Emergency **DIY** **Mask** Guide

Inhabit.Covid

FOR N95 COVER & ALTERNATIVE
BASED ON CDC RECOMMENDATIONS

No one is coming to save us. It's clear the politicians have no plan, and the elites would rather fill a million caskets than gracefully let capitalism die.

Some health workers are still being instructed not to wear masks at work—even after the Center for Disease Control and World Health Organization have admitted masks save lives.

It's up to us to give ourselves the means to survive their catastrophe.

These masks are based on research[1] on effective household items that provide some measure of protection against transmission. Made with HEPA filters and high thread-count sheets, these are machine washable. **They can be used to help healthcare personnel keep their N95 masks protected**, and are more effective than bandanas in case of complete depletion of N95 masks for those needing to continue working in "essential services"[2] and wishing to protect themselves and others, those needing to leave their houses for essential reasons[3], and those needing to take care of a loved[4] one safely at home when **no other personal protective equipment is available.**

The risk of transmission is lowered if both parties are wearing masks during interaction in addition to social distancing. If you have 4 of the masks, and wear one per day, each one placed in it's own individual bag, and wear #1 on day one, #2 on day two, and so on, by the time you return to #1, the mask would be essentially time-sterilized, as coronavirus does not survive more than a few hours on fabrics.

The effectiveness of homemade masks, in the event of no other alternative, has been shown to reduce the risk of pathogen transmission.[5]

1. https://smartairfilters.com/en/blog/best-materials-make-diy-face-mask-virus/
2. https://idph.iowa.gov/Emerging-Health-Issues/Novel-Coronavirus/Essential-Services-Personnel
3. https://www.cdc.gov/coronavirus/2019-ncov/healthcare-facilities/dialysis.html
4. https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html
5. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2440799/

NEEDED MATERIALS fig 1-2

- High thread-count sheets and MERV 10 or above Home HEPA filters[6]

- Pins

- Paper Clips-straightened (anything is better than nothing, but if 5" long when straightened is ideal)

- 1/4" or 3/8" wide Elastic

- Fabric Scissors

- Sewing Machine

- Thread

- Cardboard/cardstock – one 7 inch square with markings on side for base pattern

  **optional use a 7.5" piece of cardboard to loop around 10-15 times to cut all at once to produce 20-30, 7.5" pieces

1

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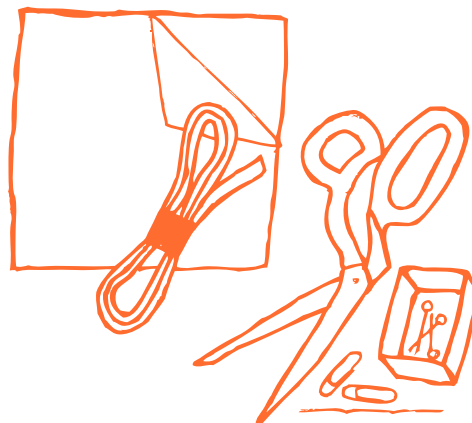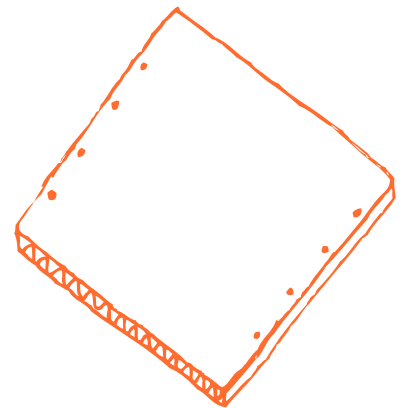
UNIT ASSEMBLY ✂

If possible, wear gloves and/or mask during preparation if you are uncertain of your own exposure status, and wipe down all surfaces with disinfectant prior to starting.

