Fact Sheet on Donations of Fabric Masks

One way to assist our healthcare professionals is by making handmade fabric masks to supplement the Personal Protective Equipment that they wear. Many volunteers across the country have started to sew masks for their local hospitals and medical facilities. This generous outpouring is in response to the Center for Disease Control's guidance that fabric masks are a crisis response option when other supplies have been exhausted.

We join many healthcare corporations by sending you shared and general guidance for those who wish to help by sewing masks for donation to Central Maine Healthcare facilities. A special thank you goes out to the Turban Project and Deaconess Health Systems for providing the information below.

Know we appreciate your time, talent and generosity to assist Central Maine Healthcare hospitals in Bridgton, Lewiston and Rumford.

Important infection prevention

Before starting this project, please ask yourself the following questions:
1. Have you been in contact with anyone suspected or confirmed to have COVID-19 in the past 14 days?
2. Do you have a fever, cough or shortness of breath?

If you are able to answer "NO" to both questions, then proceed with making masks.

If you answer "YES" to either or both questions, please do not make masks. If you are experiencing cough, fever, or shortness of breath and have a concern that you may have COVID-19 please call your primary care provider for a risk assessment.

All masks will be washed in our facilities before being handed out to healthcare professionals.

Instructions for making masks

Materials
- 100% unused cotton fabric (front) – no metallic fabrics
- 100% cotton or cotton flannel (back)
- 1/8”, 1/4”, or 3/8” flat elastic, or 1/4” inch bias-tape

- Video instructions: Instructional video from Deaconess Health System.
- Written instructions: How to Make a Facemask (PDF)
Mailing or Dropping off masks

Fabric masks should be dropped off in resealable plastic bags. Please make sure that you have a piece of paper with your contact information (Name, Address, Phone, & Email) clearly written on it, which will allow us to keep track of your donation. Thank you in advance for your generosity.

Donations will be accepted as follows:

**Days:** Monday through Friday  
**Time:** 9:00am to 2:00pm

**Mailing or Drop-Off Locations:**

For Central Maine Medical Center:  
CMH Supply Warehouse  
95 Spring Street  
Lewiston, ME 04240

For Bridgton Hospital:  
Central Registration  
10 Hospital Drive  
Bridgton, ME 04009

For Rumford Hospital:  
Central Registration  
420 Franklin Street  
Rumford, ME 04276

**Questions & Contact Information**

If you have any other questions, please contact:

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