

WE NEED HELP!

Can you do simple sewing?

The Nisqually Tribe needs to have cloth face masks for essential employees to wear. We still have several programs working to keep us going; Emergency Management, Public Works, Health, Financial Services, Elders, ETC.

I have cut out 300 masks and I have plenty of elastic. We just need seamstresses and sewists. Could you help us out?

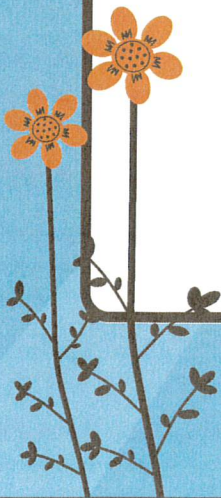
I have packaged up masks in bags of 10. I am asking that you pick the two you like the best, sew them first, and keep them for yourself. Wear one while you sew the rest. Finish sewing the rest and turn them back in.

Help to protect the people who are keeping you safe!

If you live on the reservation, or in close proximity, we can deliver a mask kit to your home. Please call me.

Mary Szafranski, PHN

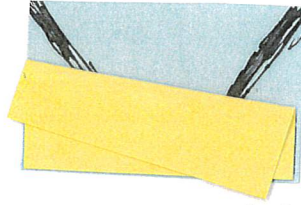
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How to Sew a Cloth Face Mask from a Nisqually Tribe Kit

1. Cut a piece of the elastic in half (7" each piece).

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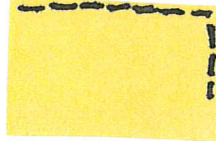


2. On the long side of the fabric, fold it back in half. Pin one piece of elastic to each corner.
3. Stitch a $\frac{1}{4}$ " seam along the long side. Stitch back and forth at the end to secure the elastic.
4. Turn the corner and sew until 2" before the next corner.

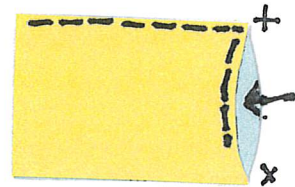
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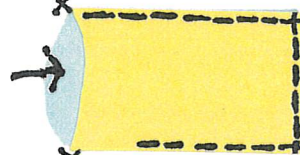


5. Reach inside and pull the elastic to the corner. Pin it and then sew through the corner.
6. Turn the corner and sew down the other long side until 2" before the end.
7. Reach into the inside and pull the elastic to the corner. Pin it and sew through the corner.
8. Turn the corner and sew about 2". Stop.

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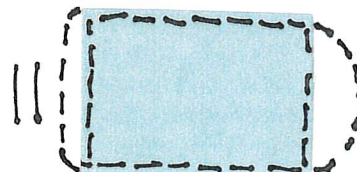
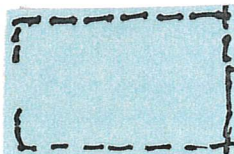


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9. Flip your mask over. Starting at that corner sew about 2". This creates an opening.
10. Reach into the opening and start turning the mask, right side out.
11. Tug on the elastic to straighten out the corners. Either use an iron or finger press the edges.

9



12. Top stitch all four sides, being careful to stitch the two sides together when you pass the opening.

13. Make three pleats on the short sides. I do one side at a time, pinning and sewing one side and then matching up the other side.

