



STATE OF MINNESOTA DEPARTMENT OF VETERANS AFFAIRS
MINNESOTA VETERANS HOMES



5101 Minnehaha Avenue South • Minneapolis, Minnesota 55417-1699 • (612) 548-5959
Fax (612) 548-5964 • MinnesotaVeteran.org • 1-888-LinkVet

March 23, 2020

Dear Volunteer:

We appreciate your support of the Minnesota Veterans Homes. Many of you have asked how you can help in our response to the Coronavirus (COVID-19) outbreak. As you know, there is a shortage of facemasks. If you sew, on the back of this letter are instructions on how to sew a face mask. View an instructional video here: <https://bit.ly/33EfqjS>. The Minnesota Veterans Homes would welcome any donations of facemasks to use if there is a shortage in our homes.

Please stay safe and healthy by following these guidelines from the Minnesota Department of Health:

- Stay home if you are ill
- Cover your coughs and sneezes
- Wash your hands and/or use hand sanitizer
- Implement social distancing (6 feet or more) and limit in-person social gatherings and meetings
- Cancel all interstate and intrastate travel, except for certain exemptions

If you are experiencing any symptoms, please do not engage in this project until you have been without a fever or symptoms for 3 days.

Support and Resources

We recognize the COVID-19 pandemic is causing stress and anxiety for everyone. Veterans are encouraged to reach out for support:

- Minneapolis VA Health Care System – **Call FIRST if feeling ill: 612-467-1100**
- Minnesota State Veteran Homes daily message: 833-454-0147
- MDVA LinkVet: 1-888-LinkVet
- Veterans Crisis Line: 1-800-273-8255 press 1; Veterans Crisis Text: 838255
- NAMI Minnesota website for resources on mindfulness, stress support, and counseling: <https://namimn.org/nami-minnesota-classes-and-support-groups-on-zoom/>
- [CDC website: www.cdc.gov/coronavirus/2019-nCoV/](https://www.cdc.gov/coronavirus/2019-nCoV/)
- [Minnesota Department of Health website: www.health.state.mn.us/diseases/coronavirus/](https://www.health.state.mn.us/diseases/coronavirus/)
- Minnesota Department of Health Hotline: (651) 201-3920
- [Minnesota Be Ready website: https://mn.gov/mmb/be-ready-mn/](https://mn.gov/mmb/be-ready-mn/)
- FEMA: www.fema.gov/Coronavirus-Rumor-Control

Thank you!

Sincerely,
Michael RH Anderson, Administrator

An Equal Opportunity Employer

This document will be made available upon request in alternative formats by contacting the MDVA Office for Diversity, Inclusion and Equity at 612-548-5961 or at diversity.mdva@state.mn.us.

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How to make a face mask

What you will need

- Cotton fabric
- Rope Elastic, beading cord elastic will work (you may also use 1/8" flat elastic)
- Cut the elastic 7" long and tie a knot at each end (DO NOT knot the ends of the flat)

You can make two sizes: adult or child

1. Put right sides of cotton fabric together
 - o Cut 9x6 (adult) or 7.5 x 5 (child)
2. Starting at the center of the bottom edge, sew to the first corner, stop. Sew the elastic with the edge out into the corner. A few stitches forward and back will hold this.
3. Sew to the next corner, stop, and bring the other end of the same elastic to the corner and sew a few stitches forward and back.
4. Now sew across that top of the mask to the next corner. Again put an elastic with the edge out.
5. Sew to the next corner and sew in the other end of the same elastic.
6. Sew across the bottom leaving about 1.5" to 2" open. Stop, cut the thread. Turn inside out. Pin 3 tucks on each side of the mask. Make sure the tucks are the same direction.
7. Sew around the edge of the mask twice. Be sure any fabric design is placed horizontally.

It is so easy to make this.

Be sure any fabric design is place horizontally.

