

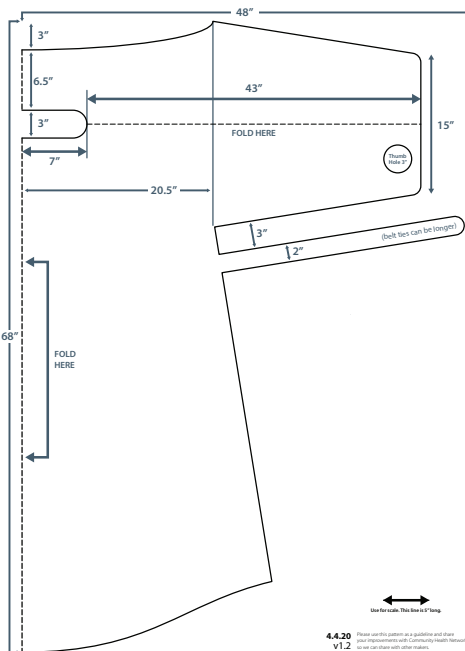
DIY Barrier Gown Instructions



Michelle Cullen's

Tutorial video

[youtube.com/watch?v=wVDvC520jbA](https://www.youtube.com/watch?v=wVDvC520jbA)

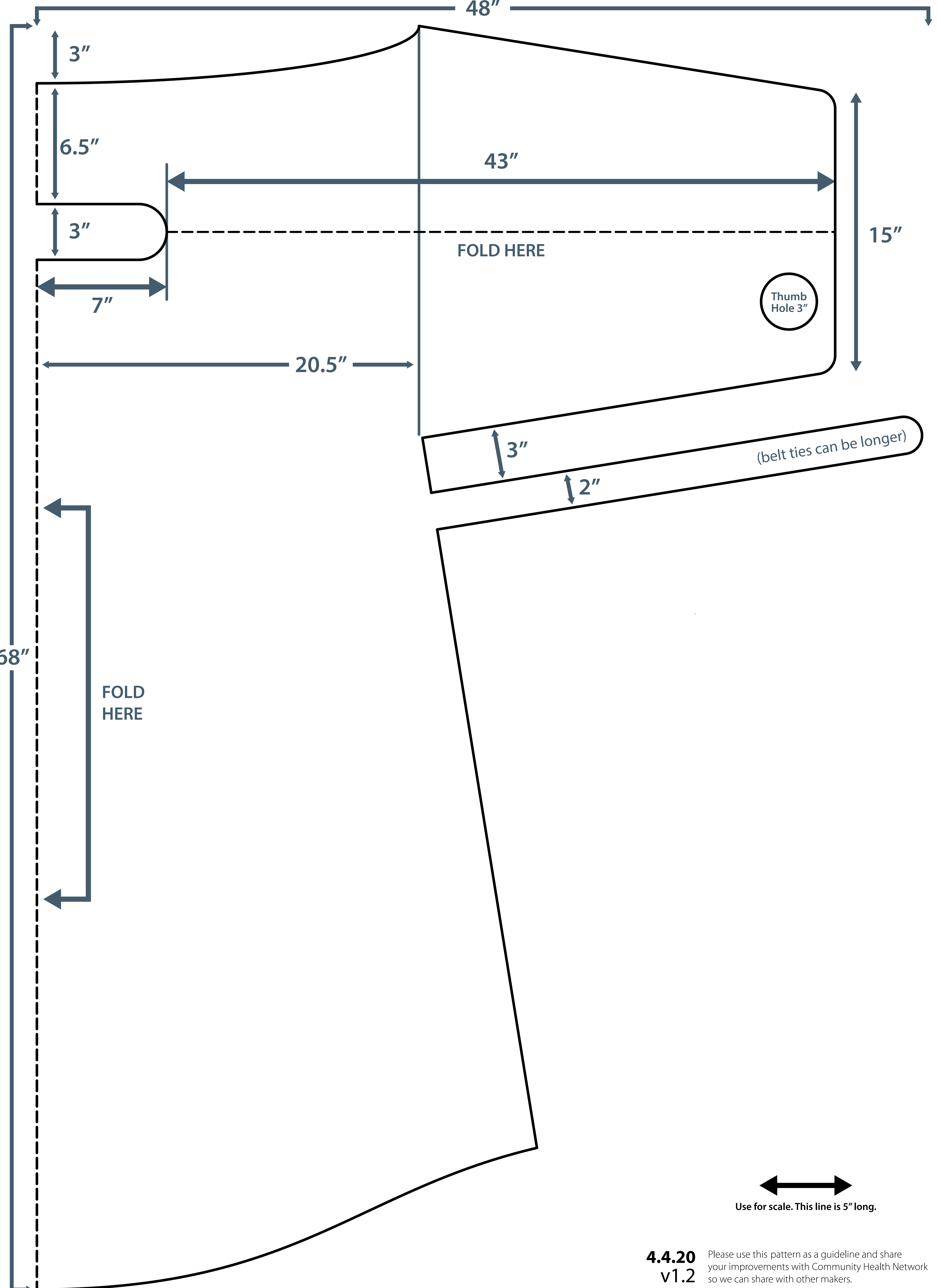


Materials:

- 8' x 7' Material for gown (Tyvek, plastic shower curtain or other waterproof material)
- Masking tape and double-sided fabric tape
- Sharpie
- Sharp scissors
- Material for making the pattern - can use cardboard, heavy plastic or a pre-made gown (used in the video tutorial)

Instructions:

- Create your pattern using the measurements above. Remember to fold the material in half.
- Double the gown material by folding it in half when using the pattern.
- Tape the material down to the surface that you will be cutting from while using your pattern.
- Trace around the pattern on the gown material with a sharpie.
- Use sharp scissors to cut the pattern out of the gown material.
- Cut holes out for the neck and sleeves.
- Double stick tape the arms to create a sleeve. This can be reinforced with more single-sided tape.
- **Open Back option:** To avoid pulling gown over the wearer's head, cut the back of the gown from the neck down to the center of the back of the material. Velcro tabs or fabric ties can be added to close the gown at the back of the neck. This open back design may help alleviate cross-contamination to the head or hair. Note: This is not on the instructional video.



48"

3"

6.5"

3"

7"

43"

FOLD HERE

15"

Thumb Hole 3"

20.5"

3"

2"

(belt ties can be longer)

68"

FOLD HERE

Use for scale. This line is 5" long.

4.4.20 Please use this pattern as a guideline and share your improvements with Community Health Network so we can share with other makers.
v1.2