

Hello! Thank you for your interest in helping to make protective gear during this health crisis. Below you will find a specific local need with directions, and then more general resources for masks and things that can be sent out more broadly. There are health care workers, first responders, at-risk populations, and retail workers in need of this personal protective equipment (PPE), and if the local needs are met there are many other opportunities across the state and nation. Please be sure to keep track of how many of items your club makes and share that information with the 4-H office!

Local Need #1:

Skyline Hospital in White Salmon

This is their preferred template. It is more complicated to assemble but meets multiple needs in the health care setting. Specifically, this design:

- Fits over an N95 mask, allowing us to extend the use of this important piece of PPE.
- Contains space for a small filter to be inserted, creating extra protection against the virus.
- Features a small metal nosepiece to secure the mask over the nose. Template at the link below:

<https://drive.google.com/drive/folders/1csMTolwCG2dVTemH2kt529BrDDmBebiy?fbclid=IwAR3PnMg6mDPEkpRMxgOfwF9KK5utNZJvCd2Q-z1AtxLHICCHqVyuy0lp1KA>

<https://www.youtube.com/watch?v=qj3cNDmK2HE&feature=share&fbclid=IwAR0vO4xlb6YPer2azR8DjiblAlqO7qaQ62i-s50pYBn2kbHfAfSU8FVDAUw>

GENERIC ONLINE TEMPLATES These masks, such as those promoted by Joanne Fabric, will be useful in the event they run out of their preferred PPE. They are graciously accepting this design. Please note that these masks:

- Feature a much simpler assembly.
- Will be useful to help protect non-clinical employees and may be used on certain patients.
- Are not truly considered PPE for a patient care setting, but will be an important part of being prepared for an influx of patients.
- Our preference is that you use [this video and accompanying instructions](#) to create masks. If you have already fabricated masks using a different design template, please bring them in as well (see below for details on when/where to drop them off).
- Please pre-shrink fabric prior to fabrication of the mask.

Regarding donations or questions for Skyline, please contact Debi Budnick, Skyline Outreach Coordinator at 509-637-2601 or dbudnick@myskylinehealth.org.

Local Need #2:

Klickitat Valley Health in Goldendale.

Their preferred template is available at <https://bit.ly/3adZAz3>

Masks can be dropped off at Grace Brethren Church in Goldendale for a 3-day quarantine before use.

State Need #3:

Providence Hospitals

Instructions for Community members who sew

<https://www.providence.org/lp/100m-masks>

General Need:

JOANNS is offering FREE kits to make masks. Each morning, participating stores have kits they give out. Each individual can receive ONE kit. If you have multiple individuals wanting to participate, they each need to be present. Please be mindful of social distancing rules! Note that one kit makes 5-10 masks, as it varies by store. You can return completed masks to Joanns and they will donate to a local hospital. This is while supplies last and could be discontinued at anytime.

-In Orchard's Market- Vancouver 360-254-1100 (arrive when they open, call from curbside and they will bring out, they do run out quickly)

-Gresham- 503-667-9042 (arrive when they open, go to front of store- they are not offering curbside- and request kit, they are also running out quickly)

Great pattern & tutorial for masks designed by and for nurses: https://www.instructables.com/id/AB-Mask-for-a-Nurse-by-a-Nurse/?fbclid=IwAR1go66j6u39bTixR-WiWjeqn_-kfcuUNm61_L2P9JciWvCPoULN3wmBsVA

Some general suggestions- vary the sizing & include masks with elastic & with ties as people have different needs and preferences.

Interested in making gowns?

<https://www.peekaboopatternshop.com/isolation-gown/?fbclid=IwAR1OFU30C44QO010Rif2FpgVTG-IFofv8Nv8dgD71tjFbirJpMfLicbmrek>

More patterns for gowns to come!

Additional Resources for sewing masks:

- <https://www.deaconess.com/How-to-make-a-Face-Mask>
- <https://img1.wsimg.com/blobby/go/6d5955d7-ca75-4486-86d6-ccd808cf0870/downloads/Face%20Mask%20Instructions.pdf?ver=1584827180927>

Note that not all hospitals or healthcare clinics are accepting donations of homemade masks at this time. We have only provided information in this list for what we could verify. If there is not a local need, there are calls all across the country for any type of homemade mask, gown, or even surgical caps. As mentioned above, we have also seen requests for PPE for patients, at-risk populations, prison guards, and grocery store workers. We can help you find the right place to send your donations!

Also recommended are the following Facebook groups:

- Mask Makers: <https://www.facebook.com/groups/2228975397397815/>
- Gorge Makers Collective: <https://www.facebook.com/groups/852529178552636/>

Sincere Thanks from your Regional 4-H Team!

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