

FLATTEN THE CURVE HANDMADE MASKS

A Volunteer Opportunity to Help Flatten the Curve

Flatten the Curve Handmade Masks is a non-profit group of volunteer healthcare workers and industry experts who have come together to sew and distribute handmade masks in Vancouver. Masks will go to at-risk individuals, and to staff working in medical clinics, hospices, and home support agencies, where access to approved personal protection equipment (PPE) is limited.

The project is currently in phase one of its pilot, which has the goal of making and distributing **2,000 masks by May 15**. When the results of this phase have been evaluated, the team will determine whether to expand the project to metro Vancouver and other communities across British Columbia. Information about the project can be found at <https://ftcmasks.org>.

We have an opportunity to help this non-profit project reach its goal of making, packing, and distributing masks. The project is aiming to have 50 volunteers who will sew a minimum of 40 masks each per week. If you sew and have access to a sewing machine and tools (scissors, pins, etc.), consider volunteering for this excellent cause. The team has done an extensive literature search to determine the best mask design, and made and tested 100 masks with local healthcare professionals.

Based on global research (including studies from Cambridge, San Francisco, and Stirling universities), best practices, and the preferred mask of local health care professionals, the project team selected a simple pleated, three-layered mask that hooks behind both ears. Sewing would involve using the specified pattern to construct masks of high-thread-count 100% cotton or 100% cotton tee-shirt fabric with an inner layer for added protection, pleats for easy fit, elastic ear wings, and a wire-nose-bridge for added comfort. You may have some of these materials at home, but thanks to generous industry donations, the team is able to supply some or all of the materials. If you would like to volunteer, please contact:

Sewing Volunteers: Myrna Leslie: email: contact@ftcmasks.org or cell phone: 604-240-0089.

General Inquiries: Susan Scott Gabe: email: contact@ftcmasks.org or cell phone: 604 313-3244

