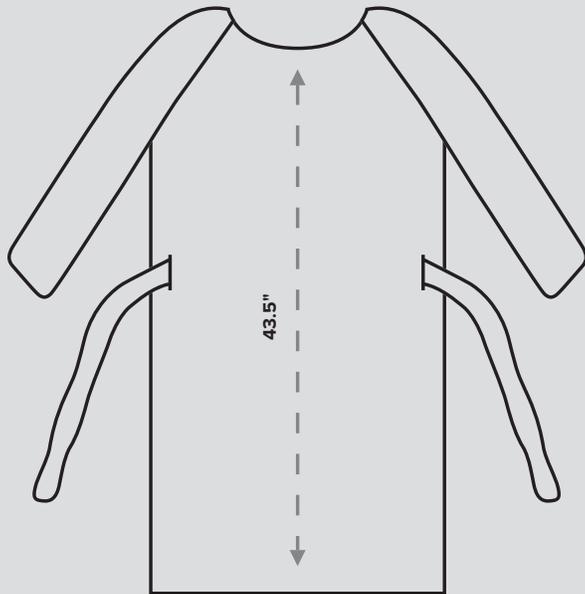
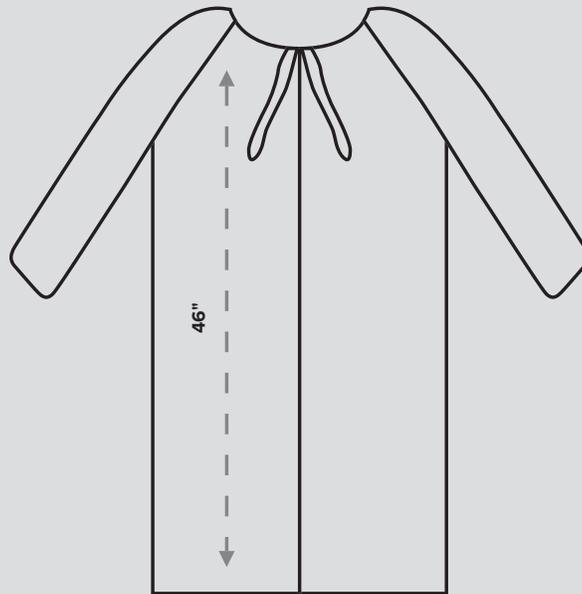


SHOWER CURTAIN  
**GOWN  
PATTERN**



FRONT



BACK  
Opens in Back

# GOWN INSTRUCTIONS

## ITEMS NEEDED:

- A. 1 - 72" x 70" polyester, water resistant shower curtain.
- B. Thread, pins, scissors etc.
- C. Pattern and instructions

1. Beware that this pattern and instructions are designed to be simple and fast. The gown is for function and protection not style; this means that there are some short cuts that you may not normally use in your sewing.
2. The sleeve is designed with a "thumb hole"; the staff will place their thumb into the hole as they don the gown. This holds the sleeve down over their hand as they put on their gloves so that they are better protected. The "thumb hole" is formed by using the seam allowance of the bottom 3" of the seam to bind the edges and leave that 3" open.
3. You will leave all of the hems in place and use them as the edges of the gown EXCEPT for the top of the curtain with the holes for the shower curtain hooks. That you may remove and discard.
4. The pattern is in two pieces; you will cut one piece of the main body (placed on the fold of material) and 2 sleeves.
5. Lay the curtain out on a flat surface. Fold over 29" along the side of the curtain (see cutting diagram).
6. Place the main body of the pattern as marked with the center front on the fold and pin in place. One edge of the back is formed by the hemmed side of the gown. Lay the bottom of the gown along the bottom hem of the curtain and leave that in place. Again, it saves you having to hem this later and is completely functional.
7. Place the sleeve as shown on the diagram. (You will cut both sleeves at the same time).
8. Cut all pieces.
9. Along the uncut (free edge of the curtain cut a 1.5" x 44" strip leaving the hemming along that edge intact and then cut another strip 2.5" x 70" wide. The narrower strip will form the ties at the neckline and bind the neck line. The wider strip will be used for the ties at the waist. You will cut it into two ties approximately 35" each. If the neck binding is too long you can adjust the length as you finish the gown.
10. Cut two 1.5" x 12" strips to bind the sleeve edges.
11. Once all pieces are cut you will start to sew. All seams are 3/8" unless otherwise noted. Use a narrow zig zag stitch or other stitch to prevent raveling of fabric unless except when top stitching.
- 12: *Sleeves:*
  - A. Using a 6/8" seam at the bottom of the sleeve, gradually decreasing to 3/8" at the top stitch the sleeve seam, leaving 3" open at the bottom of the "thumb hole". Turn under the seam allowance 2 times along the 3" you left open on each side to bind the edges of the 3" opening. Top stitch in place sewing across the top of the opening to reinforce the opening. This should leave a 3" slit at the bottom of the sleeve with both edges bound.
  - B. *Binding bottom of sleeve:*
    - i. Attach the 1.5" strip of fabric with two raw edges to the bottom of the sleeve matching the right side of the binding to the wrong side of the sleeve bottom edge allowing the slit to spread apart about 1/2" or so along the binding. Be sure to place the seam in the binding well away from the slit. This keeps the bulkier sleeve from being in the hand of the healthcare worker and will be more comfortable. Turn under one end of the binding and then overlap the other end so that raw edges are covered when it is turned out.
    - ii. Turn the binding to the outside of the sleeve, turn under the edge of the binding and top stitch in place covering the raw edges of the sleeve and stitching just above the first stitching.
13. *Body:*
  - A. Attach the sleeve to body of gown, right sides together stitching the entire under arm sleeve at one time. Repeat for second sleeve.
  - B. Attach the 1.5" wide piece of binding that is still hemmed to the neck of the gown leaving an approximately 11" length at both ends to form ties at neck. This strip is placed with the right side of the strip along the wrong side of the neckline. Once this is stitched fold the strip over the edge of the neckline to the front covering the previous stitches and top stitch it into place. Knot the ends of the ties to prevent raveling.