Station 1: Filter Disassembly

Take apart HEPA filter by removing the cardboard casing and carefully separating the metal mesh from the filtration material.
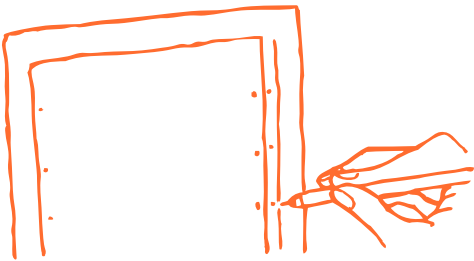
Station 2: Cutting and Marking

fig. 3-6

Cut out 7" squares out of high thread-count material and HEPA filters, using 2 layers of material, with 1 layer HEPA filter in between, and mark fold lines on top layer from on cardboard pattern.
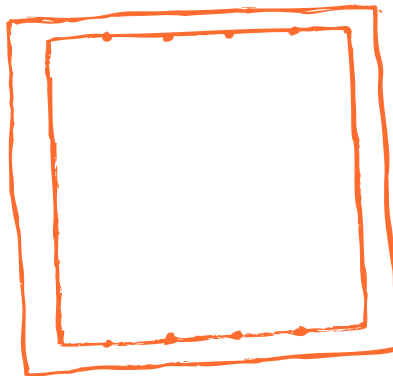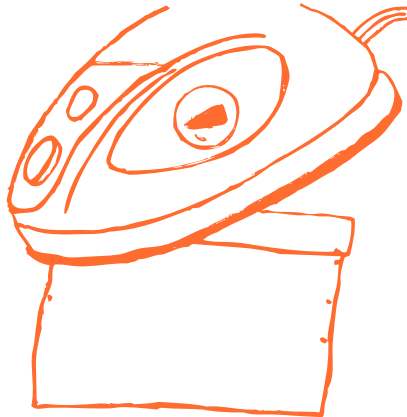
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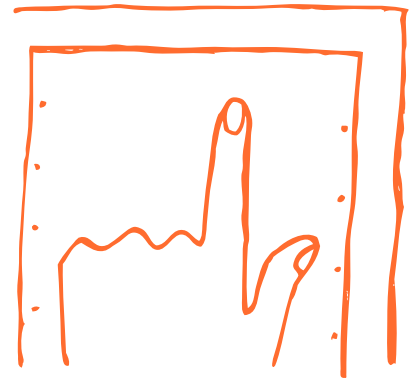
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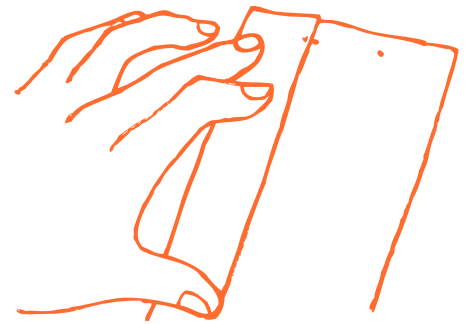# UNIT
ASSEMBLY ✂--------

Station 3: Ironing
fig. 7-11

Fold, matching 3 sets of dots on sides and iron creases on high heat. Pin folds in place on each vertical side.
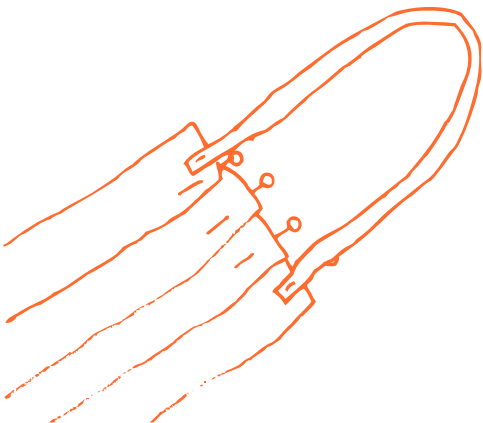
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Inhabit.Covid 5

