

Isolation Gowns for Monument Health

Thank you for sewing!

This package includes either 1-2 bedsheets or sufficient fabric to make an Isolation Gown, 1" x 4" Velcro, and a package of bias tape. If you need additional supplies such as thread, tape, or pins, please let us know.



Sheets provided in this packet have been washed by Spearfish Laundry & Dry Cleaning. You may need to press fabric. You may wish to partner with a non-sewer to help with piecing the pattern and cutting your fabric.

Due to copyright restrictions, we can't print the pattern for you. You will need to download the pattern for your use:

<https://www.peakaboopatternshop.com/isolation-gown/>

Make sure to print pattern at 100% scale. Check the scale of the printed pattern before you assemble. There are instructions in the Peek-A-Boo pattern for piecing the pattern together. The pattern is 39 pages; print on one side.

Follow the instructions posted at www.makespacesd.org/covid. This document provides both step-by-step instructions as well as modifications requested by Monument Health (NO elastic or jersey knit for the cuffs).

We are making SIZE XL ONLY PLEASE!

Share photos of your Isolation Gowns and post online with tags: #MasksForMonument and @makespaceSD.

To help keep track of our community progress, please go online and fill out this form to tell us how many isolation gowns you've donated:

bit.ly/DeliveredMasks

Completed Isolation Gowns should be dropped off to:

- **Hudson Hall Distribution Site (place in bin, no plastic bags)**
- **Grace Balloch Memorial Library (in a bag, through the bookdrop or by appointment)**
- **Spearfish Salvation Army, during open hours.**

Submit questions via email to info@makespaceSD.org. We'll add a Q&A page to our website soon!

If you have raw materials to donate (bias tape, thread, fabric, sheets, etc.), please take those items to Spearfish Salvation Army so they can be cleaned before distributing into the community (indicate they are for “Masks for Monument”).

Thank you to the South Dakota Community Foundation, Spearfish Community Foundation, Friends of Northern Hills Training Center, and Med 5 Federal Credit Union for providing grant funds that support this project.

#MasksForMonument is a community-wide effort would not be possible without generous individual participation as well as the support of the City of Spearfish, local businesses, and community organizations.

@makespaceSD info@makespacesd.org <http://makespacesd.org/covid>



Isolation Gown

Instructions 04/06/2020

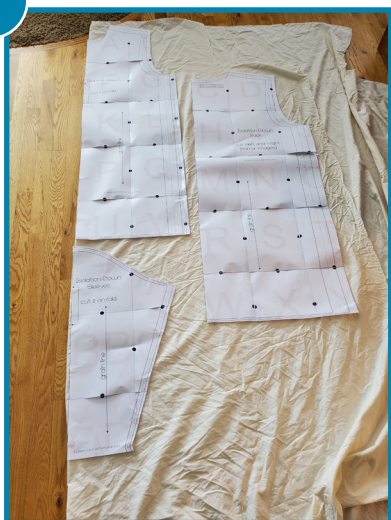
Materials Needed:

4 yards cotton fabric or medium weight bed sheet in good condition, thread, sew on hook and loop tape (1"x4"), 2 yards of bias tape (grosgrain ribbon can be substituted), printer, office tape to assemble pattern.

Download Pattern:

<https://www.peakaboopatternshop.com/isolation-gown/>

1



Print pattern, check scale. We are making size XL only. Assemble, instructions included in pattern (link above).

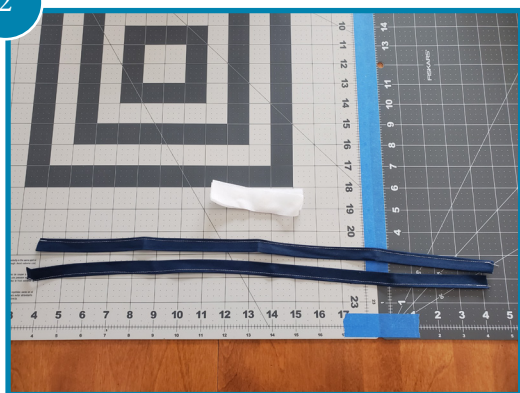
Cut out pattern pieces for **Front**, **Back** and **Sleeve**.

