

Circle of Life Approved Isolation Gown Instructions

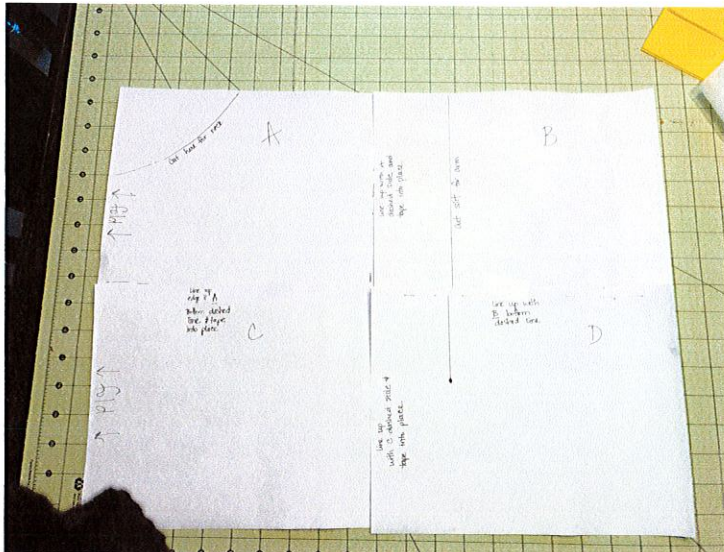
Materials:

Oly*Fun (100% polypropylene) fabric: **NO HEM REQUIRED, SIMPLY CUT AND SEW**
1/8 - 1/4 inch elastic cut into 2 (5) inch strips
Yard Stick/Measuring Tape

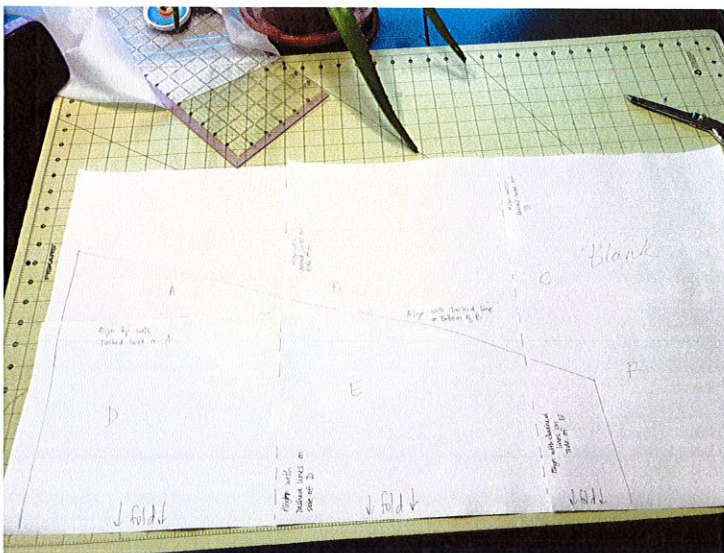
Printed PDF Pattern taped together as instructed
Thread
Sewing Machine

Step 1:

Print PDF Pattern and tape together as instructed on pattern pieces.



