

## DIY PPE Medical Isolation Gown Pattern

For Health Care Workers- PPE (Personal Protective Equipment) Washable and Reusable  
For emergency use when approved gowns are unavailable. One Size\*

### Materials List:

Fabric: Polyester blends preferred. Fabrics with a tight weave are best- they cut down on the penetration of virus and body fluids. But most any fabric will work.

2 1/4 yards for body and sleeves of 44", 54" or 60" fabrics.

Or, Bed sheets twin size and larger, flat and fitted (cut off elastic then cut into corners, so sheet lies flat.)

Body and sleeves do not have to match! It doesn't have to be pretty, just serviceable!

Notions: Tie, neck- 55" long -bias tape or bias binding is best. But, use what you have and make it work.

Tie, waist- 90" long by 1/2" to 1" wide ribbon, or other materials suitable for ties.

Self-made ties require extra yardage. Use left over fabric from 54", 60" and bed sheets. 44" wide fabric requires an additional 1/4 to 1/2 yard. Tip: Trim off the narrow hem on flat sheets and use as ties!

Notes: Seams 1/4"

Edges- finish sleeve wrists, hem and center back edges with zig zag or serge.

### Instructions:

Fig. 1 Cut Body piece on the fold 57" by 22".

Cut sleeves (2). Top edge is the shoulder- 24", bottom edge is wrist -11" centered. Cut at an angle from shoulder to wrist on each side. For 44" wide fabric: cut body piece then open fabric and cut sleeves separately for best use of fabric

Fig. 2 **-Refold gown body in opposite direction!** Open fabric 57" wide by 44" long, right side up. Fold outside edges toward center front, right sides together.

-Sleeve opening (armscye): Measure 1" in from top corners on each side and mark. Measure down each side 11" and mark. Draw a line from mark to mark. You may curve the line as shown. Cut the sleeve

-Neck opening: Measure 9" across top center front and mark (4 1/2" is the center mark of 9"). Measure 3" down and mark. Use a plate to draw the neck circle as shown. Cut out neck.

Fig. 3 Lay gown out flat, right side up. Spread one armscye (arm hole) completely open as shown.

Fig. 4 Lay one sleeve, shoulder edge to armscye (arm hole), right side of fabric down (right sides together). Ease the sleeve into the armscye (arm hole), pin and sew. It may pucker a little in the under arm area. Repeat on the other sleeve.

Not shown: Zig zag all exposed edges- wrists, hem and both center back edges.

Fig. 5 Refold gown inside out, right sides together. Pin sleeves from wrist to neck. Secure a few stitches at wrist, skip 2", secure a few stitches more and continue sewing across sleeve and shoulder to neck. This creates a thumb hole for ease of putting gloves on.

Fig. 6 Turn gown right side out. Sew 55" bias tape into neck: fold tape in half and pin at center front neck for placement. Sew 90" waist tie 15" down from center front neck. Fold tie in half, place centered at waist and sew a few inches as shown to secure in place. Finished!

\* Check requirements from the facility to which you are donating.

The text and images in this pattern are free to use, share or edit. [janmroach5@hotmail.com](mailto:janmroach5@hotmail.com) Feedback is welcome!

URL for this pattern:

<https://onedrive.live.com/?authkey=%21AOIPumaxG1cl008&cid=5A0926368BA2E777&id=5A0926368BA2E777%2117238&parId=5A0926368BA2E777%21136&o=OneUp>

I adapted this pattern from a YouTube video by Cari Brinkerhoff Williams, with her permission:

<https://www.youtube.com/watch?v=O0goN9DgNyg&feature=share&fbclid=IwAR0OzlM4zSt5zB1bfRnul88g7KK-oL-Td7OiVCCSxPlnTFMDC-cx-z8Ri3l>

Last updated 3/29/2020 at 6:37 pm. Jan Roach

Fig. 1 (below) Cut body and sleeves.

