



You can help by making
HEADCOVERS FOR HEALTHCARE WORKERS



The healthcare workers in the hospital must wear personal protective equipment (PPE). In the ICU and other COVID designated wards, head covers are greatly needed and also boost moral. If you are able to make some it would be greatly appreciated by all hospital workers . . . nurses, doctors, respiratory therapists and all support staff.
Thank you and God bless you.

After watching several DIY videos, like this one:



DIY Scrub Cap - Sewing Tutorial

By Lea Goes Green

https://www.youtube.com/watch?time_continue=1&v=mb9SnhhdcFM&feature=emb_title

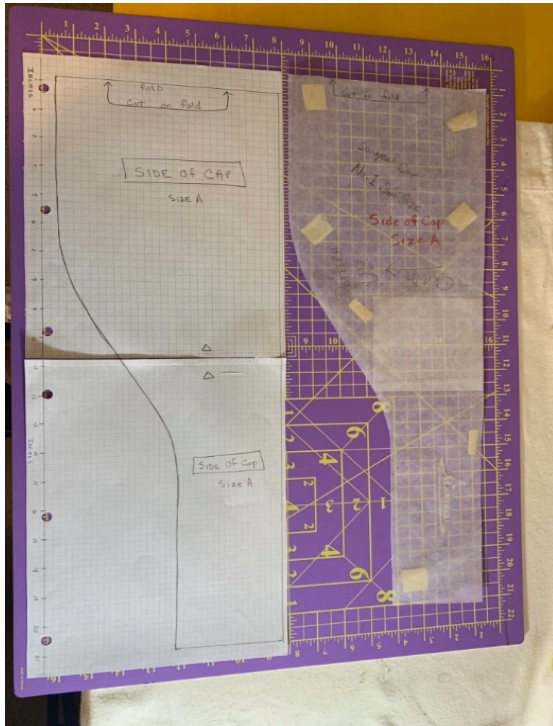
I created a head cover for my fellow healthcare worker. The directions are included below. It is a modification of the DIY Scrub Cap — so if you have any difficulties with my directions, watch the video and it will clarify some of the steps. — or make any kind of head cover you find online — literally any head cover will be greatly appreciated.

I am including a printable pattern in 2 sizes:
Size A (regular) and
Size B (large - for people with long hair).

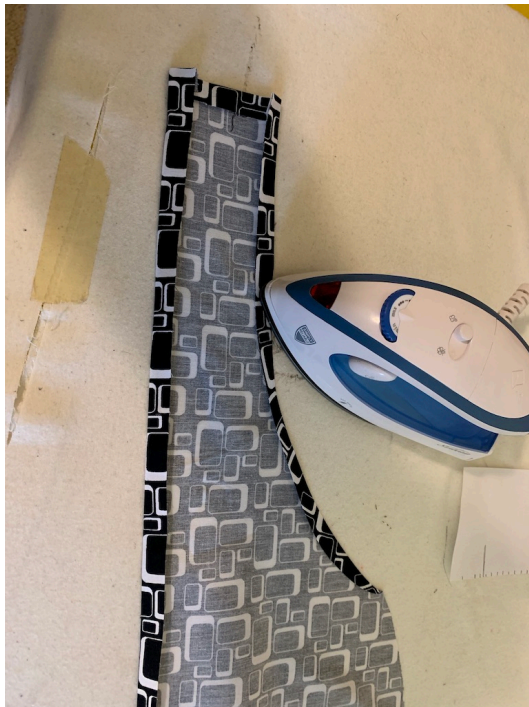
Each pattern piece is longer than letter size paper — so you will need to print out the pattern and then tape the pieces together to make the pattern.

Use any light cotton fabric — i.e., quilting fabric or a poly-cotton blend (like the fabric bed linens are made from because it is wash and wear tolerant). I have made many out of “recycled” fabric (fabric that was no longer being used for its intended purpose) so feel free to use what you have.

