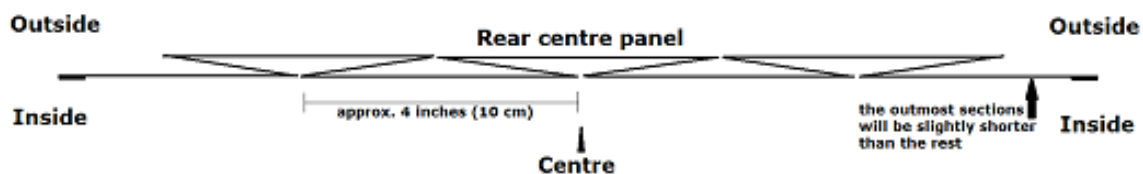


Curtains for COVID – Instructions for the ETM Face-shield Curtain

The curtain is made from two pieces of breathable fabric (see pattern). Pick a light weight (thickness) fabric, as at one stage of the sewing you will be sewing up to 7 layers of fabric. A lighter fabric will also allow your head to remain cool when wearing the shield and curtain.

- 1) Cut the two fabric pieces to match the pattern: head-band (smaller) and curtain (larger).
- 2) For the curtain (larger) piece, fold the fabric over twice at ½-inch widths on both ends of the fabric (short edges) and the bottom edge, folding to the inside (away from fabric good side -this is so the hem lip will not catch anything from the outside when worn.) Sew a straight stitch line down the center of each of the double-folded edges (3 layers of fabric). Do not create a double fold hem on the top edge.
- 3) The pleat folding guide is laid out for a finished curtain length of 15 inches (38 cm). The actual pleated piece will lay flat; the diagram shows spacing to provide guidance on the folding spacing. When folding, the 3-layer folding uses 3 times the fabric as the finished length. If you need more or less than 15 inches (38 cm) finished length to fit your shield band, make this adjustment in folding the outmost Z-fold at each side. Remember the 3:1 ratio. (A slight extra length can be taken up at final assembly by gathering a bit of fabric on the face-shield arms.)



- 4) Pleat the top edge based on the markings on the pattern, as follows.
 - a. Create a 4-inch (10 cm) wide panel centred on the mid-point of the fabric length, folding the inside of the fabric together, coming back 2 inches (5 cm) to the centre, and then do the reverse fold (Z-fold) of the next 4 inches and pin (clip) the 3 layers of the Z-fold.
 - b. Continue per pleating guide, pinning or clipping all the way.
 - c. Test the length of the pleated and pinned curtain against the head band of the face shield, allowing that the rubber strip will stretch to create a good fit. Or, put the shield on, and measure around the back of your head from the shield edge on both sides. Adjust and re-pin as necessary to get the desired length.
 - d. Sew two lines lengthwise through the pleating. ½-inch (1.25 cm) from the top edge and 1 inch (2.5 cm) from the top edge is recommended. (Use a basting stitch if available.)
 - e. Run a wide zig-zag stitch on the unhemmed, pleated edge to prevent fraying. As an alternative, sew a strip of bias tape or binding strip to enclose the raw pleated edge. (I have not recommended using a folded hem on this edge as not all home sewing machines will go through nine layers of fabric.)
- 5) The finished head-band should be 1 inch (2.5 cm) shorter than the finished pleated curtain, allowing space for the hemmed curtain to overlap the face-shield by ½-inch on each edge. For the head-band (smaller) piece, fold the fabric bottom edge over once, at ½-inch (approximately 1.25 cm) (see the pattern) on all four sides with the good side of the fabric on the outside of the folds. Pin or clip the folded edge to get consistency on the width of the hem. On the short sides only, sew a single straight stitch line down the entire length of the double-folded fabric, in the centre of the folded-

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over fabric, unpinning or unclipping as you go. Do not sew the edges of the long edges of the head-band yet.

