



We're collecting masks!

We're joining with MCC Saskatchewan and the Office of the Treaty Commissioner to collect cloth face masks for Northern and Indigenous communities in SK.

If you can contribute, please drop off masks at the church on Wednesday from 2-4pm (text Kari if you need more details 306-291-9612) or, if you prefer, at the MCC office M-F from 8:30-noon.

You can find further details as well as patterns on the following pages...



May 4, 2020 Jana Al-Sagheer

UPDATE: The needs in northern Saskatchewan are urgent and we are hoping to respond as soon as possible. Please drop-off completed masks by May 15th. Masks dropped off before or after May 15th will also be graciously accepted.

As the realities of COVID-19 continue to impact the lives of people throughout the province and around the world, MCC Saskatchewan continues to look for ways to support the communities that we live and work in.

The Office of the Treaty Commissioner (OTC) has appealed to individuals who sew, asking them to sew masks that will be distributed to Indigenous communities. As the situation continues to become more urgent in northern Saskatchewan (especially with the latest outbreak in La Loche), we are appealing to our constituency to help respond to this need.

If you are willing and able to participate, we invite you to join us by making cloth masks in your home. Masks are relatively easy to make and require few supplies. Patterns and instructions are linked below.

Although we have temporarily suspended material resource donations, we are making an exception to the current policy for this particular situation only. Once masks have been received, they will be sanitized and delivered to the OTC for distribution.

Drop-off Drop-offs can be made Monday to Friday (8:30am -12pm) at the MCC office located at 600 45th Street West. A contactless drop-off bin will be placed inside the doors. If you do not live in Saskatoon or are unable to drop them off, please contact the MCC office at 306.665.2555 to discuss alternative options.

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?

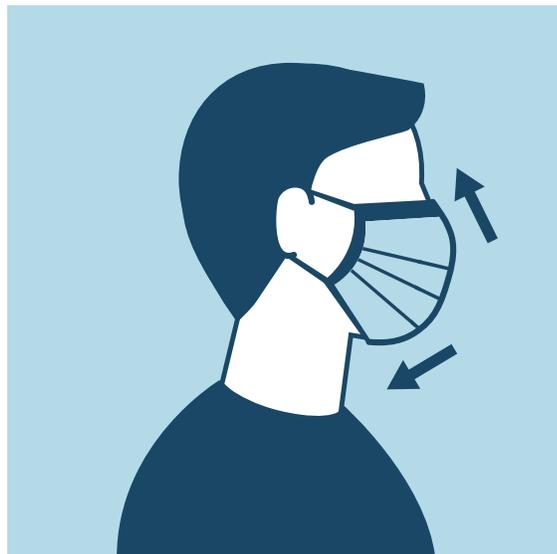
Yes. They should be routinely washed depending on the frequency of use.

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?

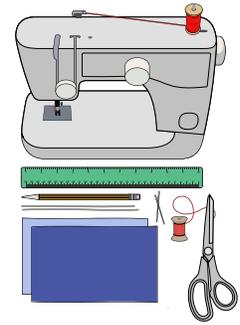
Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.



