

How to Make a Reusable Isolation Gown



Disclaimer

This gown is designed as a homemade solution to assist medical personnel responding to the COVID-19 pandemic. It uses common household materials to provide some level of protection. This design and materials have not been approved by the FDA, CDC, or any other regulatory body. Use at your own risk.

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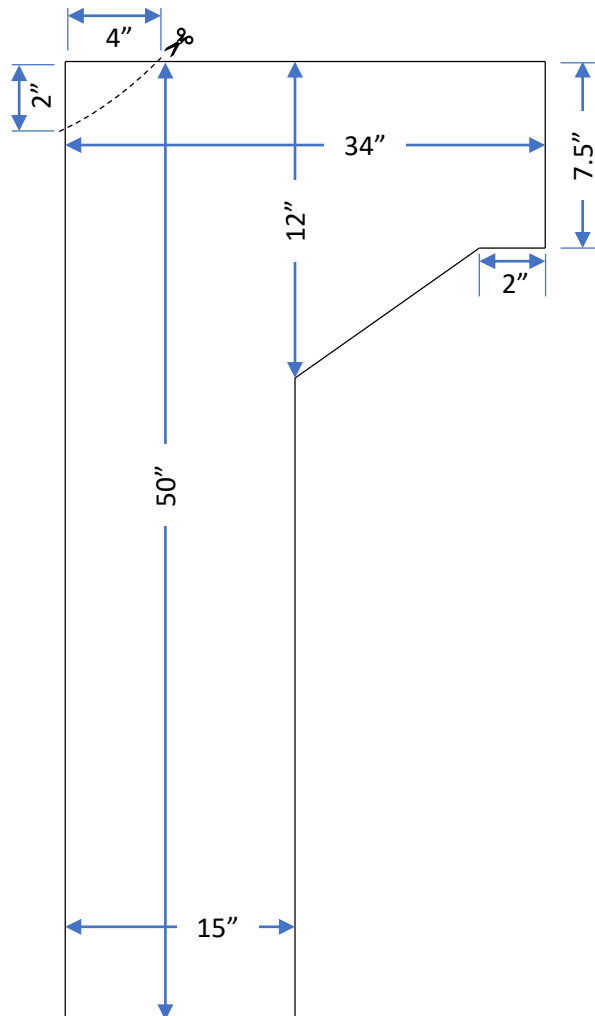
Supplies

- 1 x Woven shower curtain liner
- 1 x Package Double Fold Bias Tape $\frac{1}{2}$ " wide, cut 42" long
- 3 Yd x $\frac{1}{2}$ " grosgrain ribbon or twill tape
- 2 x Pieces rib knit, cut 8" x 6" , stretchy side being 8"
- *If not using rib knit, you will need 2 8" pieces $\frac{1}{4}$ " wide elastic

I am using woven waterproof shower liners from Walmart etc.

They are usually a standard 70" x 70" or 70" x 72" and 1 liner makes 1 isolation gown. I have been looking to buy the fabric by the yard but so far have not found anything that is suitable or meets the requests of the medical personnel.

