



SEWING GOWNS AND MASKS

How you can help!

GOWNS: EWFHT would greatly appreciate donations of cotton gowns.

We currently use disposable gowns, which are in short supply. Our clinics have washing machines, so homemade cotton gowns can be safely laundered on site.

For any questions or to arrange porch pick-up, please email info@ewfht.ca

Thank you in advance for considering this project!

(Scroll to page 2 for gown pattern)

MASKS: Following Canada's Chief Public Health Officer, Dr. Teresa Tam's statements on April 6th that wearing cotton masks in public may play a preventative role in COVID-19 efforts, we are including sewing patterns for masks and gowns. We want to emphasize that public health officials continue to assert that **these will not further protect the wearer from the virus but may add a layer of protection FROM the wearer.**

So if you cough or sneeze while wearing a mask, this provides additional protection for others, and is recommended for situations where social distancing is especially difficult, such as while shopping or using public transit.

While all staff of the EWFHT greatly appreciate the thoughts and good intentions, it is not advisable that health care workers use homemade masks.

Face Masks – general - <https://www.craftpassion.com/wp-json/mv-create/v1/creations/19/print>

Face Masks – women/teenagers/men – <http://craftpassion.com/?p=26304>

Thank you for your continued support and generosity!

Gown Pattern

Materials needed:

2.5 Yards of 60" Polyester/Nylon

2 Yards of ¾" Twill tape/Ribbon

24" Of wide Bias Polyester only

12" of cuff

Directions:

See Pattern layout to help save fabric. Cut out all pieces as directed.

Cut twill tape/ribbon into 2 12" lengths and 2 24" lengths. Melt/Finish ends.

Sew a sleeve piece to each side section and one on each side of the front. Tack one 24" twill tape section at 26 ½" from the bottom on the inside seam (where the front and side meet) of the gown.



With right sides together matching at sleeve seams pin side to front and sleeves together, then in one continuous seam stitch all the way from the bottom edge to the end of the sleeve. Then stitch the tops of the sleeves together.



Repeat on other side but leave out the tie, on this side it will go on the outside edge, this allows the gown to overlap and tie on the side.



Do a rolled hem down the sides and bottom of the gown. Then add your other 24" twill tape section 26 ½" from the bottom, on the outside edge of the other side.

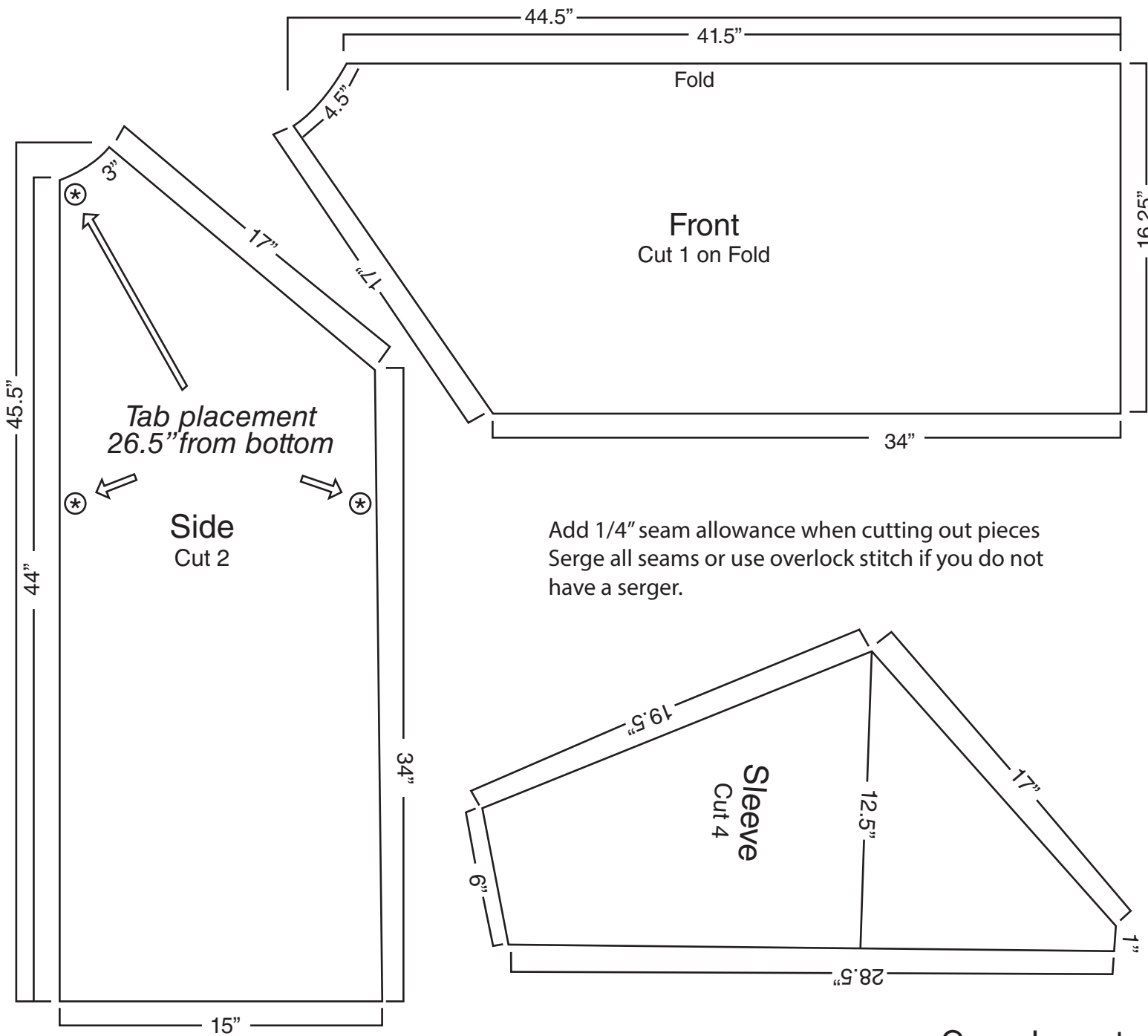


Finish around the neck with the bias tape. Then take the 12" sections of twill and sew one on each side of the neck about 1" down from the top.

Lastly cut you cuff to 6" and sew sides together so you have 2 cuffs. Baste around your sleeves and gather to fit the size of the cuff. Attach a cuff to each sleeve.



Finished gown!



Gown Layout

