

Professors from the University of São Paulo at Ribeirão Preto College of Nursing, PAHO/WHO Collaborating Centre for Nursing Research Development, give guidance on how to make face protection masks

This initiative is among several community service actions of the Ribeirão Preto College of Nursing to combat covid-19

Written by: Nikolas Guerrero

Translated by: Juliana Gazzotti

Portuguese version available at: <https://jornal.usp.br/universidade/professoras-de-enfermagem-orientam-como-fazer-mascaras-de-protecao-facial/>

1.4K



Making a Covid-19 protective mask for people in social vulnerability – Photo by: Rennan Calixto/GOVBA via Pixabay

The University of São Paulo at Ribeirão Preto College of Nursing at the (EERP/USP) puts into action one of its greatest vocations, the caring. For this, the EERP Culture and Community Service Commission (CCEX) will promote projects aimed at combating covid-19, with wide reach and social impact. In total, 20 thousand *reais* (Brazilian currency) will be invested, from the CCEX Culture and Community Service Fund, for the development of promotional and educational material, and individual protection material.

Making face masks

One of the activities developed at EERP is being carried out by Professors Susana Segura Muñoz and Karina Dal Sasso Mendes and by the nurse Patrícia Abrahão Curvo. The professionals created an emergency action project to train and also produce face protection masks, a Personal Protective Equipment (PPE), which is currently lacking in health institutions and even pharmacies.

CCEx/EERP

CONTACT US AT: SUSIS@EERP.USP.BR

#Coronavirus
I PROTECT YOU AND YOU PROTECT ME!
#Mask 4 all!

How to take care of your mask

⚠ CARE WHEN USING THE MASK

- # Put on your mask before leaving home, with clean hands, protecting your mouth and nose well.
- # After leaving home, avoid touching the front of the mask. Never share your mask!
- # Change whenever it becomes dirty or wet, putting the dirty mask in a plastic bag.

🧼 CARE IN CLEANING THE MASK

- # When you get home, wash your hands first and then remove the mask by the straps.
- # Soak the mask in bleach water solution (1 dessert spoon or 10ml of bleach for half a liter or 500ml of water) for 30 minutes. Then wash with soap and water. Do not forget to wash your hands again.
- # Before using the mask, iron the heated iron carefully to avoid burning the fabric.

BY: KARINA DAL SASSO MENDES; SUSANA SEGURA MUÑOZ; PATRÍCIA ABRAHÃO CURVO

In the first phase, with its own financial resources and donations, mainly of fabrics and elastics, the group made 618 masks that were delivered free of charge to “elderly bedridden or with some risky comorbidity, and to their caregivers and family members”. In order to expand its reach, the project started to count on the support of the EERP Culture and Community Service Commission and intends to produce more than a thousand masks.

In addition to the production, the team also provides an infographic for people to make their own mask. It contains images and the description with step-by-step instructions for making, cleaning and maintaining the masks correctly. Soon, this content will be available in a video.

The masks produced with the support of CCEx will be distributed in partnership with the Primary Care Division of the Municipal Health Secretariat of Ribeirão Preto for identification, evaluation and supply to the most vulnerable target population.



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WHO COLLABORATING CENTRE FOR NURSING RESEARCH DEVELOPMENT, BRAZIL, AND PARTNER OF NURSING NOW BRAZIL CAMPAIGN



Culture and Community Service Commission (CCEX)

MASK 4 ALL: PROMOTING SECURITY IN TIMES OF PANDEMIC



How to make your own face mask?

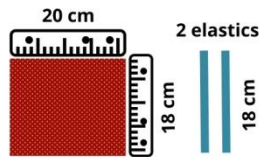


MATERIALS

Have in hand a natural fiber fabric with cotton. Example: tricoline fabric. You will need scissors, pins, needle, thread and elastics. You can sew with the help of a sewing machine, but it is possible to sew only with needle, thread and your own hands.

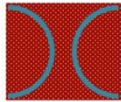
FIRST STEP

Cut the fabric in three equal pieces in the size of 18cm (width) by 20cm (length). Make a paper mold with this measure, fix it on the fabric with pins and cut around. Cut 2 pieces of elastic, each 18cm (length).



SECOND STEP

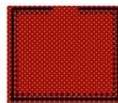
Place the two cut fabric pieces with the pattern side facing each other, one on top of the other. If it is a printed fabric, keep the two sides with the print, face to face. Pin each piece of elastic to the side of the 18cm fabric. Place the third piece of fabric on the fabrics and elastics. Now it is sewing!



THIRD STEP

Start sewing on one side of 20cm. Sew the fabric around the rectangle, keeping an open space of approximately 5cm to be able to turn the fabric to the other side, from this opening.

Opening of 5 cm



FOURTH STEP

Flip all the fabric in the left opening. After turning the fabric, you will see the elastics and it will be like a small bag.



FIFTH STEP

Make three folds in the fabric, forming a small accordion. Attach with pins the folds. You can use the iron to help keep the fabric tightly folded.



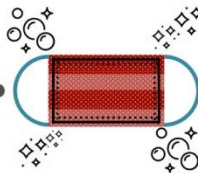
SIXTH STEP

Sew again around the four sides of the mask. Sew on the elastics. Be careful when sewing over the folds, as sewing is more difficult in this part.



SEVENTH STEP

Wash the mask with soap and water. Allow to dry completely and iron, keeping the folds very smooth. Keep in a clean bag before using.



Well done! You have just produced your own protection!

Credits: Profa Susana Segura Muñoz; Profa Karina Dal Sasso Mendes; Enfa Patrícia Abrahão Curvo

MORE INFORMATION AND QUESTIONS ABOUT MAKING FACE MASKS BY THE E-MAILS:

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Photography: by Marcelo Alonso

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Nursing now Brazil