- 6) Attach the curtain to the head-band as follows.
 - a. Fold the head-band piece in half lengthwise, good side out, and folded long edges aligned.
 - b. Insert the top of the pleated curtain lengthwise between the folded long edges of the head-band, like the filling in a sandwich (where the head-band edges are the bread. The top of the pleated curtain should be even with the ½-inch width of the folded edges on the head-band. The pleated curtain side edges should project about ½-inch beyond both ends of the head-band length.
 - c. Pin the layers together to ensure consistency of alignment. Use the outside (good side) of the curtain fabric as the top for the pinning and sewing work. Take your time with this to get the alignment even and use all the pins you need to ensure the alignment is maintained. It's best if you can align the pins so the sharp ends will be at the leading edge as you feed the joined material into the sewing machine needle. That way, it's easy to remove the pins just as they are approaching the needle, maintaining the fabric alignment as long as possible.
 - d. Set your machine for a zig-zag stitch, wide and fairly short stitches.
- 7) Align the pinned fabric on the sewing machine bed so that the zig-zag will just catch the bottom of the head-band layers at one side, and go as far across the head band edge as possible at the other side of the needle cross-ways motion. This will give the most strength for the join of the two pieces and keep the unfinished edge of the pleated curtain away from strain or wear.
- 8) Feed the rubber strip through the head-band. Gather the fabric as necessary to have rubber strip coming out both ends. (Tip. If you have a long knitting needle or similar rod, fold one end of the rubber strip over about one inch and wrap around with Scotch tape. Insert the sharp end of the knitting needle into the taped pocket of the rubber strip, and then slide the head-band over that. When the taped pocket is exposed at the other end, remove the tape and needle.) Keeping the rubber strip as flat as possible inside the head-band, push the ends through the holes in the arms of the shield, from inside to outside. (I found it helps to push a corner of the rubber strip through the hole and tightly grasp the initial protrusion to pull through. The tightness of the hole is what keeps the rubber strip in place when worn.) Adjust the rubber strip until the fit is as desired, keeping the loose ends as even as possible. On one side at a time, hold the loose end of the rubber strip flat against the shield arm going to the face of the shield, then slide the head-band over the shield arm and loose rubber strip.
- 9) Place the peel-and-stick hook-and-loop fastener on the shield. Note: attach the hook side on the shield and head band, and the loop (fuzzy) side on the curtain. You'll appreciate this when you launder the curtain fabric.

With the curtain attached at the top of the shield pulled all the way to the shield, bring the side hem along the inside of the shield and pick the spot where you want the lower attachment point to be. Cut a small piece of fastener, pick the hook side, peel off the tape to reveal the adhesive, and stick to the inside of the shield at the selected spot. Then, at the equivalent point on the curtain side hem, attach the loop portion of the fastener lightly to the outside edge of the fabric. Align the fastener pieces, but do not join them. Ensure they align as you wish, adjust if necessary. Once aligned, squeeze both pieces firmly to the shield and fabric separately. Then attach together. Repeat on other side of the shield. (You should put a few stitches into the pieces of hook-and-loop

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fastener attached to the fabric for a more durable adhesion. For me, this is easier as hand sewing than machine sewing – eight stitches is sufficient.)

- 10) Test for fit and make any final adjustments.
- 11) Personalize your new COVID Curtain face-shield and mark your name or telephone number or email address on it somehow. (You may leave it behind some day.)
- 12) Find a place to hang the shield and curtain so you will remember to take it with you when you will need it. When necessary, go out in public better protected against the SARS-CoV-2 coronavirus.

Laundering

Either hand or machine washing should be fine. Use soap or laundry detergent, as these are effective at killing the virus. I recommend hanging to dry, as some hook-and-loop fastener adhesives will be affected by the heat of a clothes dryer. (Less of an issue if you have sewed the hook-and-loop fastener pieces to the COVID curtain. When travelling, if a clothes line is not available, just hang over the shower rail in the bathroom or the back of a chair.