14. *Belt:*

- A. Finish the raw end (one end will already be finished) of the 2.5" strip for the belt by folding the end over 2 times and top stitching in place.
  - B. Fold the belt in half lengthwise with right sides together. Stitch using a 1/4" seam and turn right side out.
  - C. Iron the belt.
  - D. Cut the belt in half.
  - E. On each side of the gown directly below the seam in the sleeve, measure down about 8". This marks the placement for the belt. Fold the raw end of the belt under about an inch, and place the belt on the gown as marked with the folded end to the front, the tail to the back and perpendicular to the back of the gown. Top stitch the belt firmly in place by stitching in a square around the folded area of the belt.
15. Trim threads and you are done!!!

**ADDITIONAL NOTES:**

**The Gown Ties in BACK.**

Remove weights from curtain and cut off top of curtain where the holes are for the curtain hooks. (Leave as much length as possible when removing). Leave hems on bottom and sides of curtain. Hemmed edges of curtain form hem of gown, one side of the back of the gown and one edge of the neck binding.

For cutting, sleeve fits tightly into gown, cut carefully and shorten gown slightly if necessary, to cut sleeve. Strip length for neck binding and sleeve binding are approximate. Trim as needed to fit but remember to leave 11" on each edge of the neck for the ties. Belt is cut the entire length of the fabric and then cut into two stripes approximately 35" long for the ties at waist.

The following pages are designed to be a full size template of all pieces to work from. Simply print out the pages and tape together by butting the edges of the paper together. Depending on your printer, there may be a portion of this template that does not print along the outside edges of the page due to the printable area of you specific printer. This has been accounted for and will not affect the dimensions of the template. Below is the order of the pages.

