



Home Sewn Masks

for Full Life homecare aides

Full Life Care is a not-for-profit organization providing home- and community-based health and social services for over 4,000 elders and adults with disabilities a year in King and Snohomish Counties.

Thank you for supporting the hundreds of Full Life homecare aides providing vital in-home services for vulnerable adults, enabling them to continue living as independently as possible.

Purpose: Although we recognize that cloth masks do not meet the standards of Personal Protective Equipment against COVID-19, emerging recommendations for their use in public and as austere measures in healthcare settings suggest value in providing these masks to protect both our homecare aides and the clients they serve.

Sanitary Precautions: Please wash your hands thoroughly for 20 seconds before handling mask making supplies, and refrain from making if you or someone you've recently contacted may be ill. All masks will also be cleaned after received.

Materials: Use suitable fabrics, such as tightly woven cottons or cotton knits. You may consider repurposing cotton pillowcases and cotton t-shirts already on hand.

Sewing Patterns: We prefer surgical style face masks, as exhibited in these recommended patterns:

- [Instructions from JOANN Fabric and Craft Stores](#)
- [Instructions from WeNeedMasks.org](#)

Questions? Contact jessicac@fulllifecare.org

Please mail masks to

FLC Homecare, 800 Jefferson Street, Suite 620, Seattle, WA, 98104