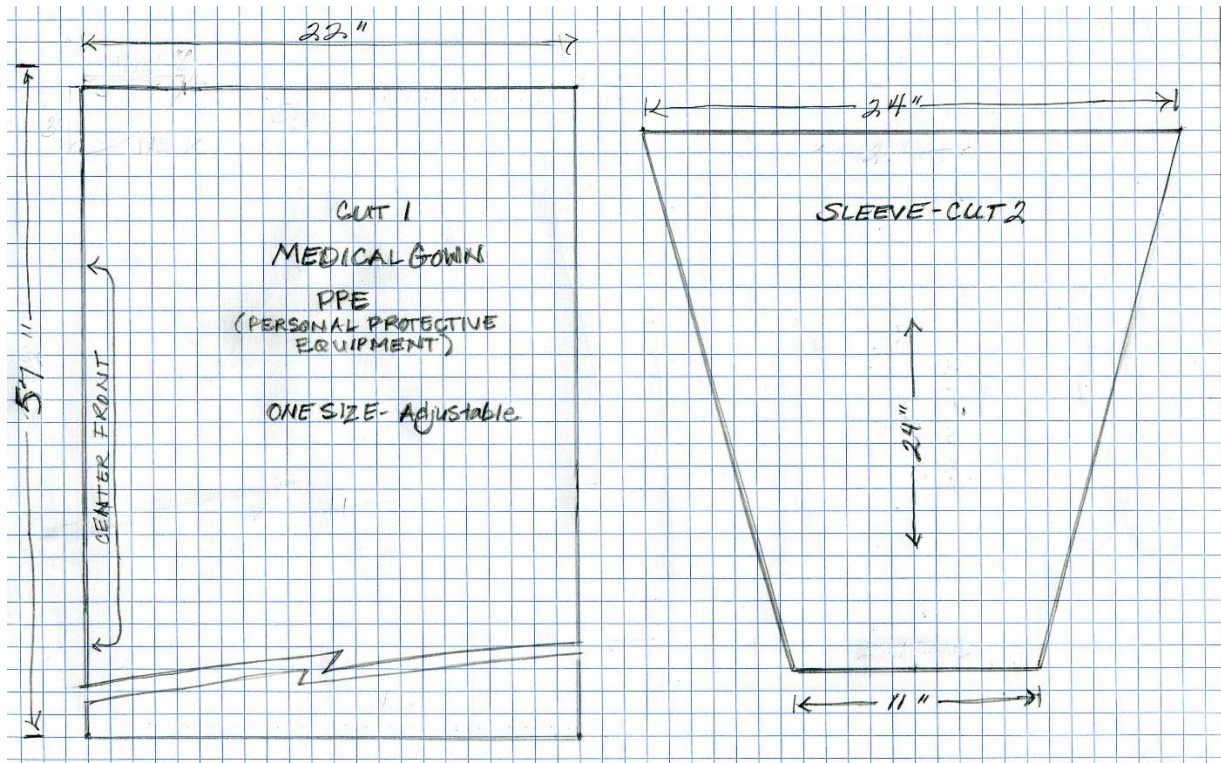


Fig. 2 (below) Refold Gown in opposite direction! Measure and cut arm/sleeve holes and neckline.