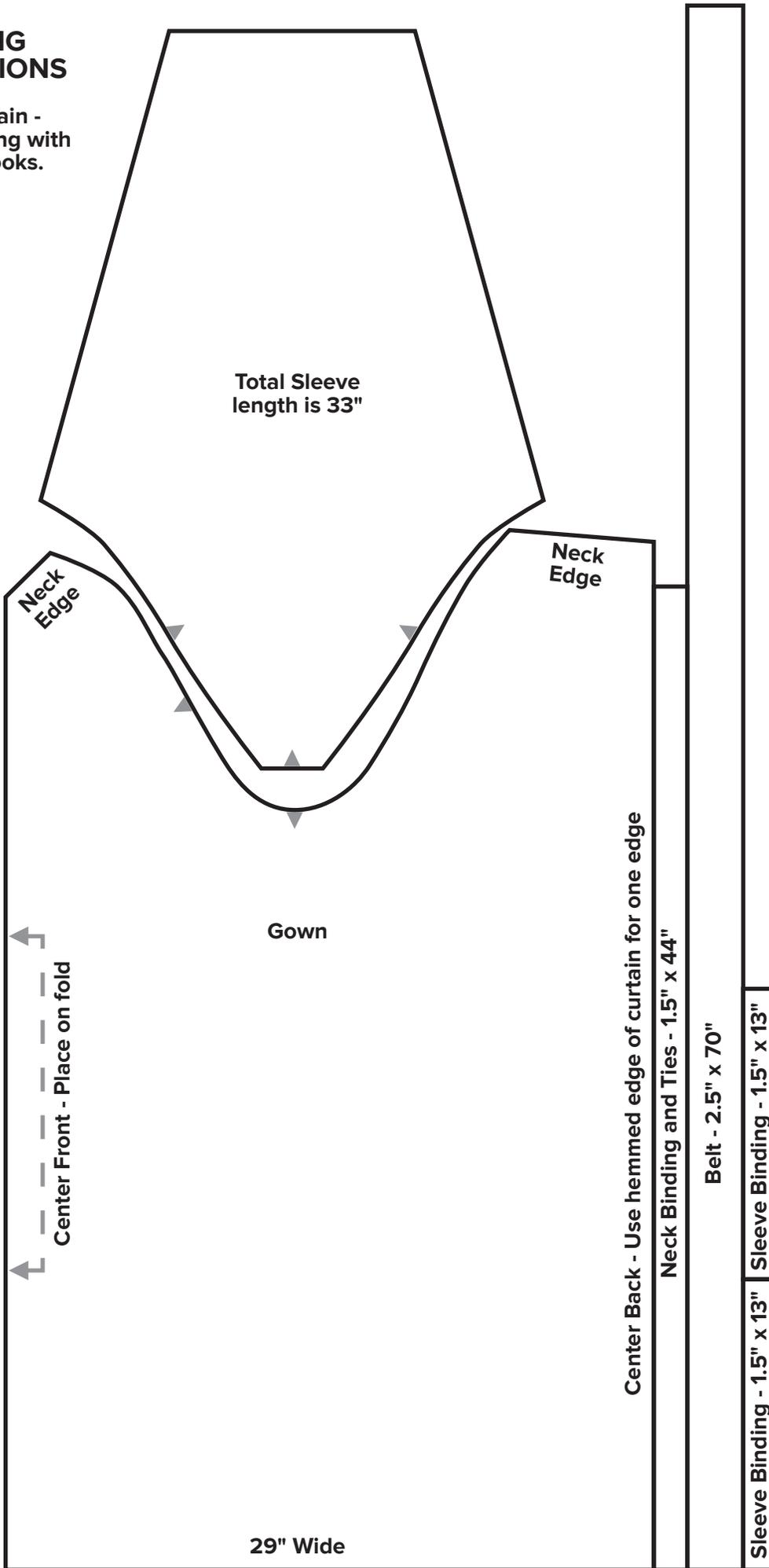
1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	32	33	34	35

**Thank you so much for helping with this project. It means so much for the staff of FRHS to know that you are thinking of them and wanting them to be protected and comfortable.**



# CUTTING INSTRUCTIONS

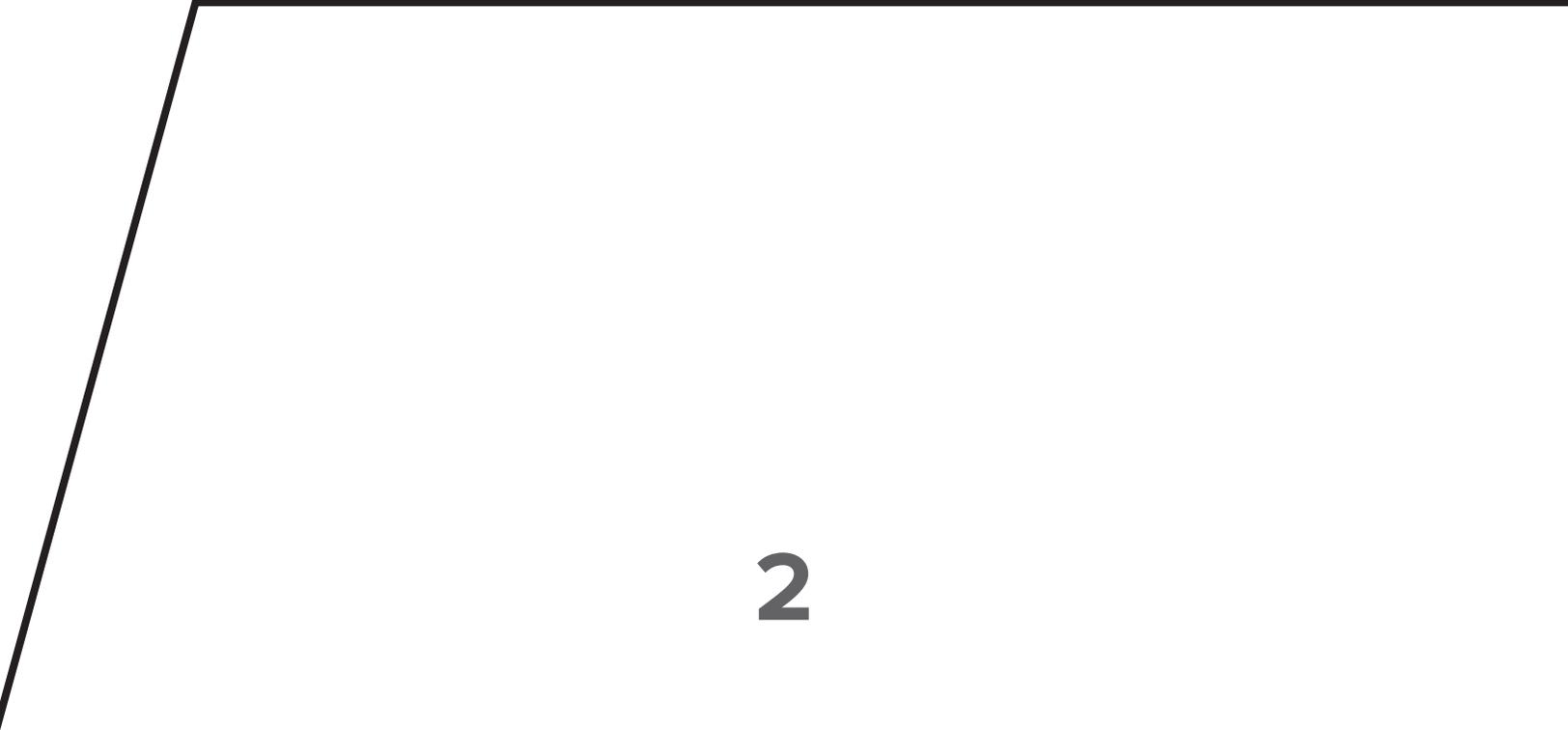
Top of Curtain -  
Remove Binding with  
holes for hooks.