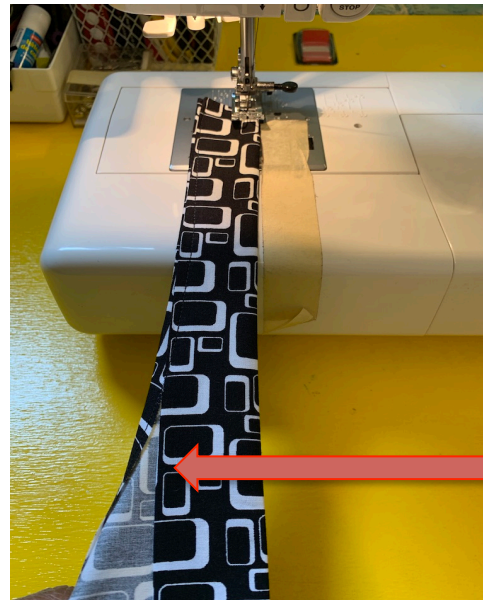
Step 1: Make the SIDE piece.
Using the pattern provided —
cut out the SIDE piece



Step 2: Open the SIDE piece and iron a ½ inch hem along the short straight side, the long straight sides and along the curved side. And then fold the straight side and iron a 1.5 inch hem.



Step 3: sew the SIDE piece
Sew $\frac{1}{4}$ inch from each
edge that was ironed.
Start at curved area -



Sew $\frac{1}{4}$ inch from each
edge that was ironed.

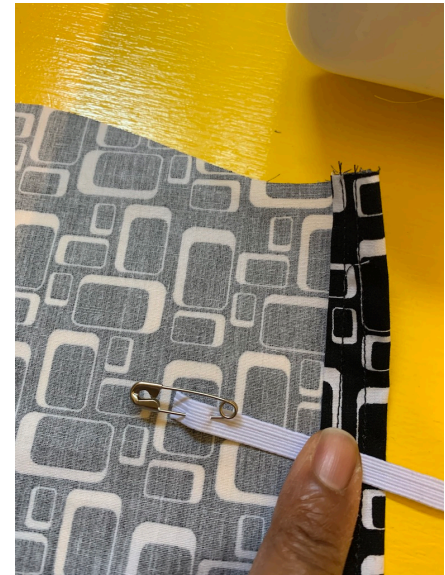
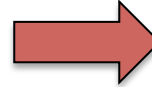
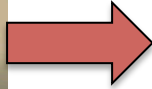
This area too

Step 4: Make the TOP piece.

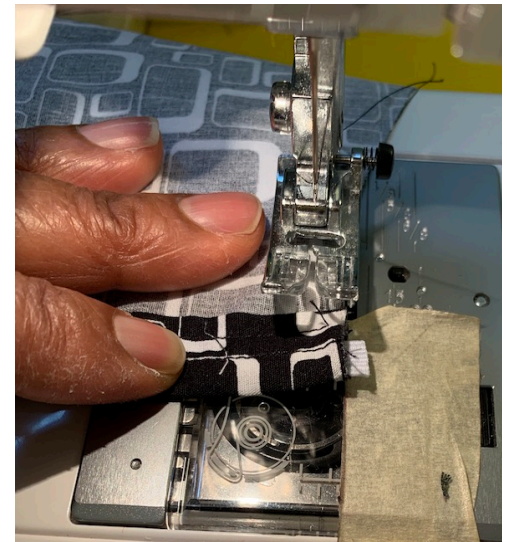
Using the pattern provided – cut out the TOP piece and iron a half inch hem on the straight side



Then iron a *second* half inch hem on the straight side. This is the area for the elastic. Cut a THREE AND HALF INCH piece of $\frac{1}{4}$ inch elastic. Sew this hem and insert the elastic, sewing the elastic at both ends to keep it in place.



Thread the elastic using a safety pin, until the end of the elastic is at the edge — sew it in place, then continue threading and, sew the elastic in place at the other edge.