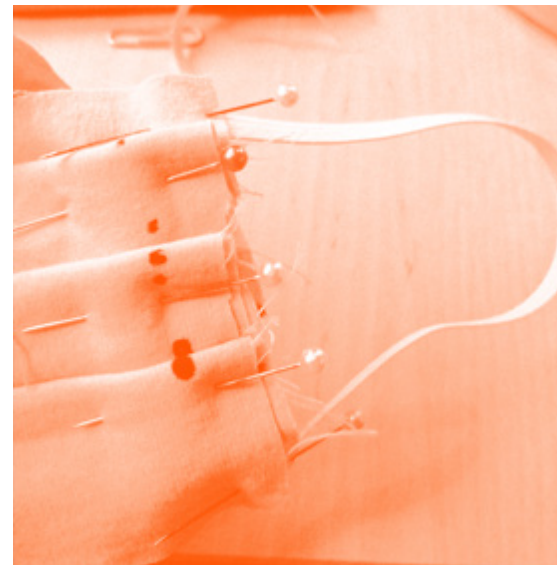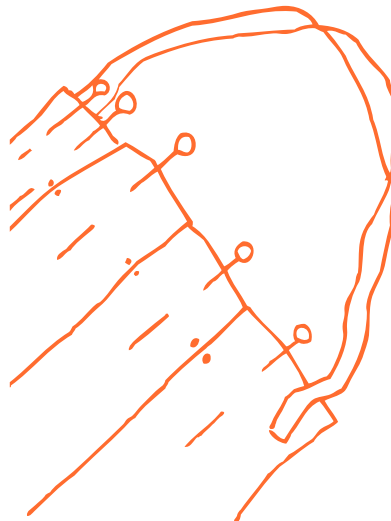# UNIT ASSEMBLY ✂

Station 4: Elastic

fig. 12+13

Place one 7.5" piece of elastic to each side of the mask by placing each end of the elastic strip at the top and bottom and pinning in place, be sure that it is not twisted before proceeding.
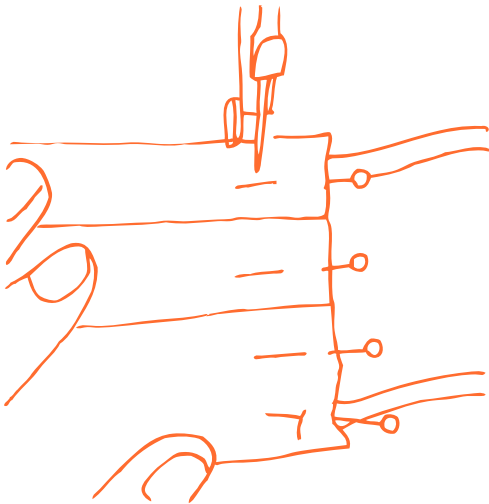

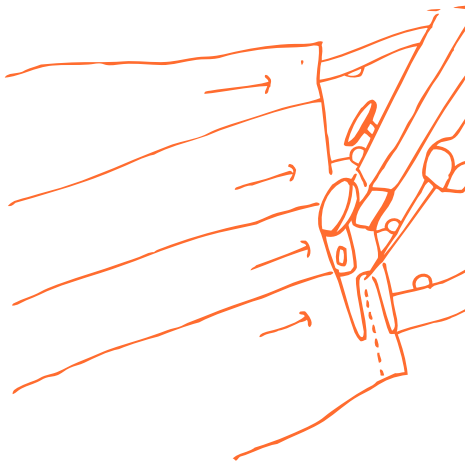
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UNIT ASSEMBLY 🪡

Sewing

fig 14-19

Place one prepared mask on the machine and prepare to sew the edge with the elastic ends. Place machine on a zigzag stitch and sew along the entire edge, removing pins as you go. Repeat with other side