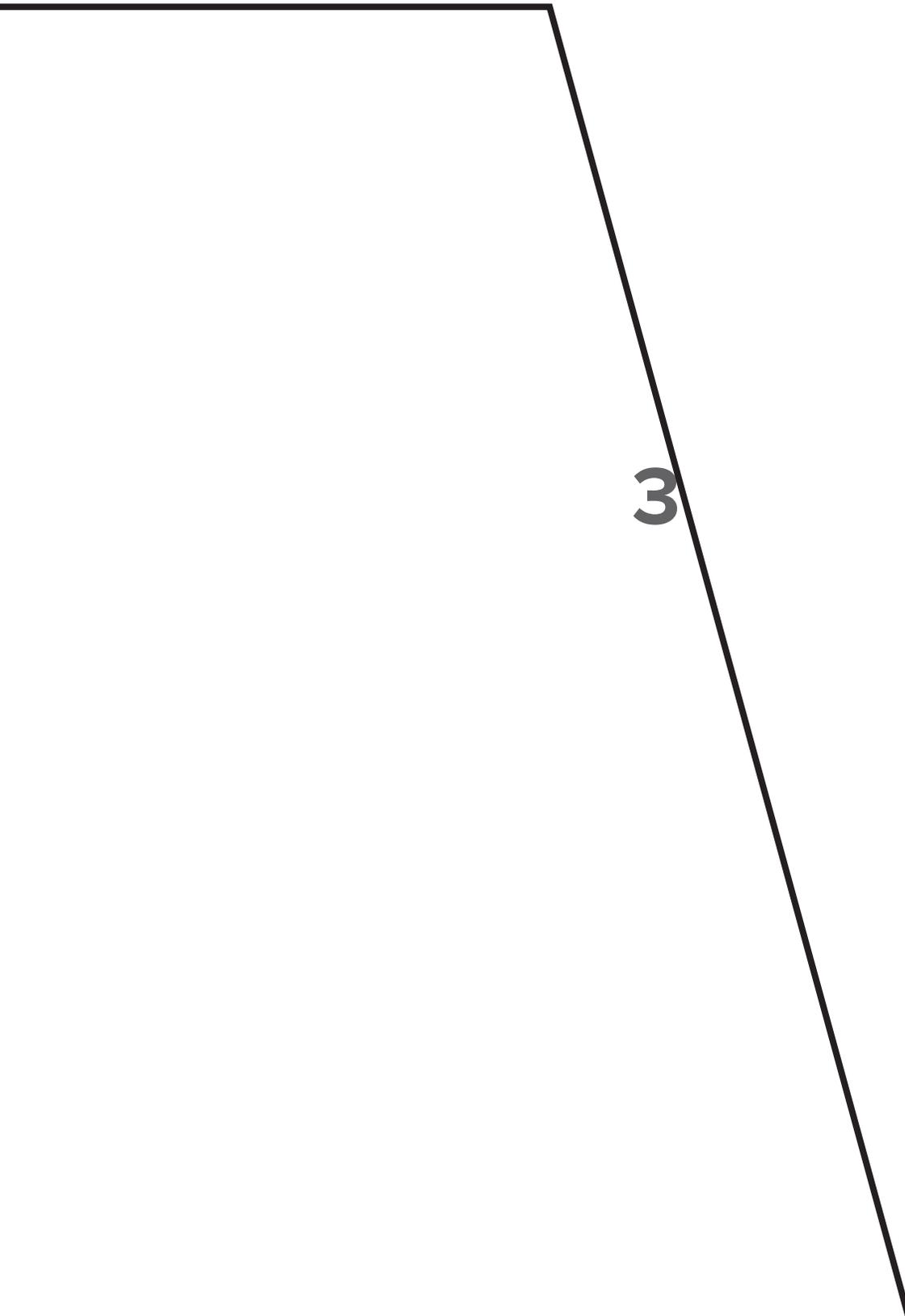
Remove Weights  
from Curtain but  
leave bottom and  
side hems in place.  
They form the hem  
of the gown and bind  
one edge of the back  
of the gown.

