

I. Aim

In light of the deteriorated situation and to mitigate the shortage of face masks, instructions to make a face mask are proposed to:

- **Allow you to protect yourself**
- **Continue your professional activity**
- **Allow the hospital to stay open and to take in patients**

II. Sectors and professionals concerned

All professionals of Grenoble Alpes University Hospital (CHUGA) of:

- Healthcare departments not taking in COVID-19 patients*
- Support services

* the departments taking in COVID-19 patients are:

- Infectious diseases
- Intensive care
- Respiratory medicine
- Internal medicine departments (3rd A, B and C)



III. Making and looking after a cloth face mask

Materials needed to make the mask:

- Cotton offcuts (about 20cm) for the outer and the inner
- Fine cotton blend fleece, fine polyester fleece, ...
- Soft elastic



The face mask is made up of 2 layers of cotton fabric and 1 layer of fleece placed between the two layers.

Pattern attached

Looking after the mask:

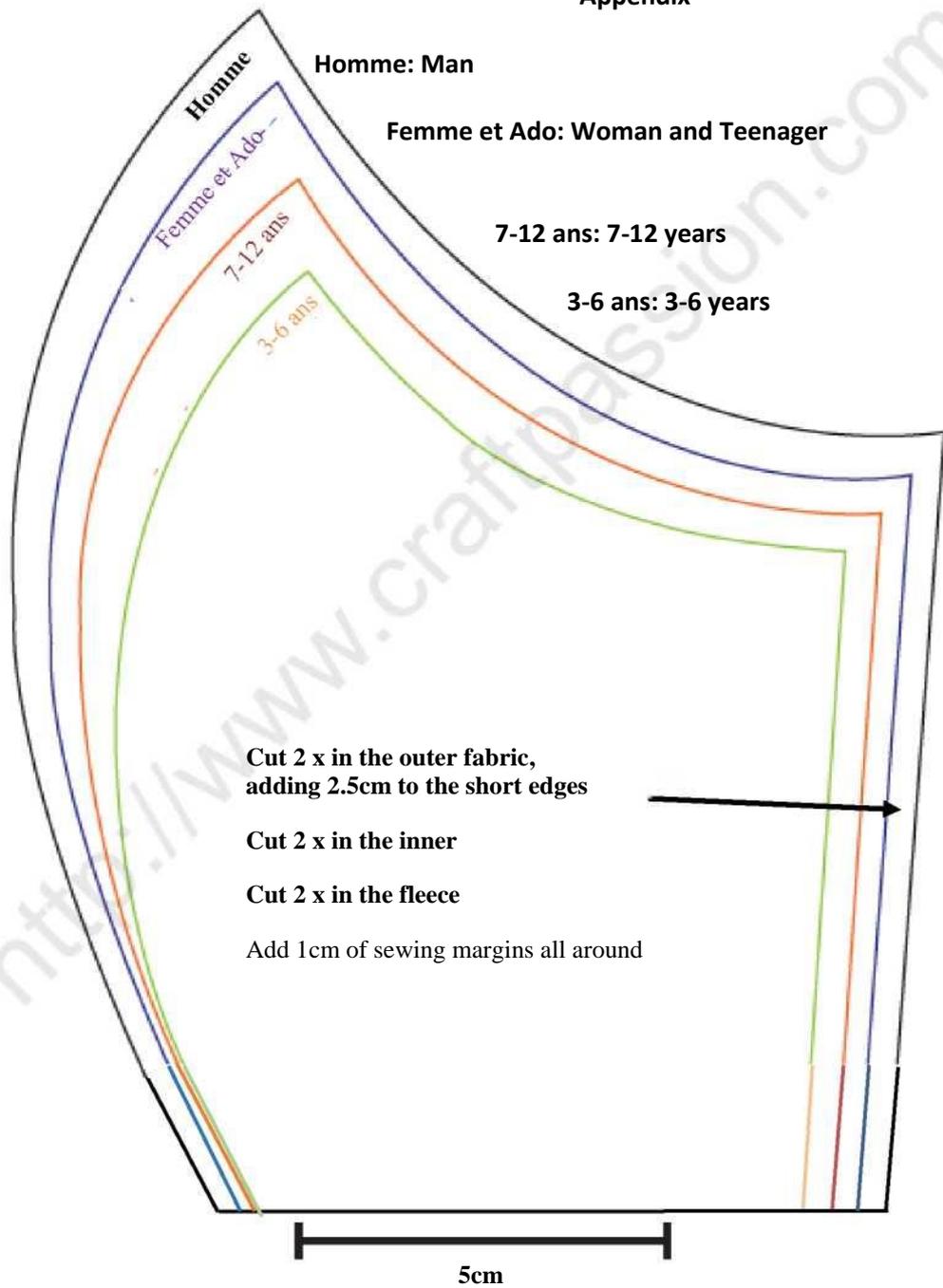
- Each professional is responsible for their own mask
- Wash the mask daily in your home at 30°C with standard detergent

IV. Instructions

1. Cut the pattern (appendix)
2. Cut the required pieces of cotton fabric (see pattern): you will end up with 4 pieces of fabric
3. Cut the fleece (see pattern): you will end up with two pieces of fleece
4. Cut 2 lengths of approx. 30cm of elastic for the large model (adapt the length for desired size)
5. Assemble the two outside pieces of fabric "right sides together", joined at the rounded part
6. Follow the same assembly for the two inner pieces of lining
7. Assemble the two pieces of fabric you have made "right sides together", adding the two pieces of fleece. Sew just the upper and lower edges - do not sew the small edges
8. Return the ensemble to the right side
9. Overstitch the central seam (vertical)
10. Overstitch the upper and lower a few millimetres from the edge
11. Fold up the short edges (two times, 1 cm) - iron
12. Sew a few millimetres from the fold to make a runner
13. Slide the knot into the runner for comfort



Appendix



Measure this line before cutting the pattern