Sewn Cloth Face Covering

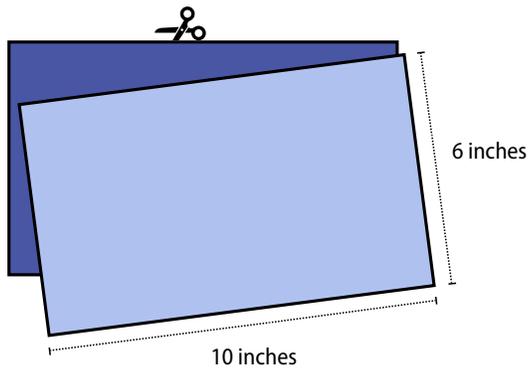
Materials

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

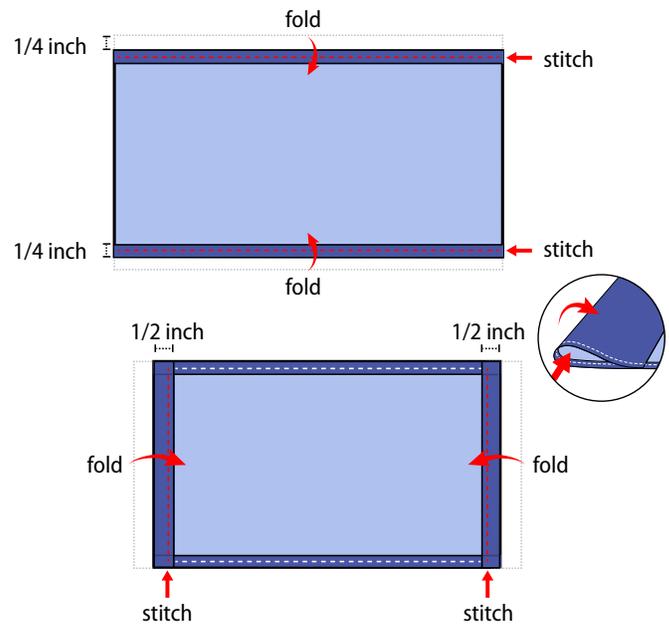


Tutorial

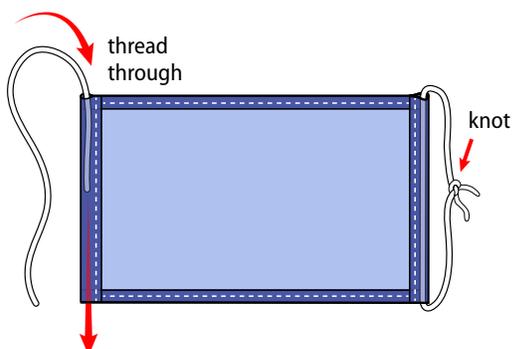
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the cloth face covering as if it was a single piece of fabric.



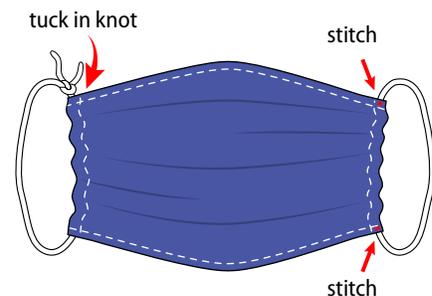
2. Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.



3. Run a 6-inch length of $\frac{1}{8}$ -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 mask fits your face. Then securely stitch the elastic in place to keep it from slipping.