14

15

UNIT ASSEMBLY

Sewing

fig 16-19

Place opened paper clip at top edge, sandwiched between fabric layers. Zig zag stitch along entire top edge, being careful to catch the paper clip in the stitch. (If your machine doesn't zig-zag, sew 1st straight row 1/2" from the edge, place paper clip, then sew a second row 3/8" from the edge, catching paper clip between rows).
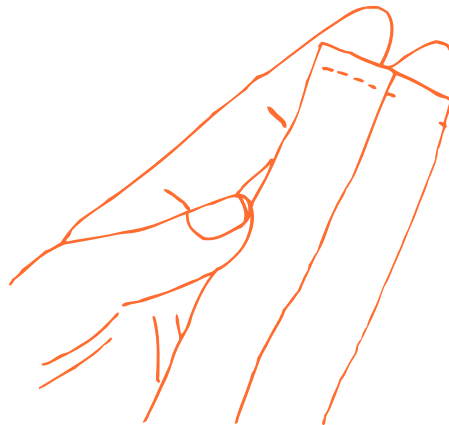
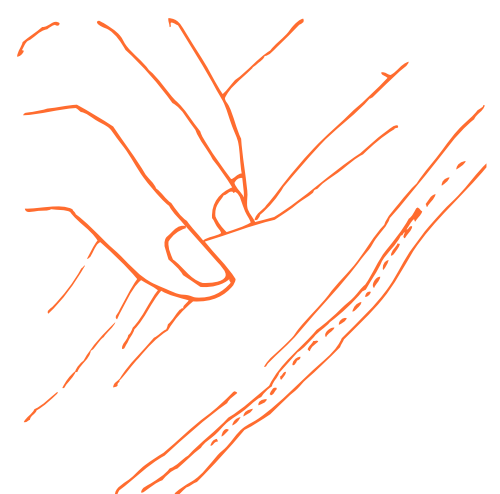Cut loose threads, trim up any frays, examine product and correct any defects.

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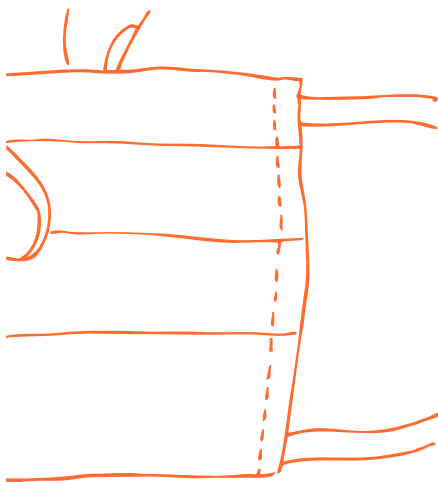
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11