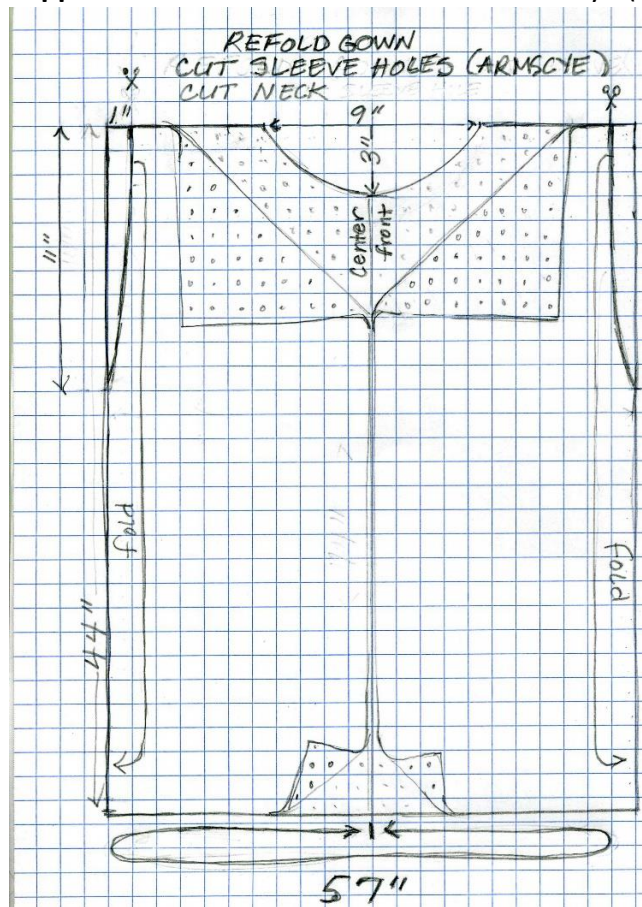


Fig. 3 (below) Armscye (arm hole) spread open.

