

Making Face Shields and Face Masks for Metaharim to Wear in the Taharah Room

Goal: Extending the idea of making our own Tachrichim and Aronim, each Chevrah Kadisha take responsibility to make face masks and face shields for their taharah teams, and then make extras.

Why: These items are in short supply. When we do secure them, we are taking them away from medical professionals who need them more.

We can also be creative when we make them using patterns with Jewish symbols or adding Hebrew phrases such as Kavod Hameit or Chesed Shel Emet; or English phrases such as Last Responder.

Face Shields: When commercial PPE is not available and/or to preserve commercial PPE for medical professionals

Face Masks: To protect the other members of the Taharah team from my coughs and sneezes

According to the CDC, fabric masks are a crisis response option when other supplies have been exhausted.

“Prior to modern disposable masks, washable fabric masks were standard use for hospitals,” said Dawn Rogers, MSN, RN, FNP-C, Patient Safety & Infection Prevention Office of Deaconess Health System. “We will be able to sterilize these masks [or soak them in alcohol] and use them repeatedly as needed. While it’s less than ideal, we want to do our best to protect our staff and patients during this pandemic.”

Fabric - use a close knit fabric without much in the way of holes - not too stretchy

Sterilizing - Clean fabric is sterile enough: if you want to dab the INSIDE with alcohol 70% or more go ahead and let dry (near instantaneously)

Fit - As with all masks fit is important. Air should only escape a little at the bottom, if you put your hand over your mouth with the mask on, i.e. hand over the mask. Fiddle with the elastic to make it comfortable. Large people will need larger masks similarly small faced people may need a children's size. If you have a beard beyond a half inch you will need a bigger size mask with shorter ties (awkward)

How To Make A Face Mask - <https://www.youtube.com/watch?v=VNvRI5AXt8I>

Normal masks have a piece of wire over the nose to help the mask conform to your face. This is easy to add if you have a wire garbage tie, the kind that twist. You can sew it into the top of the mask. I put it in after I have turned the fabric right side out. Then put the tie in through the opening and secure it by top stitching.

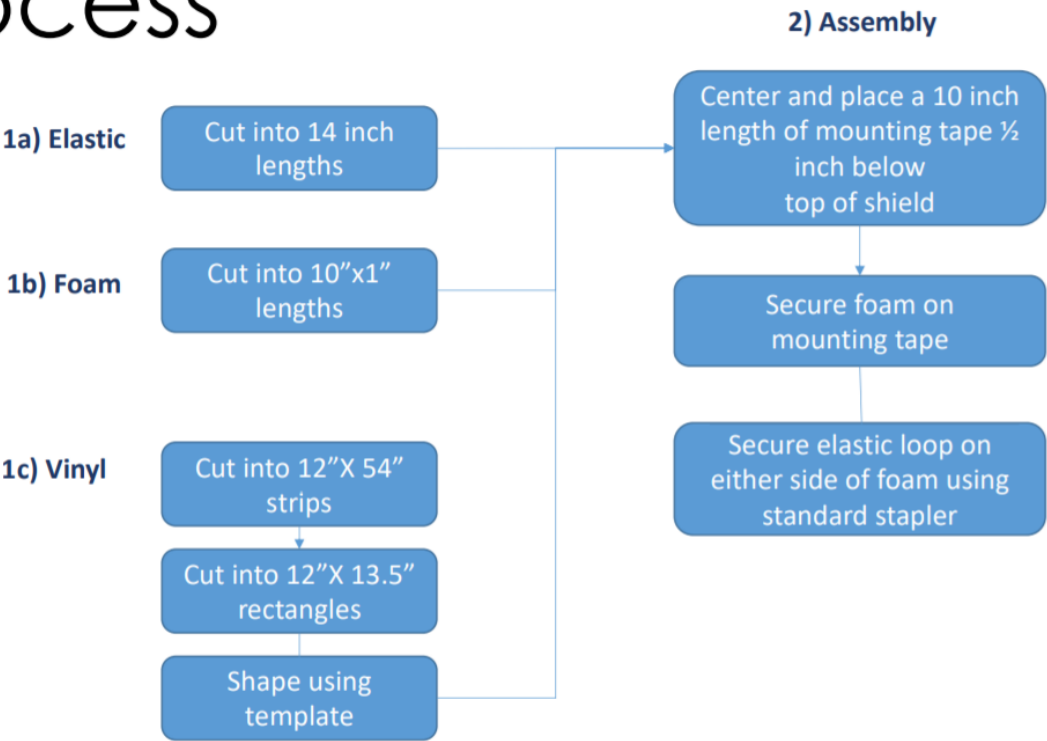
How To Make A Face Shield

Providence Hospital Foundation - Step by step guide to make face shields.

Face Shield Parts

- Vinyl – 16 or 20 gauge marine grade vinyl; [any 20 gauge vinyl will do but will limit visibility - This may be difficult to source - maybe from a fabric store]
- Foam – 1 inch by 1 inch (cut down from larger sheets, if necessary) use double layer of stick on foam weather stripping
- Elastic – Preference 3/8 to 1/2 inch (larger might require two staples per side)
- Double-sided tape – 1 inch industrial grade mounting tape (Gorilla, Scotch) no need for double sided tape

Process



Diagram