**1**





**2**



3

4

**5**



**6**

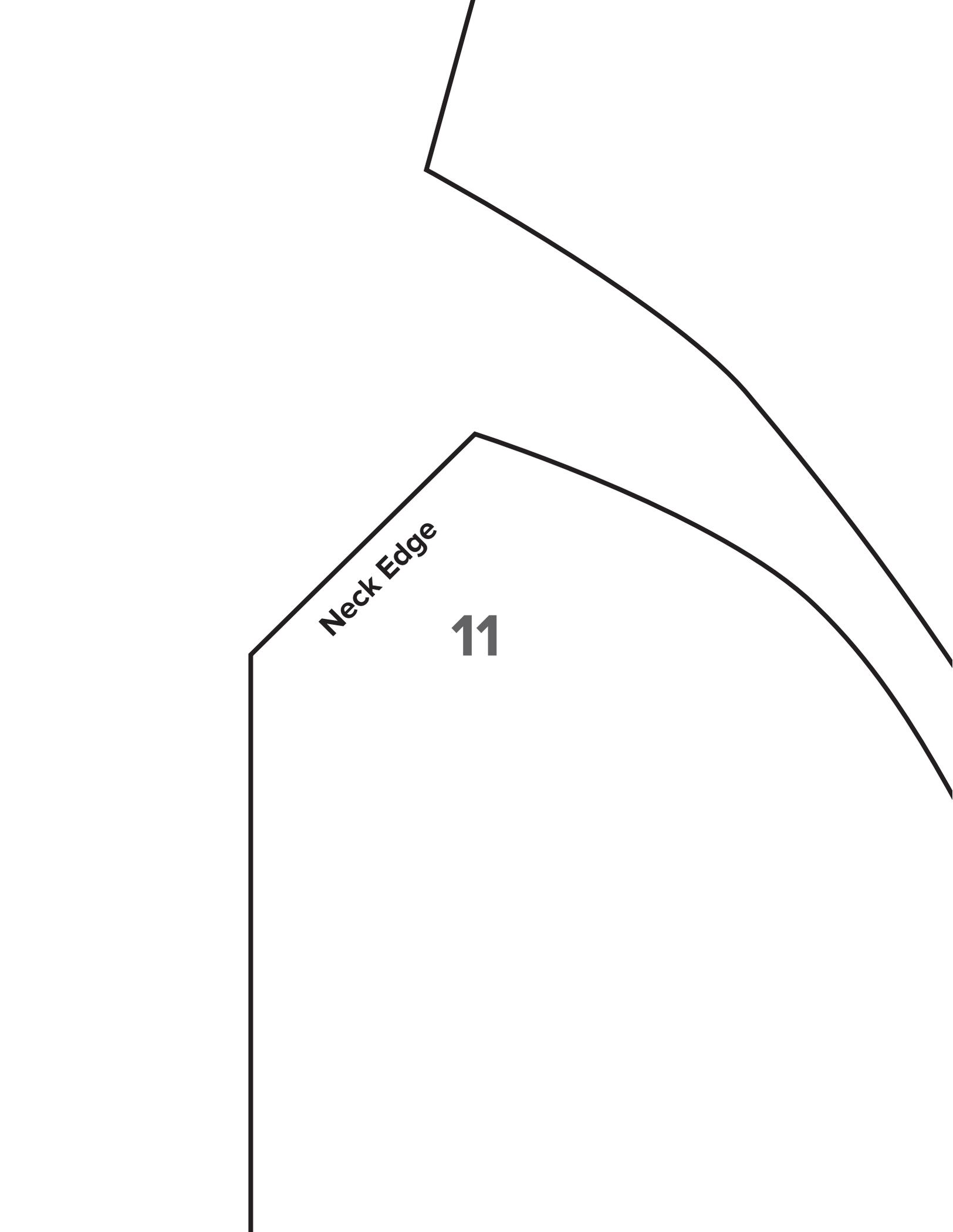
**7**

**Total Sleeve  
length is 33"**

8

9

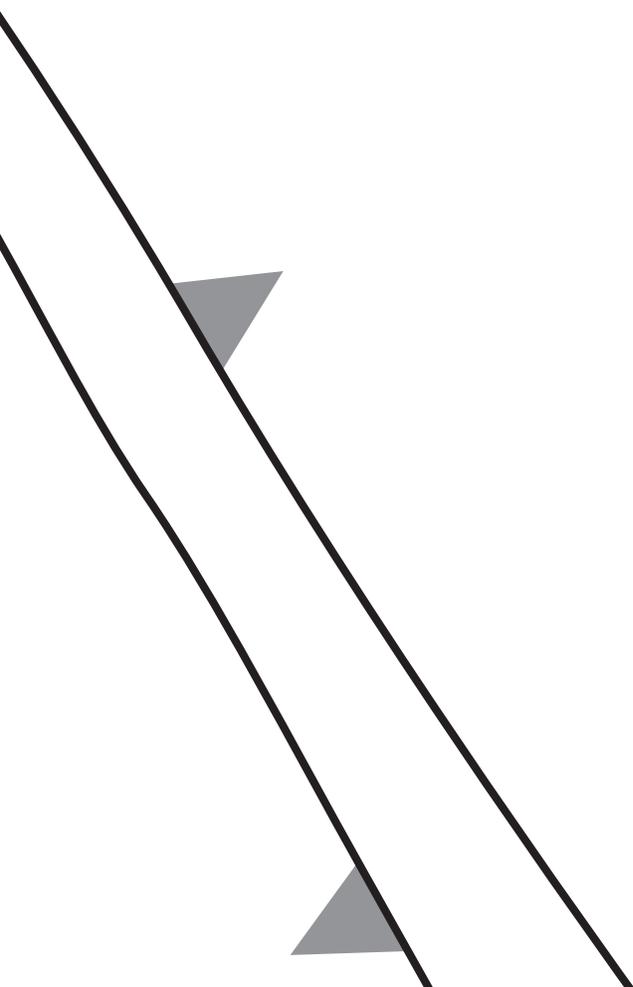