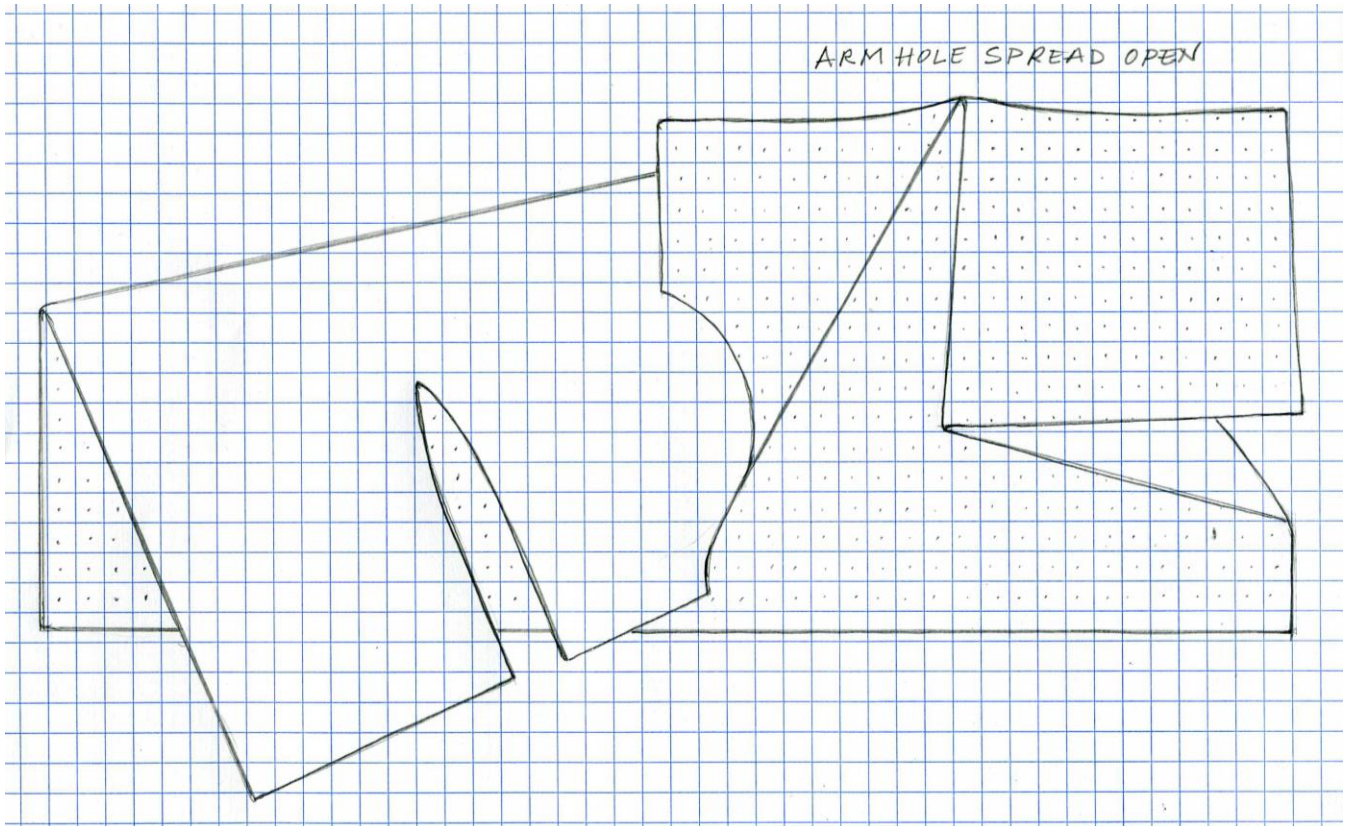


Fig. 4 (below) Ease sleeve into armscye (arm hole).