**Printed PDF pattern for Gown
CUT 1 on Fold**



**Printed PDF pattern for Sleeves
CUT 2 on Fold**

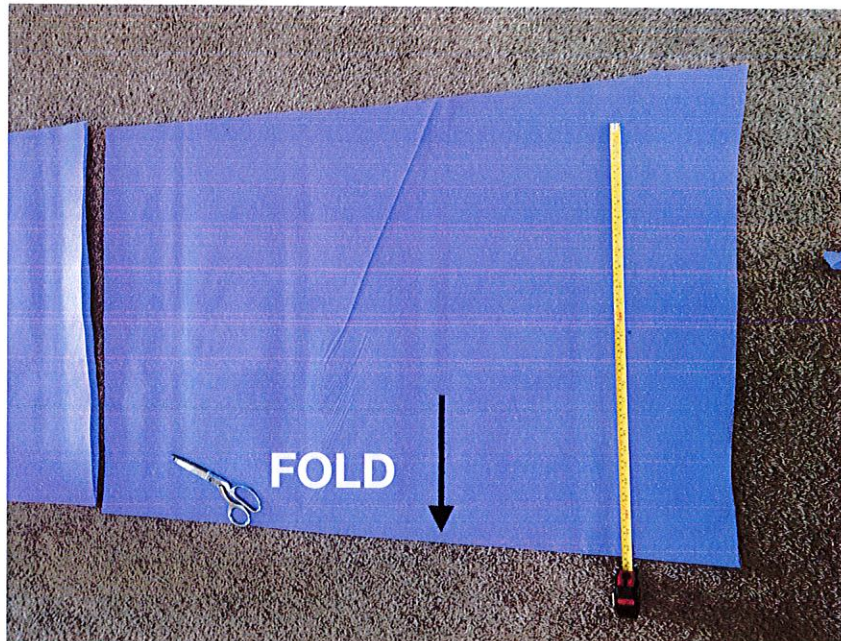
Step 2:

Prior to cutting out pattern, cut long strips of excess width to use as the ties that will go on the back of the gown. 1 inch will do just fine. Strips need to be 20 inches x 2 for the neck area and 30 inches x 2 for the waist area



Step 3:

Cut a 44.5 inch by 26.5 inch rectangle on the fold



Step 4:

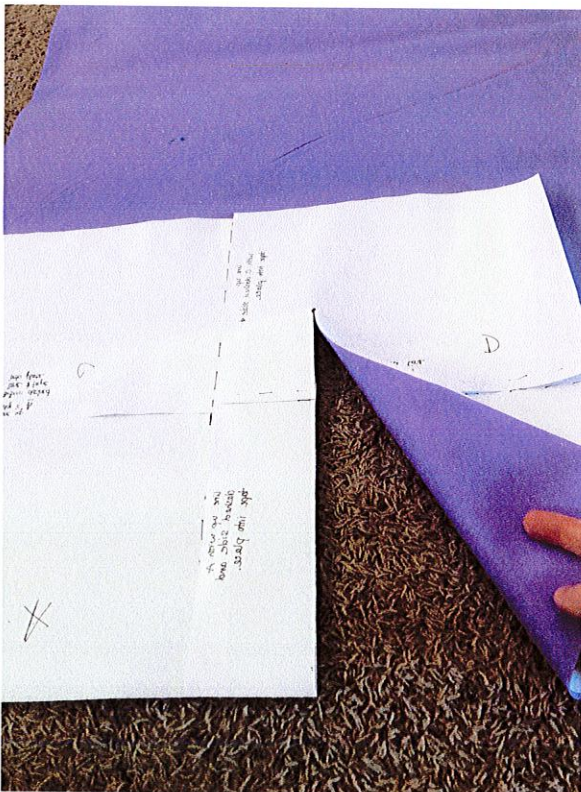
Place PDF pattern for gown on bottom left corner ON FOLD. CUT Neck Area

NOTE: THE PATTERN WILL NOT EXTEND THE FULL WIDTH OF THE FABRIC!



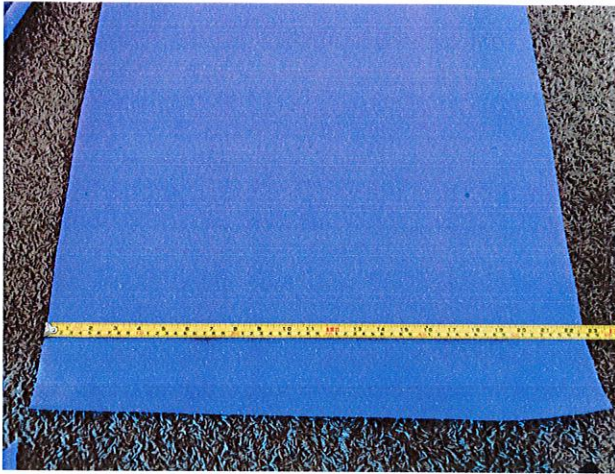
Step 5:

Cut the Slit for the Sleeves.