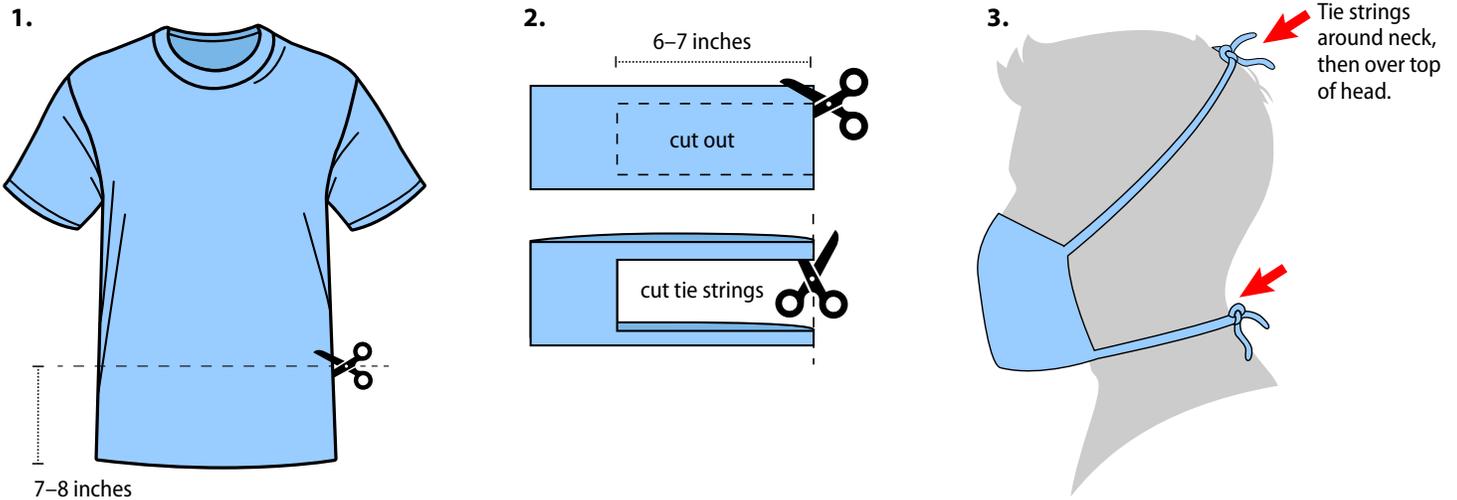


Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial

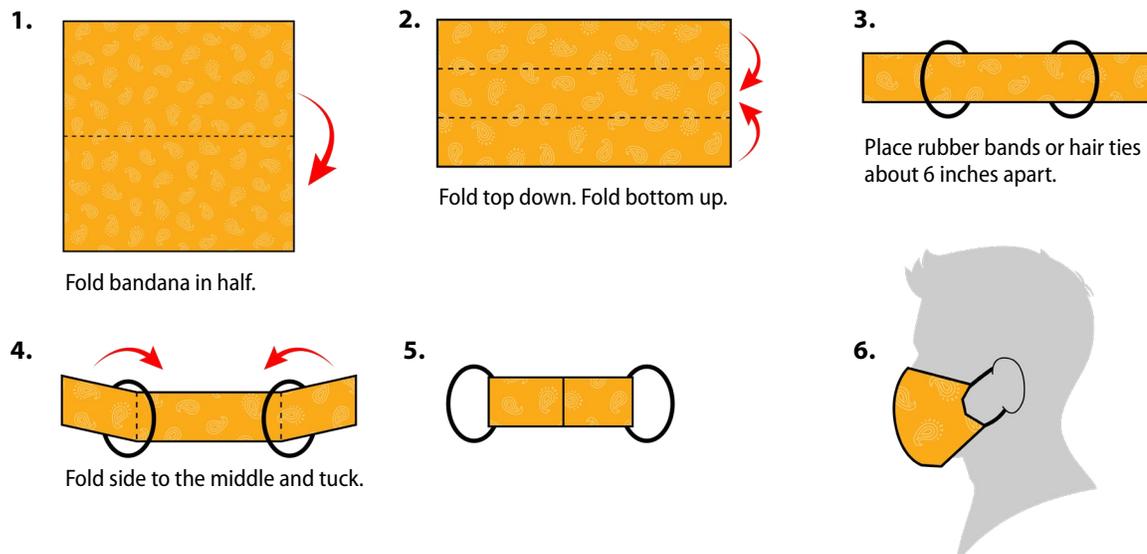


Bandana Cloth Face Covering (no sew method)

Materials

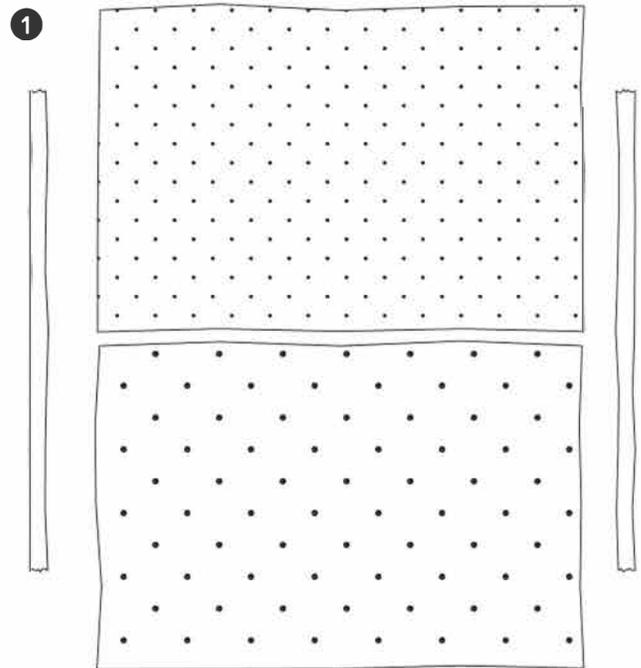
- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial

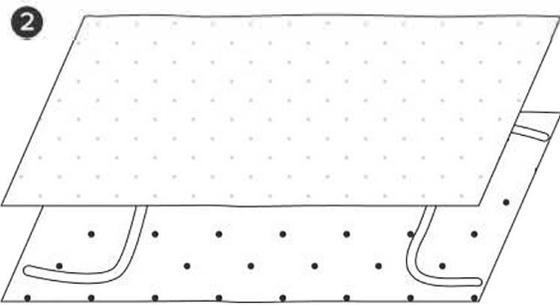


DIY fabric face mask

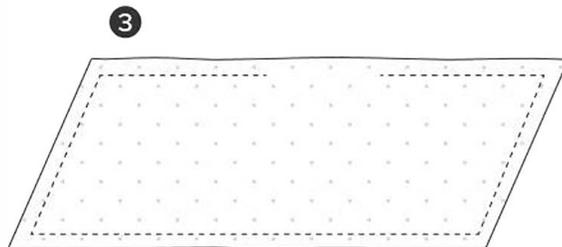
- 1 Cut pieces & sizes.
2: 9 inch X 6 inch rectangles of fabric for adult
2: 7.5 inch X 5 inch for child
2: 7 inch pieces of 1/8 inch flat elastic
(you can also use four strips of cotton fabric for ties, about 18" long and 3/4" wide)



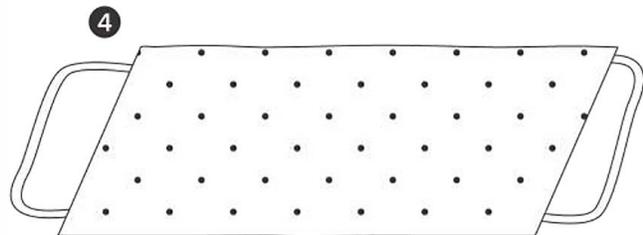
- 2 Place the right sides of the fabric together. Instead of pinning the elastic, it was simple to place it in as you sew around the outside edge of the fabric. If using cotton strips instead of elastic, tie a know in the ends and pin one inside each corner.



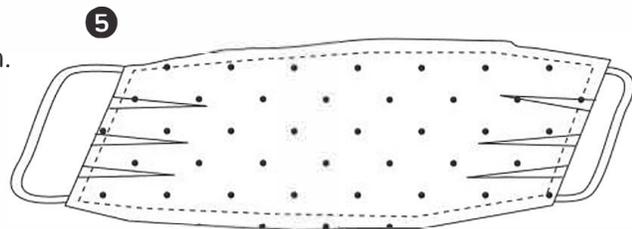
- 3 Using a 1/8" to 1/4" seam allowance stitch all the way around the outside edge leaving about a 2 inch wide opening along one of the long sides.



- 4 Turn inside out.



- 5 Optional: Make three pleats on each end. Pin. Just eyeball the placement. Make sure the pleats are going the same direction on each side. Top stitch all the way around the mask twice.



Tips for Making a Face Mask

What will I need to make a mask?

We are promoting a simple 2-ply, mask design. (The CDC pattern does not include pleats; the other patterns are for a pleated mask design.)

Along with standard sewing supplies (sewing machine, measuring tape, etc.), you will also need:

1. Dark-coloured **polyester** fabric for the outside of the mask (this could be substituted with 100% cotton if polyester is not available; **flannel** is also suitable).
2. Light-coloured **100% cotton** for the part of the mask that goes against the skin
3. **Elastic** for ear loops (note: If elastic is not available, cloth ties can be used)

Please use clean fabric to make the masks.

It's best if the mask's inside and outside are visually different, so there's less chance of mistakenly switching it around, and increasing the risk of spreading infection.

Sizes:

One of the patterns includes metric dimensions. Here are basic equivalents in inches, for those who might need it.

	outer layer	liner
for a woman	23x16 cm = 9 x 6.5 in	21x14 cm = 8 x 5.5 in
for a man	24x17cm = 9.5 x 7 in	22x15 cm = 8.5 x 6 in
for a child	22x15cm = 8.5 x 6 in	20x13 cm = 7.5 x 5 in

How can the masks be cleaned?

We recommend washing the masks daily with hot water and laundry detergent.