health workers

IF THE
ADMINISTRATION
TELLS YOU
NOT TO
WEAR A MASK
…

In a time of crisis— when no other options are available—the CDC has implemented guidelines on the use of homemade masks for Health Care Personnel:
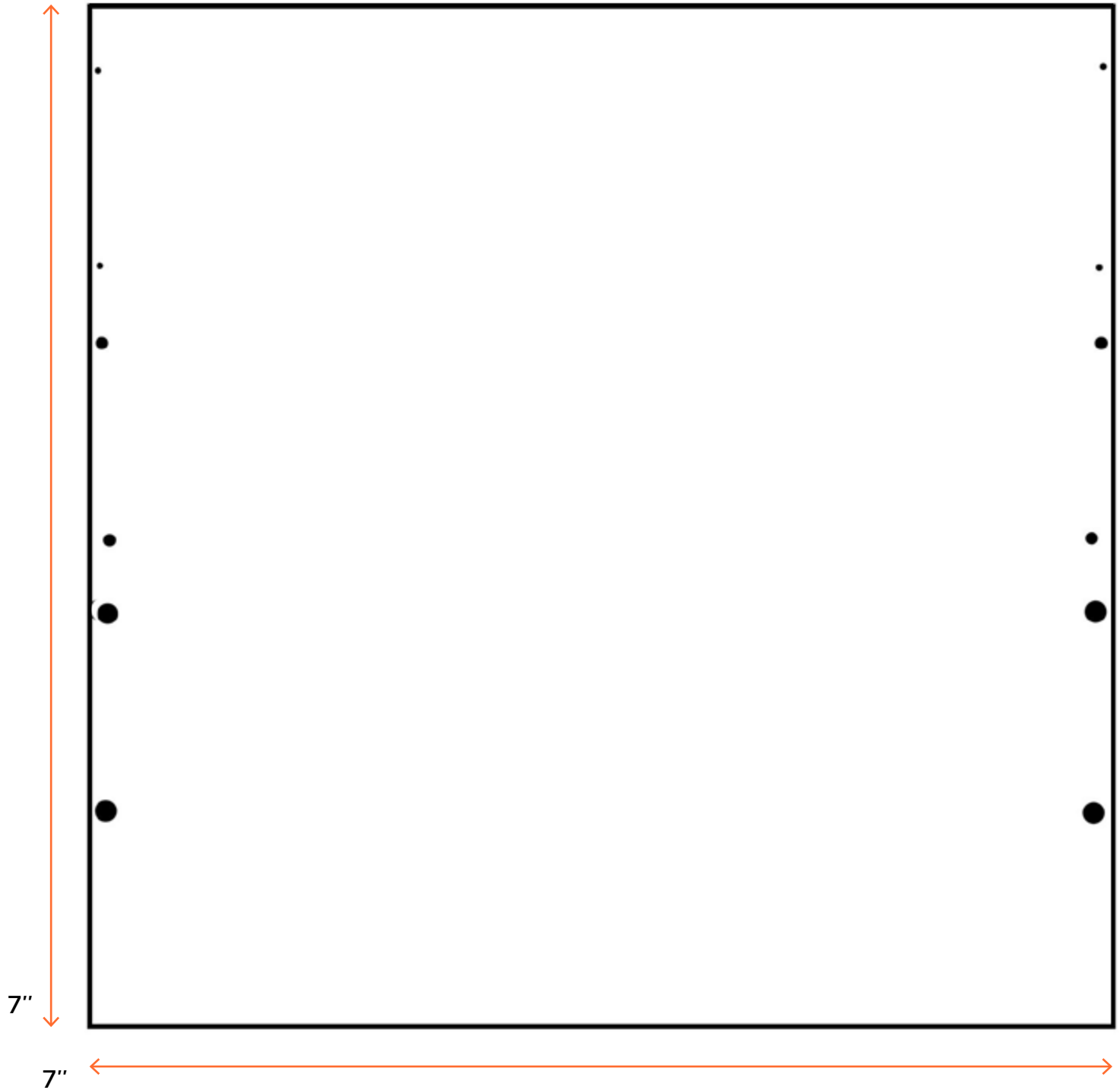
"HCP use of homemade masks In settings where facemasks are not available, HCP might use homemade masks (e.g., bandana, scarf) for care of patients with COVID-19 as a last resort. However, homemade masks are not considered PPE, since their capability to protect HCP is unknown. Caution should be exercised when considering this option. Homemade masks should ideally be used in combination with a face shield that covers the entire front (that extends to the chin or below) and sides of the face."[7]

7. https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/face-masks.html

PATTERN

Print this page
at 100%.
Cut from heavy
cardstock for
base pattern

EMERGENCY **DIY MASK** GUIDE

7"

7"

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PHONE SCROLL THROUGH
THE APOCALYPSE

Inhabit.global

OR GET READY
FOR A NEW WORLD

Mask design by Anonymous Nurse

Illustration by Dianna Settles

This information is provided for your independent evaluation. Neither the materials nor design of these masks has been reviewed or approved by the FDA or any other regulatory agency. Each individual must make their own independent determination as to whether the masks are suitable for any particular purpose.

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