Step 6:

To utilize fabric to its fullest and since sleeves must be cut on a fold, cut a 23 inch piece of fabric (Picture 1) and open up (Picture 2)



Picture 1



Picture 2

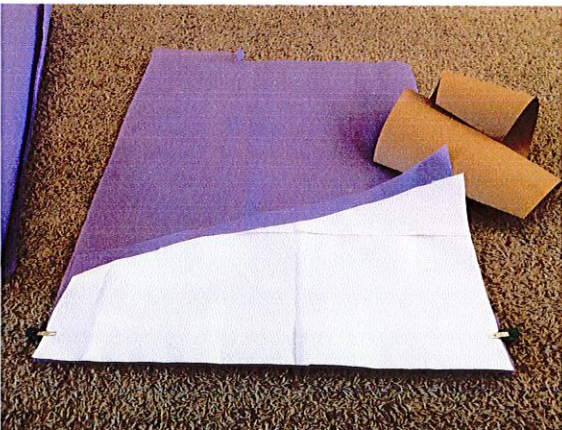
Step 7:

Fold up to fit the sleeve pattern. Cut on fold.



Step 8:

Fold up to fit the sleeve pattern. Cut on Fold.



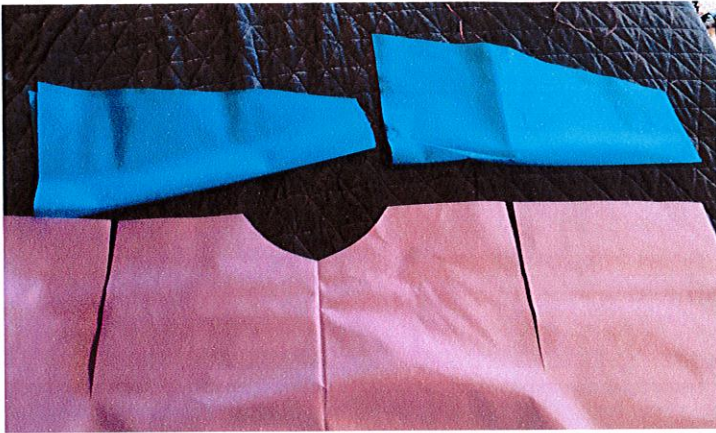
NOTE: PLEASE SAVE ALL LARGE SCRAPS!!!

- Masks can be made with 8.5 x 8.5 squares.
- Mask Filters can be made with 4 to 6 inch squares.

Step 9: (Two colors used for better demonstration)

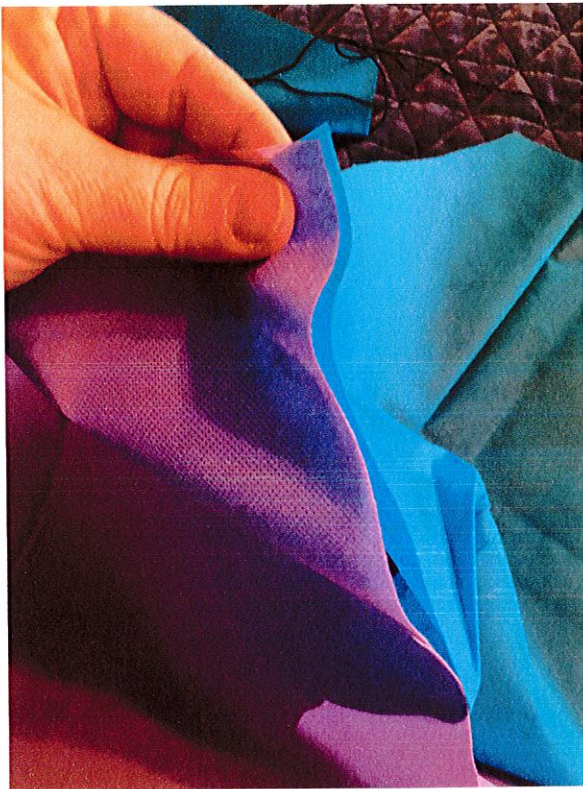
NOTE: there is not a true "right" or "wrong" side to this type of fabric.

