

# Frequently Asked Questions about the MGH Mask Challenge

## What is the MGH Mask Challenge?

With the current COVID-19 pandemic there is a worldwide shortage of personal protective equipment, otherwise known as PPE. In order to keep our community healthy and safe, Michael Garron Hospital is issuing a challenge to all east-end sewers to collectively make 1,000 masks a week! We want to see all east-enders wearing a fabric mask when they need to be within six feet of other people, especially vulnerable populations and the elderly.

## Who are the masks for?

1. All approved visitors who enter Michael Garron Hospital
2. All of our discharged patients as they reintegrate into the community
3. The broader Toronto East Community to help prevent disease transmission

## What will I need to make a mask?

We are promoting a simple 2-ply, pleated mask design.

Along with standard sewing supplies (sewing machine, measuring tape, etc.), you will also need:

1. Dark-coloured polyester fabric for the outside of the mask (this could be substituted with 100% cotton if polyester is not available)
2. Light-coloured 100% cotton for the part of the mask that goes against the skin
3. Elastic for ear loops (note: If elastic is not available, cloth ties can be used)

Please use clean fabric to make the masks. Michael Garron Hospital will also wash all masks before distributing them.

## Where do I deliver the sewn masks?

Please put your sewn masks in a plastic bag with your contact information (name, address, email address and phone number). Providing your contact information is optional and will be used by the Michael Garron Hospital Foundation to thank you for participating in the MGH Mask Challenge and share updates.

The masks can be dropped off in the Coxwell lobby of Michael Garron Hospital between 8:00AM - 4:00PM Monday to Friday. Michael Garron Hospital is located at 825 Coxwell Avenue, Toronto, Ontario.

## How can the masks be cleaned?

We recommend washing the masks daily with hot water and laundry detergent.

**Thank you for doing your part to keep everyone safe in our community. We can't wait to share the results of our challenge with you!**



# Instructions for MGH Mask

