Foots Pond

Great Swamp Watershed Association
Protecting the waters of the Passaic River region, from source to sea.

WATERKEEPER® ALLIANCE AFFILIATE

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Great Swamp Watershed Association

Step by step – DIY – Surgical Masks

Based on the instructions provided by Atlantic Health Systems web site.

Providing masks for local hospitals –
Morristown Medical Center
Overlook Medical Center
Hackettstown Medical Center

Supplies Needed -

- Tightly woven cotton, such as a dress shirt, sheet, or similar material, for the front layer
- Softer cotton, such as flannel, for the back layer
- Rope elastic, beading cord elastic or 1/8" flat elastic
- For rope elastic -cut the elastic 7" long and tie a knot at each end (for flat elastic cut 6 ½")

Cut fabric and elastic

- Be sure any fabric design is placed horizontally
- Cut one piece of each type of fabric.
  - For adults – 9.5 inches by 7.5 inches
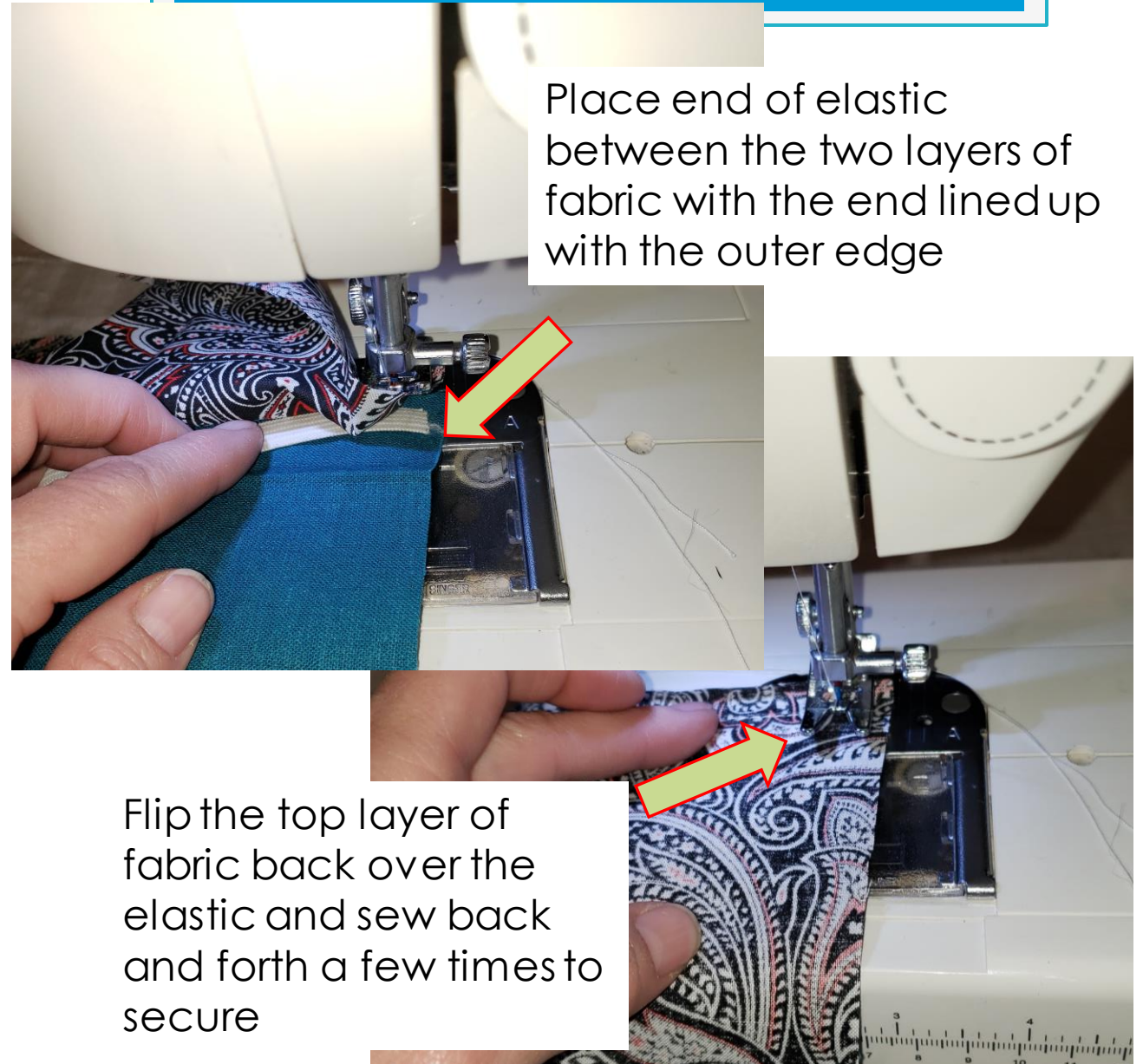 - For children – 7.5 inches by 5 inches

Sew

- Put right sides of the fabric together
- Starting at the center of the bottom edge, sew to the first corner

Start in the middle of the long edge

Insert Elastic

- At the first corner, sew one end of the elastic with the edge out and the length of the elastic inside.
  - A few stitches back and forth over the end of the elastic will help to hold it firm.

Place end of elastic between the two layers of fabric with the end lined up with the outer edge

Flip the top layer of fabric back over the elastic and sew back and forth a few times to secure

Finish the elastic

- Sew along the short side to the next corner, stop, and bring the other end of the same piece of elastic to the corner
  - Again, sew a few times back and forth to secure
- Continue to sew around completing the elastic on the other short side in the same way

Finish sewing and turn right side out

- After finishing sewing the elastic, sew across the bottom leaving 1.5 to 2 inches open.
- Stop and cut the thread
- Turn mask right-side out
- Sew opening closed across the bottom

Turn right-side out, pulling through the opening left along the bottom edge

Sew opening closed when mask is right-side out

Sew in pleats

- Pin three pleats or tucks on each side of the mask.
  - Make sure that the pleats on both sides of the mask are made in the same direction

Finish

- Sew twice completely around the edge of the mask securing the pleats.

Donation Locations

- Donation locations are located outside the main entrances of these facilities:
  - Morristown Medical Center
  - Overlook Medical Center
  - Hackettstown Medical Center

  - Monday – Friday from 9am to 5pm donations will also be accepted at
    - 200 American Road, Morris Plains
    - 435 South Street, Morristown

GSWA *wants to thank you for supporting your community and local health care providers.*

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