Lay out gown piece with chosen wrong side up.



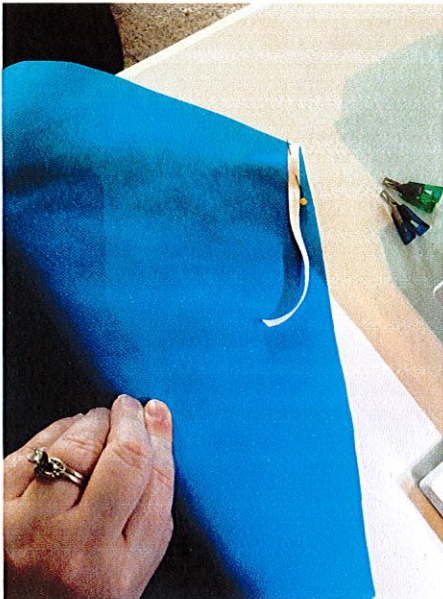
Step 10:

Start with one arm piece and line up right sides together. Pin from top of shoulder seam, down to end of slit and back up to other shoulder seam for same side. SEW with serger or with 1/4 inch hem.



Step 11:

Placing elastic in cuff. Pin and zig zag in place.



Step 12:

Using Zig Zag ELASTIC stitch, Pull elastic and sew into place.



Step 13:

Now you are ready to sew the neck to arm seam to close up the sleeve. This is how it should look as of now:



Step 14:

Pin with right sides together and sew.



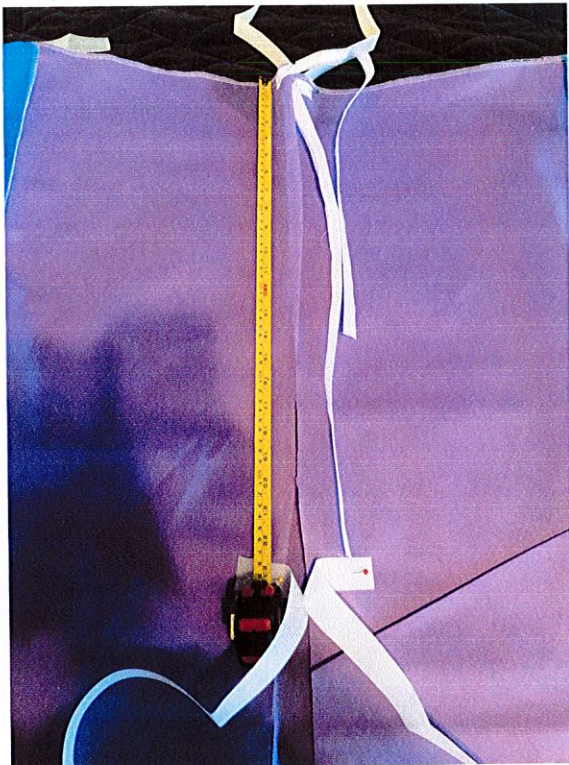
Step 15:

With right sides still together, pin neck area ties (20 in. Strips) to each side of the top opening. Sew into place using zig zag stitch

