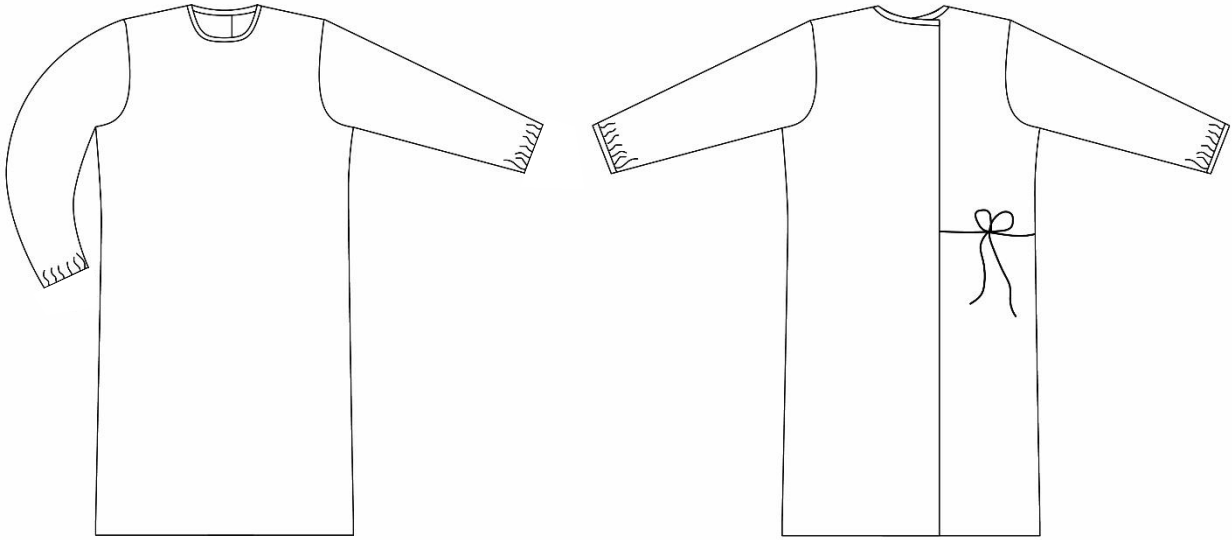


## Instructions for making an isolation gown



### Sewing guidelines

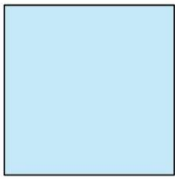
Pre-wash and dry your fabric.

**Use a 12 mm (1/2") seam allowance.**

If you are using a fabric that frays, finish all seams with a serge or zig-zag stitch.

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## Assembly



right side



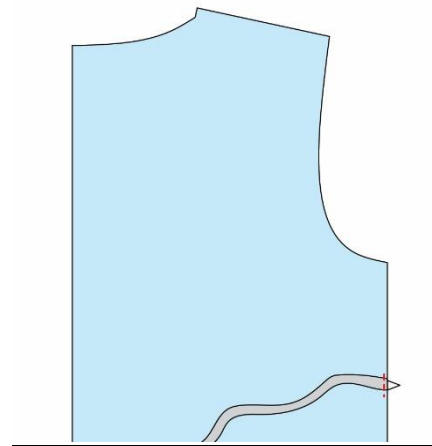
wrong side

- 1 Make the ties for the back of the gown. Fold in the long edges and the end, and topstitch.

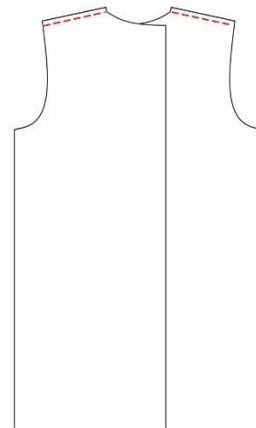


- 2 Align the raw edge of one tie piece with the notch on the side seam of the right back piece on the right side of the fabric.

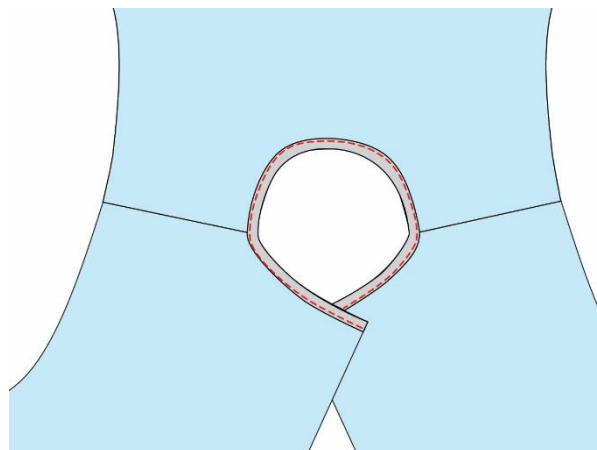
Topstitch the tie in place.