**10**

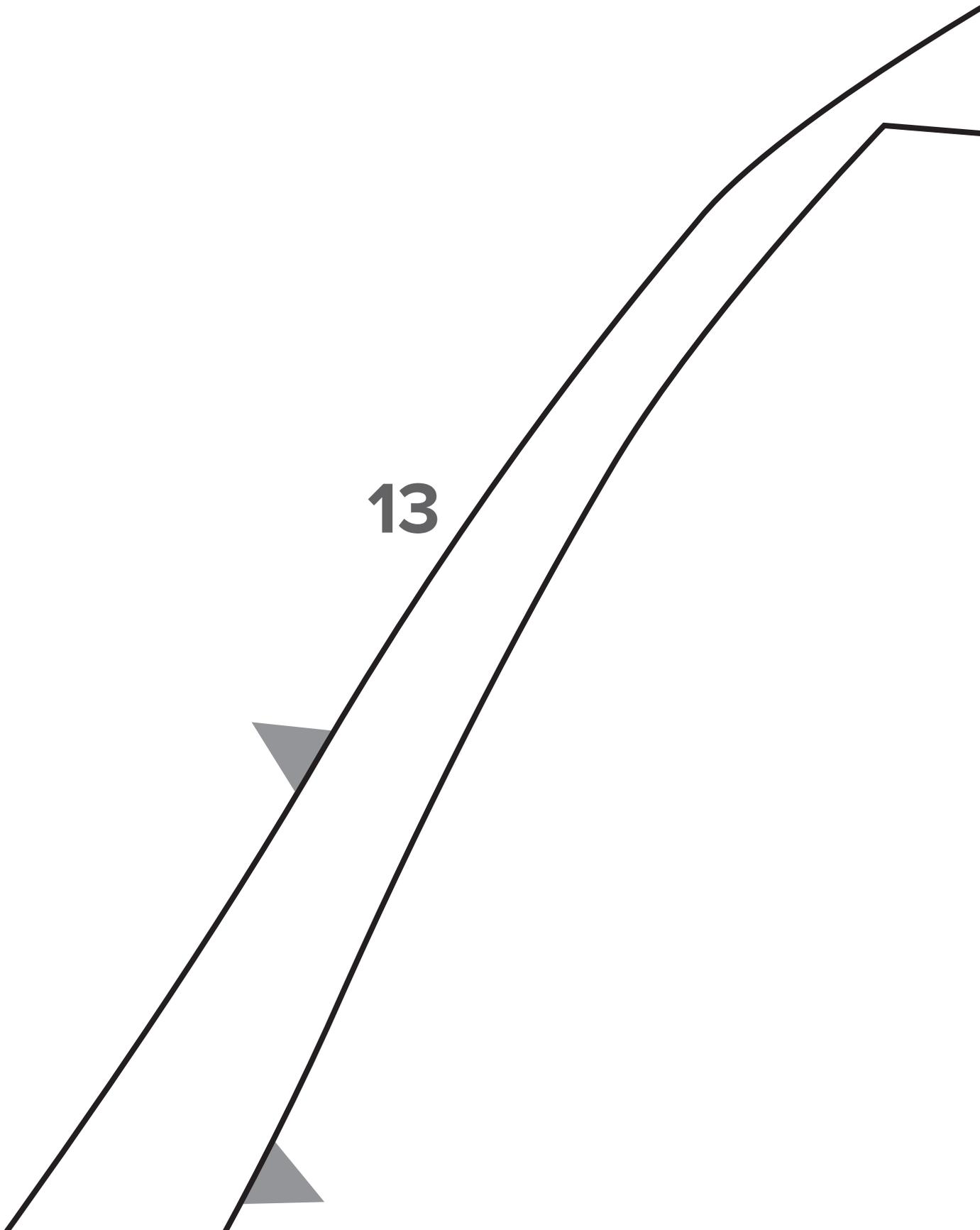


Neck Edge

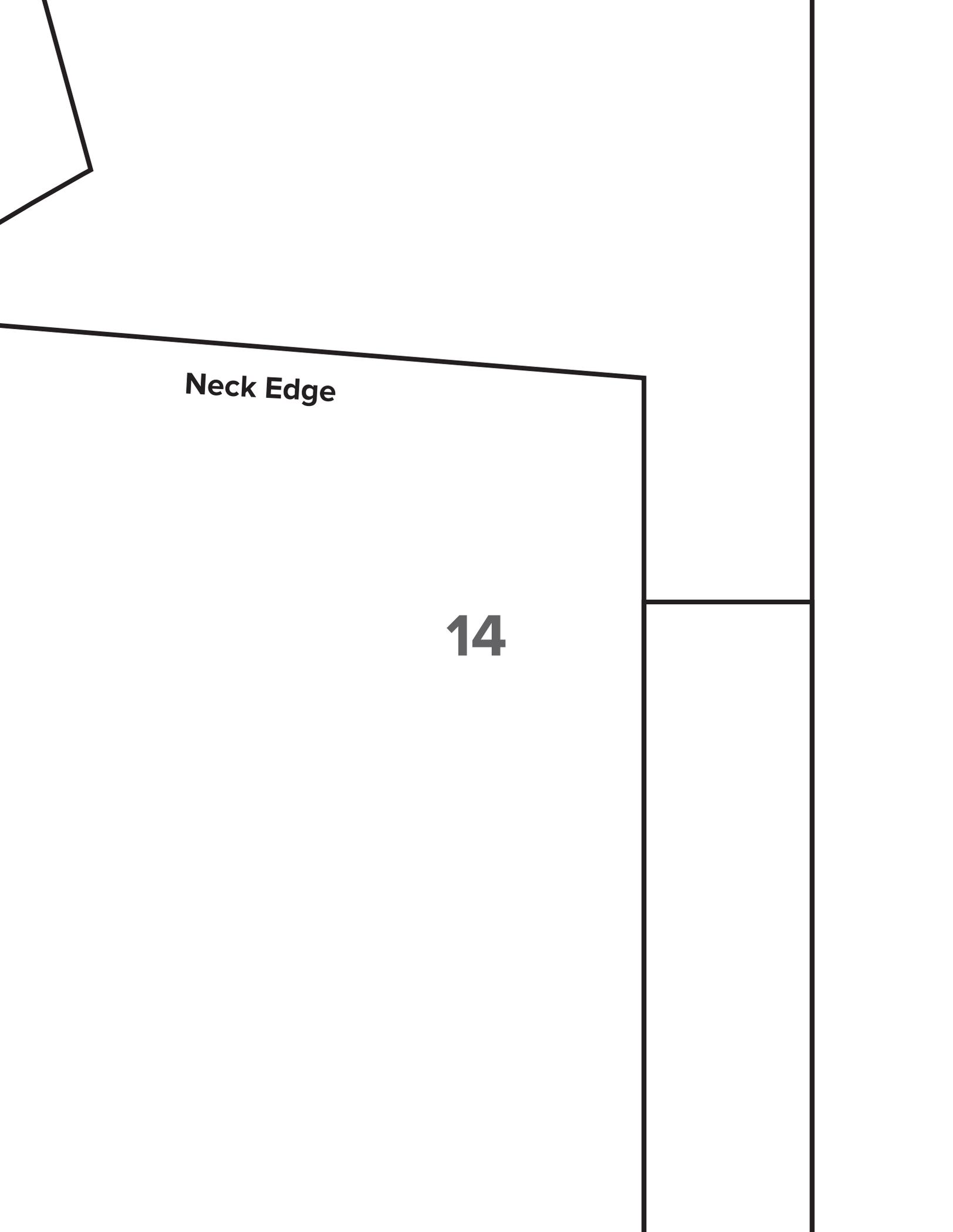
11

12





13

