

MASKS MADE BY CYNDEE HILDENBRANDT

The masks I make are not N95 but they exceed the recommendations for community use. Scientific understanding of coronavirus is constantly changing. These masks are based on the best and most respected information available at the time I make them.

I wash my hands very well before sewing but you still need to sterilize any home-made mask before wearing it. There are different ways to sterilize them. Some people use a combination of methods. Here are some ways that I have heard of:

- Bake the mask in the oven at 160 degrees for 30 minutes to sterilize it. Masks have metal nose pieces so you can't microwave them. If a mask has elastic, you will need to watch it carefully in the oven to make sure it doesn't melt. Ours have never melted but different brands of elastic may behave differently at that temperature.
- Wash them in hot soapy water and run them through the dryer.
- Quarantine the mask for 24 hours before using it and between uses. The research available today says the virus can live on fabric and paper for up to 24 hours.

If you need to wear the mask for extended periods of time, I might have supplied you with a mask that has straps. Nurses, doctors and grocery workers tend to prefer masks with straps. If you only need to wear a mask to go into stores, I probably supplied you with a mask that has elastic to go around the ears.



If the elastic becomes uncomfortable, you can use a paper clip or series of paper clips on the back of your head to connect the elastic and ease the pressure on your ears. Some people have custom 3D printed devices for this purpose.

My masks have an opening at the top that functions as a pocket for filter materials. There is a removable filter inside. The filters are NOT washable. You can replace those filters as needed. Some people double their filters. Some people don't use filters at all. The filter should be centered inside the mask and spread out evenly. The filter needs to cover your nose and mouth. Some of the earliest masks that I made did not have filters. You can add your own filter if needed.



Some of the filters that I send out are white and made from fusible interfacing. Some filters are blue and made from Zep brand shop towels. Today's research shows that those are the most effective filtering materials. Filters need to be made from dense non-woven materials. It is not actually required to use a filter. Most people out in the community are using cloth masks without filters.

My masks have a wire sewn into the top. The wire has loops at the ends so they won't poke you. Shape that wire so the top of the mask fits tightly around the bridge of your nose. Tight fitting masks offer the best protection. This is where the wire is:



Some of my masks have different colors on the front and back. I make them that way so it is easier to tell which side should face out. Always wear your mask with the same side facing out. To avoid chafing, choose the smoothest side to wear against your face.

Masks are directional. The pleats should be worn facing down no matter what type of mask you have.



If someone has special needs for masks, I can try to make masks that fit those needs. I have made small ones for kids, blaze orange ones for construction workers, huge ones for people who have larger hat sizes, and especially smooth ones for people who have sensory issues. I generally don't fill requests based on the color of fabric unless I happen to have that fabric easily reachable.

I can also make surgical caps for people who work in the medical field.

If you have extras sitting around, I would gladly accept donations of mask-making supplies. The things I need are: densely woven quilting fabric, pipe cleaners, narrow elastic, multi-purpose thread, fusible interfacing, and blue shop towels – Zep is the preferred brand.

I make these as a labor of love as my contribution to the battle against covid19. Please don't feel any obligation to pay for the masks. I am not making them for profit.

If you want to make a donation, it will be used for shipping masks and buying more materials. You can make deposits into our paypal account which is under les@hildenbrandt.com or you can mail a check to Cyndee Hildenbrandt, 521 Sycamore Drive, Windsor CO 80550-4815.

Contact me if you have questions.

Email me at: Cyndee970@gmail.com]

Text me at: 970-222-6250

You could call but I usually don't answer calls from unknown phone numbers. If you leave a message, I will call you back.

Love, unity and safety to all!

-Cyndee