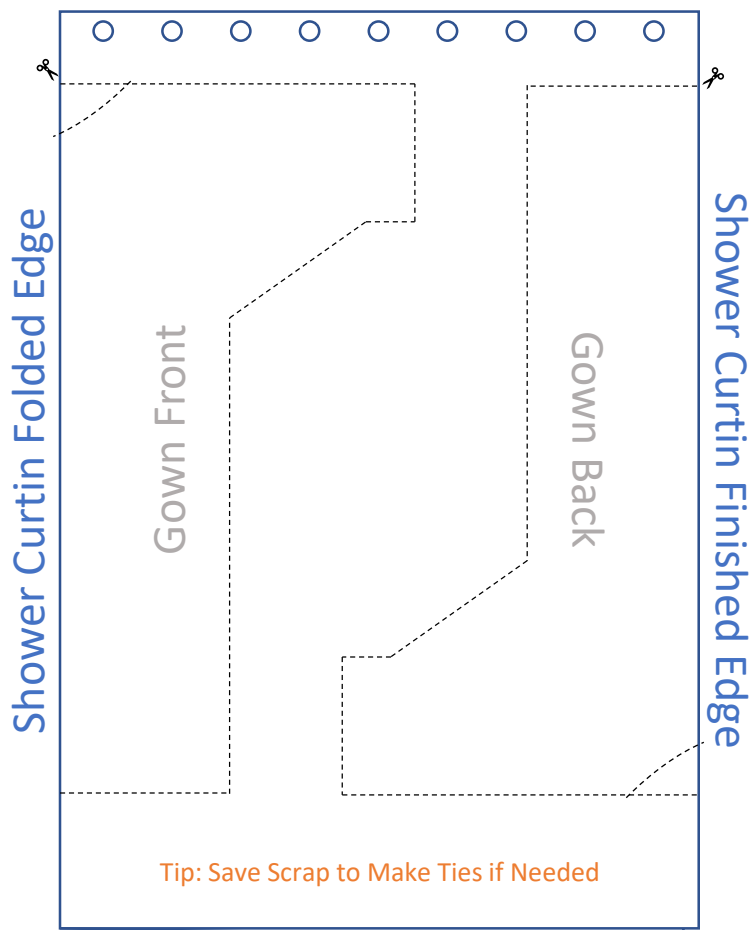
The Pattern



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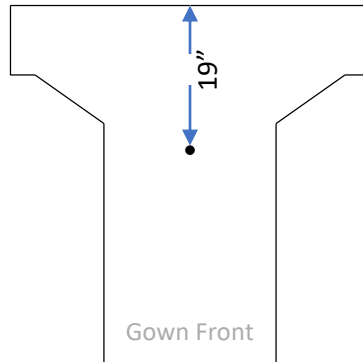
Instructions

1. Fold the shower curtain in half length wise, making sure finished sides of liner are even. (Having finished edges even will save you a step later)
2. Using the diagram below, draw your pieces on the fabric. If you prefer to lay out paper pattern pieces, try using up some of that old Christmas wrapping paper to make pattern pieces. This way works best for me.
3. One piece will be placed on the fold. This piece will open up to be the gown front. The other piece is placed in the opposite direction, creating the 2 back pieces. Try lining up the center back edge of back pieces with the finished edge of the liner. This will save you the step of later having to finish the back center edges. It will take up all of the fabric and leave about 5 inches along the bottom. (Don't throw this scrap away because if needed it could be used for the ties.)
4. From the center top of front and backs, I dropped a neckline about 2 inches down and drew it out to about 4 inches, creating an opening for the neck/head. Cut that out and we will finish the edge later.



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5. Make a mark at center front about 19 " below neck line with chalk or sewing marker. This is where you will place the waist ties later.



6. Open the front piece and lay fabric right side up. Position both back pieces right side down on top of front, lining up the shoulder seams. Sew those 2 seams.
7. Now sew the under arm seam continuing on down the side to bottom of the gown. If needed finish center back edges by turning under raw edge about $\frac{1}{2}$ inch, and again, then stitch in place.
8. Finish the neckline edge with bias tape. Cut the bias about 42" long and mark center. Pin to front neck center and along rest of neck edge. There will be extra length on each end creating the back neck ties. Stitch bias tape close to edge and continue around neck edge. I tied each end of bias tape in a knot to finish it off.
9. Sew the short ends of each piece of rib knit together creating 2 tubes. Fold the tubes in half, wrong sides together. Pin raw edges of tube and sleeve together, stretching rib to fit sleeves. Using a serger or zigzag attach the rib knit creating the cuff.
If not using rib knit, turn under raw edge of sleeve hem to create a casing for elastic. Use about an 8-inch piece of $\frac{1}{4}$ inch wide elastic and run it in to the casing. Secure ends of elastic together and stitch casing closed.
10. Hem the bottom the same way back center was finished.
11. Position the long ribbon or twill tape to center waistline at the mark made earlier. Stitch about 3" out from center on each side of center to anchor the waist tie in place. It is so long because it has to be long enough to wrap around from the front, to the back, and then around to the front again and be tied.

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12. If you opted to make your own tie from the left over scrap, create a really long tube about 3ish yds long. Slice that left over scrap from the bottom of the liner in half lengthwise and stitch 2 short ends together. Now you should have a very long strip of fabric. Fold and press in both long raw edges and then fold in half. Stitch down the entire length of fabric. Attach this as described above.
13. If you did not use bias tape at neckline, using more of the left over scraps, make 2 neck ties and attach to each side of center back neck edge.

Done