The **Front** and **Sleeve** must be placed on the fold. You will need to cut 2 of the sleeves.

Lay a clean sheet or fabric (folded over once) and place pattern pieces on fabric to make the most of each sheet. Pin pattern pieces and cut fabric, noting notches. Unpin.

You should have 5 pieces of fabric. **2 Sleeves**, **2 Backs**, **1 Front**. Except where instructions note to edgestitch or topstitch, use ½" seam allowance throughout. Sleeve cuff is not used for Monument gowns.

2



Cut 2 pieces of double fold tape bias to 20" and edgestitch bias tape closed for ties.

If bias tape is not available, use grosgrain ribbon for ties. Zig zag stitch ends to prevent fraying.

Cut 1 piece of 1" x 4" sew-on hook and loop tape (like Velcro).

Set sewn bias tape pieces and hook and loop tape aside.

3



Using the 2 **Back** pieces, lay pieces out with right sides up. Place one tie on the right side of the right back of gown and sew in place in line with the notch.

4



Place the gown front on top of the gown back pieces, right sides together. Pin (or clip) and sew together at each of the shoulder seams.

5



In the seam allowance, reinforce by sewing the seam with a zig-zag stitch. If you cannot zig zag stitch, sew a second straight seam to reinforce.

6



Finish the gown neckline using double fold bias tape.

Notice your bias tape is shorter on one side. This is the top side while you are stitching. Sandwich the neckline into the bias tape and pin.

If you are familiar with bias tape application you may use other methods.

7



Photo shows bias tape pinned to neckline, ready to sew.

Not shown: If bias tape is not available, stitch grosgrain ribbon to the right side of the neck line, turn ribbon to the inside of gown and press. Topstitch.

8



Sew bias tape (or ribbon) in place using a top stitch close to the edge of the bias tape. You may move your needle position to the right or left if that helps. Remove pins as you sew.

9



To attach sleeves, lay gown out, right side up.

10



Place sleeve right side down aligning the center sleeve with the shoulder seam with the cuff end facing the neckline. Pin or clip in place to align curved sleeve top to gown armhole. Repeat on opposite side with second sleeve. Sew and reinforce in seam allowance with zig zag stitch.

11



Lay out the gown with the back pieces on top and sleeves outstretched. Starting with the underarm seam, align the edges and pin (or clip) the sleeve and side seam together. Sew and zig zag the seam allowance. Repeat on second side.

12



On the back edge of the gown, zig zag stitch both raw edges.

Fold back edges over the zig zag stitching, 1/2" to the inside of the gown, press.

Top stitch and repeat on second side.

13



Attaching the Velcro: Lay the gown right side out with the back of the gown facing you. The bias tape strap will be on the right. Place Velcro (scratchy part) on the right back as shown on pattern.

Place 1 1/2" in from edge and approx. 1" down from top edges as shown in photo. Pin Velcro. On the inside of the left side of the gown back, place soft side of Velcro in same position. Pin in place. Stitch both pieces of Velcro all the way around.

14



To place the second tie, with the gown (right side out) laying with the back facing you, using tie #1 as your guide, place and pin the second strap to the inside or the left side edge, overlapping 2".

15



Pin tie with 2" overlap of tie and fabric. Zig zag stitch in place (a few times back and forth to make it more secure).

16



To make the Hem, fold fabric over to the inside and press $\frac{1}{2}$ " across the bottom edge.

17



Fold over again by about $\frac{3}{4}$ " to 1" and press.

18



Topstitch hem close to the folded edge.

19



To make the cuffs, turn gown inside out. Zig zag stitch raw edges of both sleeves.

20



With sleeve laying flat, mark 5.5" from seam. Mark with ball point pen. Draw a line approximately 4" up at a diagonal as shown. Stitch on this line.

21



Cut fabric from seam with $\frac{1}{4}$ " allowance.

22



Turn cuff $\frac{1}{2}$ ". Press. Top stitch. Repeat for second sleeve.

The gown is complete!



dialogue