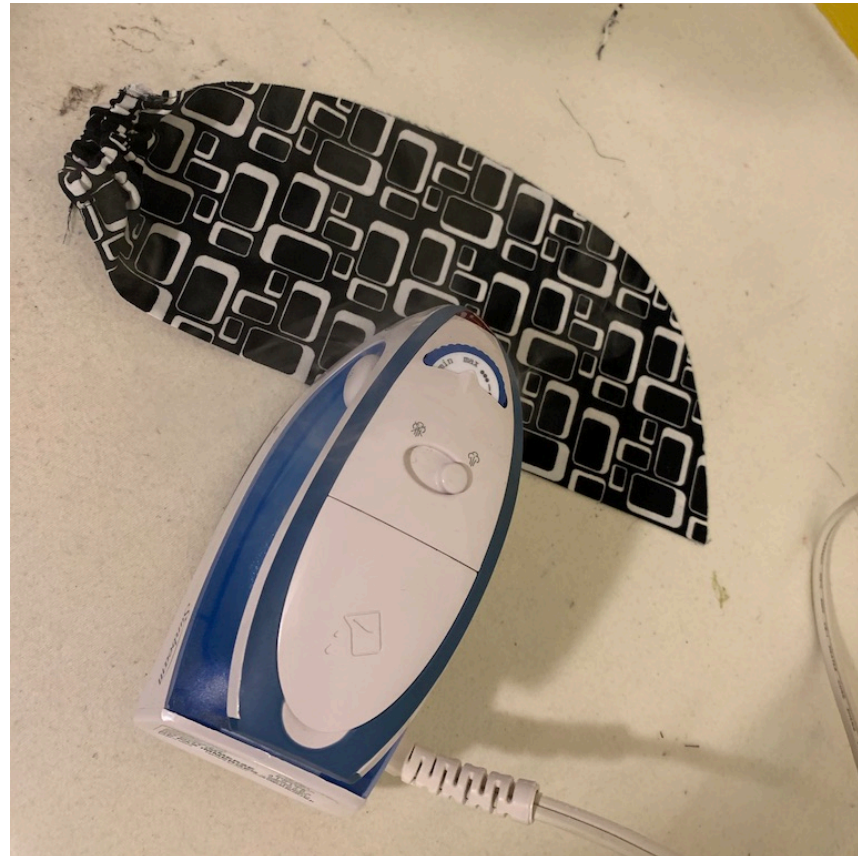


Bring elastic out of hem and sew in place



Step 5: Attached the SIDE and TOP pieces along the curved edge:
Start sewing at the center of the top, and sew the edges together to bottom of the TOP piece
(where the elastic is).
Then go back to the top center and sew in the other direction. Sew using a slim $\frac{1}{4}$ seam with
wrong sides together – press that seam outward.

Tip: I fold the TOP piece in
half and iron it to create
a “center line”



To make French seam
Sew narrow seam
with wrong sides
together

Center



Step 5: Attached the SIDE and TOP pieces along the curved edge:
Start sewing at the center of the top, and sew the edges together to bottom of the TOP piece
(where the elastic is).
Then go back to the top center and sew in the other direction. Sew using a slim $\frac{1}{4}$ seam with
wrong sides together – press that seam outward.

Continued



After sewing wrong sides together – press that seam outward.
Turn the head cover inside out and press the seam that was just sewn.



With right sides together – sew a ½ seam completely around the curved edge - along the same seam that was just pressed...
from elastic around to the other elastic.



Your done!!

I like to press the final
seam to make it lay flat.

SIZE A headcover



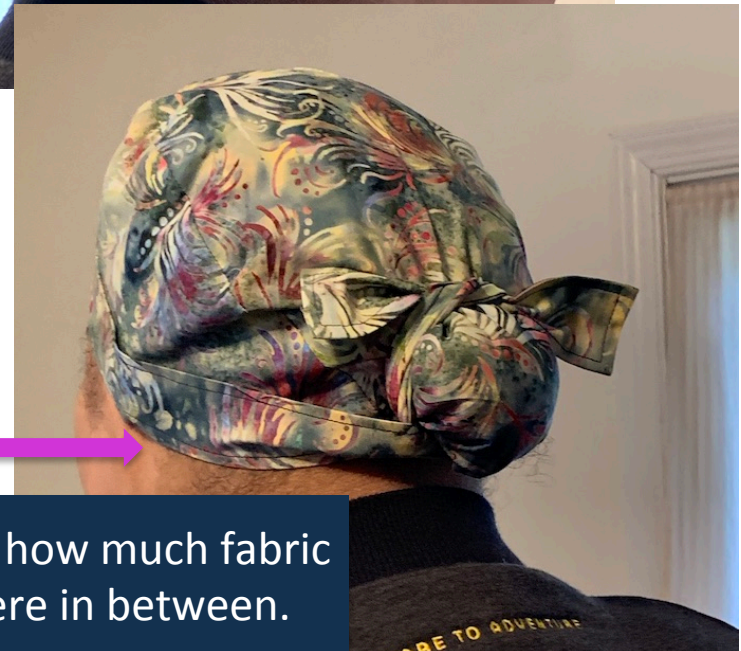
SIZE A headcover where I didn't have a long enough piece to "cut on the fold" so I made a flat seam at the center of the side piece and it still made a nice head cover.
So feel free to modify as needed.



SIZE B headcover is great for healthcare workers with long hair and for someone with long hair tied in a bun.



As you see — SIZE B is too large for someone with short hair — but will work great for those with long hair.



Please feel free to modify the size based upon how much fabric you have available, SIZE A, SIZE B, or anywhere in between.