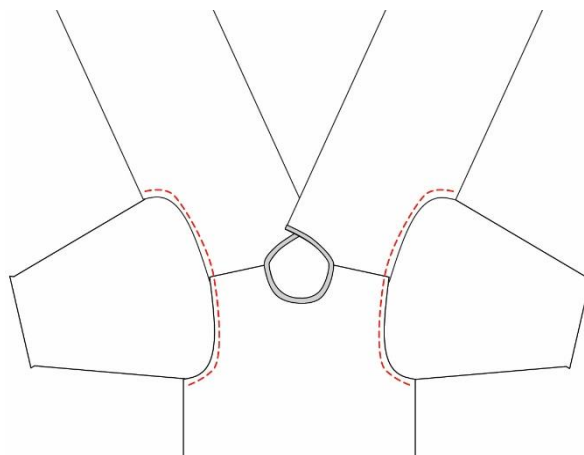
- 3 With right sides together (RST) sew the front and back pieces together at the shoulder seams.



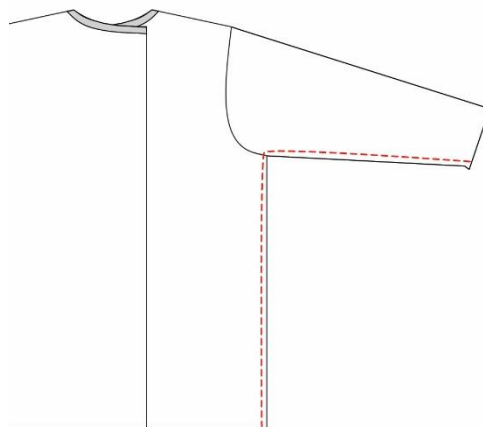
- 4 Finish the gown neckline with double-fold bias tape or the bias-cut strip as provided.



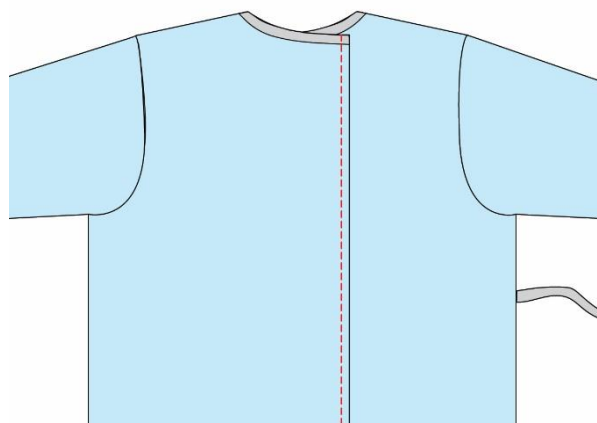
- 5 With RST sew the sleeves into the gown arm openings.



- 6 With RST sew the front and back of the gown together along the sleeve seam and gown side seam.

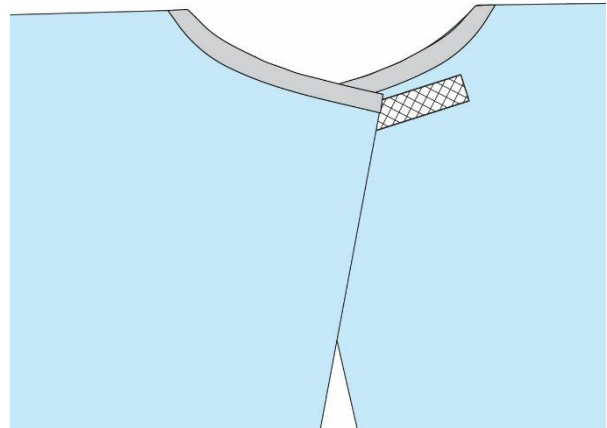


- 7 Overlock or zig-zag stitch the back edges of the gown. Fold the back edges of the gown over 12 mm (1/2") towards the wrong side of the gown and topstitch in place.

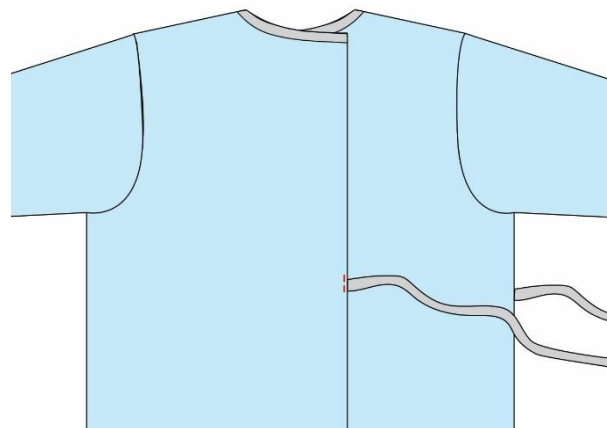


- 8 Topstitch the Velcro to the right back piece on the right side of the fabric. The suggested placement by the chalk dots.

Topstitch the corresponding Velcro piece to the left back piece on the wrong side of the fabric.



- 9 Topstitch the raw edges of the other tie piece to the left back piece at the marked notch.



- 10 Finish the hem of the gown with an overlocking or zig-zag stitch. Fold the hem of the gown over 12 mm (1/2") towards the wrong side of the gown and topstitch in place.



### Elastic sleeves

- 11 Finish the sleeve hems with the overlocker. Cut the elastic and secure into a circle. Lockstitch the elastic to the face side of cuff (stretching the elastic). Turn inwards and lockstitch edge of cuff to secure.



- 12 A suggested elastic length is listed below:

S	7.5"	19 cm
M	8"	20.5 cm
L	8.5"	21.5 cm
XL	9"	23 cm

