards. Make three 0.5in folds and stitch over the pleats



Finished Mask (8 x 4 inches)



Final Product should resemble surgical mask:

With Fabric Straps



Elastic

