

Sewing Face Masks, Scrub Caps, Arm Slings, and More: The Ultimate Guide

In the wake of the COVID-19 pandemic, sewing has become an essential skill for many people. From face masks to scrub caps to arm slings, there are a wide variety of items that can be sewn at home with relatively little experience.



Sewing Face Masks, Scrub Caps, Arm Slings, and More: Practical Projects for Comfort and Care

by Angie Herbertson

★★★★☆ 4.6 out of 5

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This guide will provide you with everything you need to know to sew face masks, scrub caps, arm slings, and more. We'll cover the basics of sewing, including how to use a sewing machine and how to sew by hand. We'll also provide step-by-step instructions for sewing each item, as well as patterns and tips.

Getting Started

Before you can start sewing, you'll need to gather a few supplies. Here's a list of what you'll need:

- Sewing machine
- Fabric
- Thread
- Scissors
- Measuring tape
- Pins
- Iron
- Ironing board

Once you have your supplies, you can start sewing! Here's a step-by-step guide to sewing a face mask:

How to Sew a Face Mask

Materials

* Two pieces of fabric, each 9" x 6" * Elastic cord or ribbon, 12" long *
Sewing machine * Thread * Scissors * Measuring tape * Pins * Iron *
Ironing board

Instructions

1. Place the two pieces of fabric right sides together and pin around the edges.
2. Sew around the edges of the fabric, leaving a 2" opening on one side.
3. Turn the fabric right side out and press the seams.
4. Fold the raw edges of the opening inward and press.
5. Topstitch around the opening to

close it. 6. Cut two pieces of elastic cord or ribbon, each 6" long. 7. Thread the elastic cord or ribbon through the casing at the top of the mask. 8. Tie the ends of the elastic cord or ribbon together to secure the mask.

Here's a step-by-step guide to sewing a scrub cap:

How to Sew a Scrub Cap

Materials

* One piece of fabric, 20" x 36" * Elastic cord or ribbon, 18" long * Sewing machine * Thread * Scissors * Measuring tape * Pins * Iron * Ironing board

Instructions

1. Fold the fabric in half lengthwise, right sides together. 2. Sew the raw edges together, leaving a 2" opening at the top. 3. Turn the fabric right side out and press the seam. 4. Fold the top edge of the cap down 1" and press. 5. Fold the top edge of the cap down 1" again and press. 6. Topstitch around the top edge of the cap to secure it. 7. Cut two pieces of elastic cord or ribbon, each 9" long. 8. Thread the elastic cord or ribbon through the casing at the back of the cap. 9. Tie the ends of the elastic cord or ribbon together to secure the cap.

Here's a step-by-step guide to sewing an arm sling:

How to Sew an Arm Sling

Materials

* One piece of fabric, 24" x 36" * Velcro, 4" x 6" * Sewing machine * Thread * Scissors * Measuring tape * Pins * Iron * Ironing board

Instructions

1. Fold the fabric in half lengthwise, right sides together. 2. Sew the raw edges together, leaving a 4" opening at the top. 3. Turn the fabric right side out and press the seam. 4. Fold the top edge of the sling down 2" and press. 5. Fold the top edge of the sling down 2" again and press. 6. Topstitch around the top edge of the sling to secure it. 7. Cut two pieces of Velcro, each 2" x 3". 8. Sew one piece of Velcro to the inside of the sling, at the top. 9. Sew the other piece of Velcro to the outside of the sling, at the bottom. 10. Wrap the sling around the arm and secure it with the Velcro.

We hope this guide has helped you learn how to sew face masks, scrub caps, arm slings, and more. With a little practice, you'll be able to sew these items quickly and easily.

If you're looking for more sewing projects, be sure to check out our other blog posts. We have a wide variety of projects for all skill levels, so you're sure to find something you love.



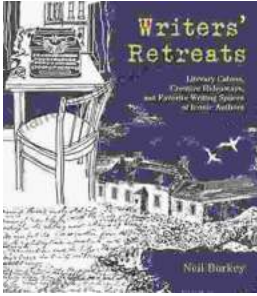
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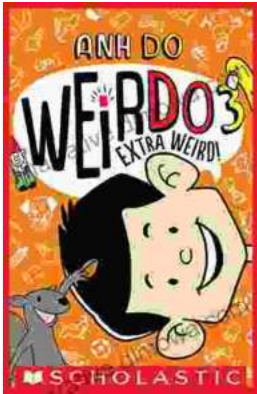
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