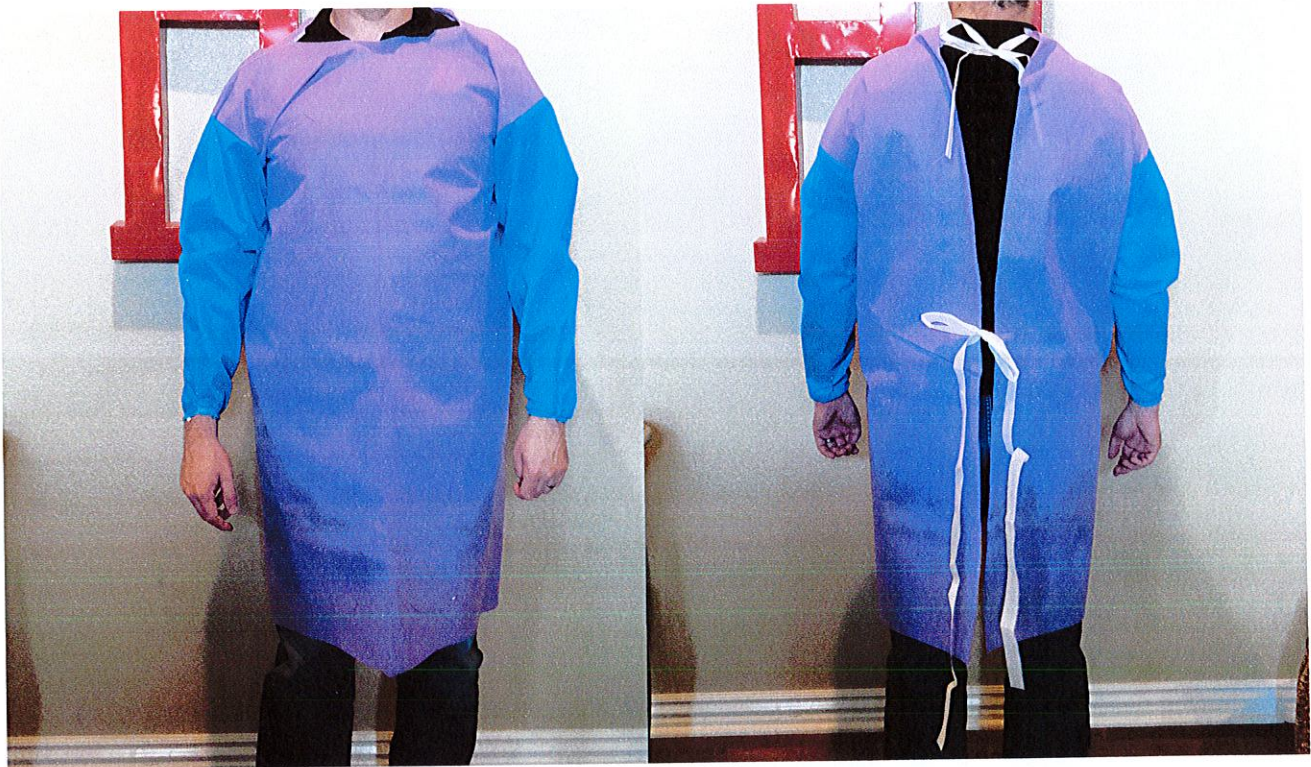


Step 16:

Measure down 23 inches, pin, and then sew waist ties (30 inches long x 2)



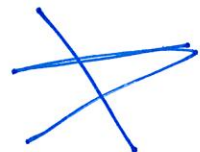
Turn right sides out and VIOLA, you are done! Thank you so much for helping meet our needs at Circle of Life!



↑ play ↑

Cut here for neck

gown
neck +
sleeve
patterns



line up with A
dashed side and
tape into place.

|

|

|

cut slit for arm

|

|

|

|

|

|

|



↑ play ↑

line up
edge \bar{c} A
Bottom dashed
line & tape
into place

U

— — — — — — — — — —

line up
with C dashed side &
tape into place



line up with
B bottom
dashed line



gown -
full sleeve
pattern



Align with
dashed lines on
side of A

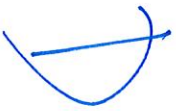
(R)

Align with
dashed side of
B

C

Blank

Align top with
Dashed lines on A



↓ fold ↓



Align with
dashed lines on
side of D

↓ fold ↓

E

Align with dashed line
on bottom of B

— — — — —

— — — — —

Align with dashed
lines on
side of E

fold

7