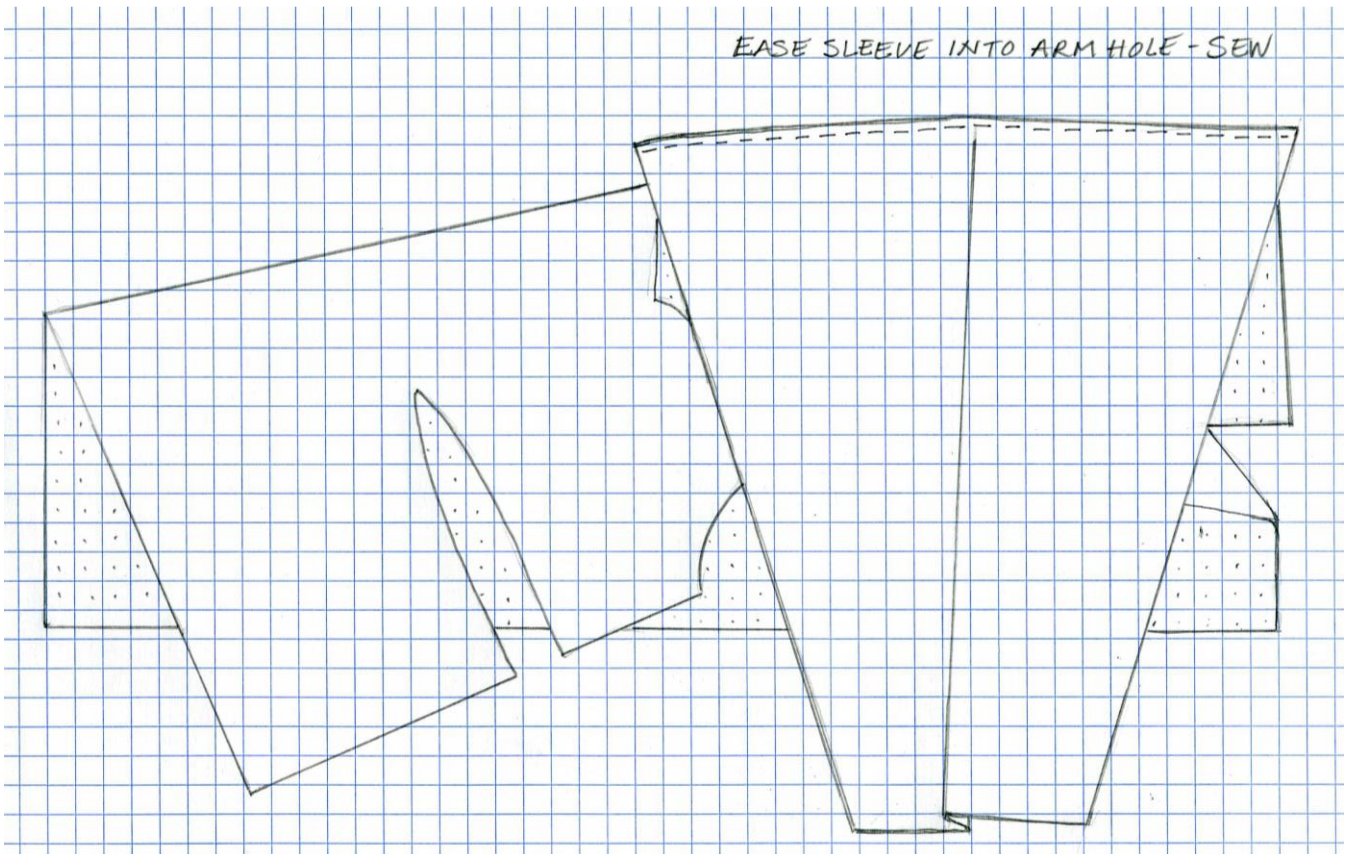


Fig. 5 (below) Fold gown inside out and sew sleeves and shoulders. Leave a 2" gap at wrist for thumb holes.

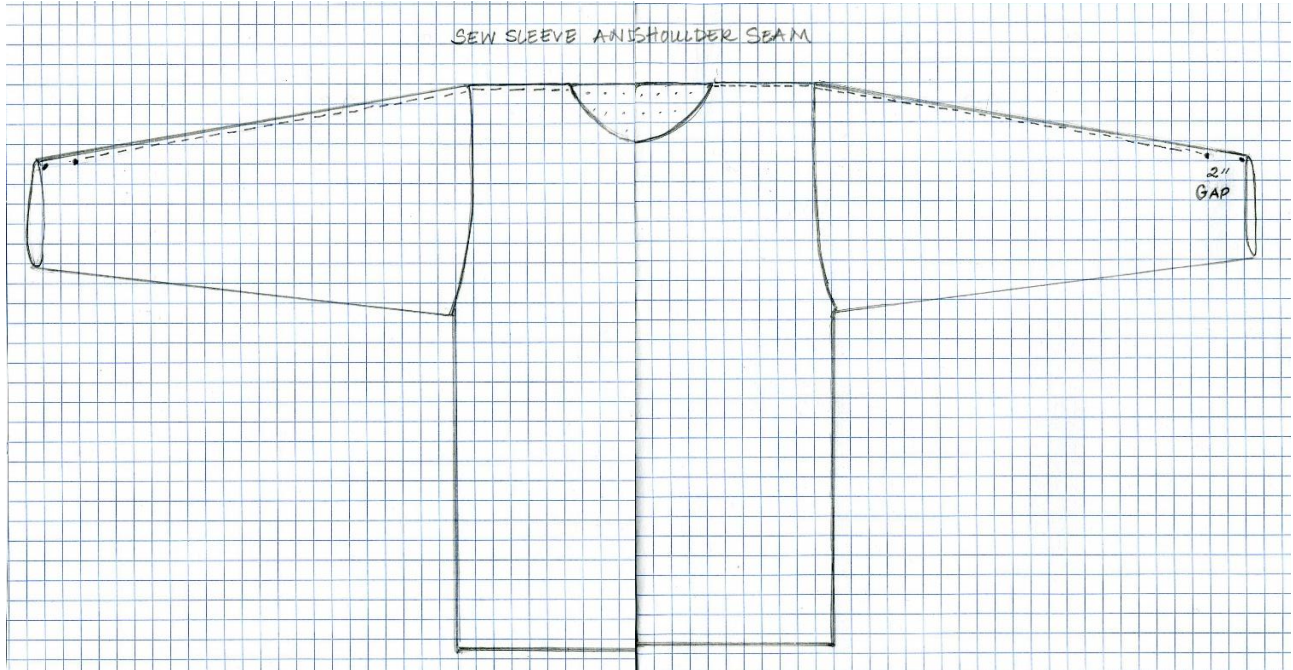


Fig. 6 (below) Sew neck binding and waist ties.