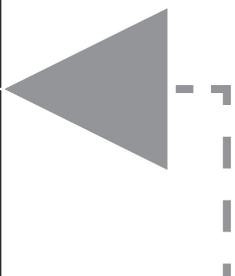


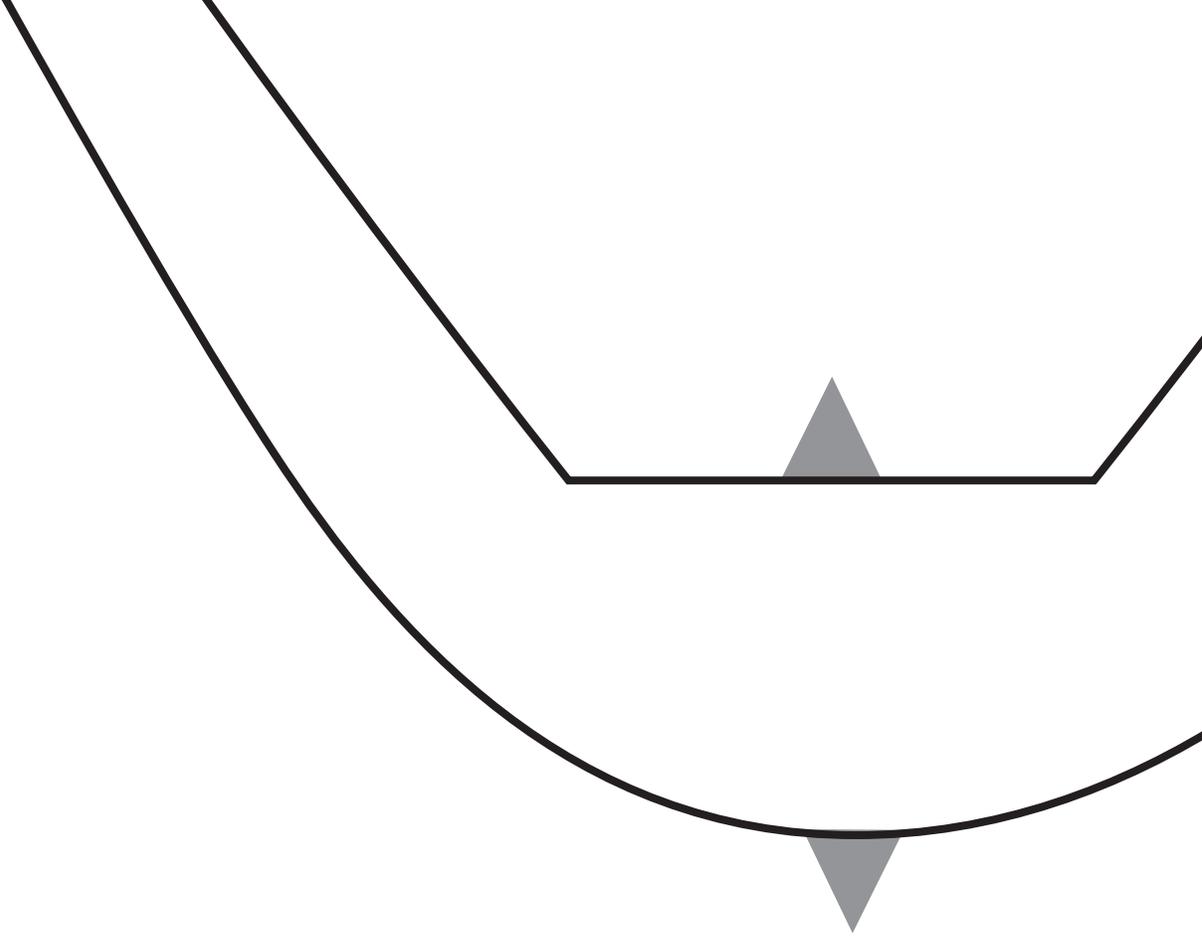
**Neck Edge**

**14**

**15**

16





**17**

**Gown**





**20**

**Center Front - Place on fold**

**21**

**22**

**23**

**24**

**Center Back - Use hemmed edge of curtain for one edge**

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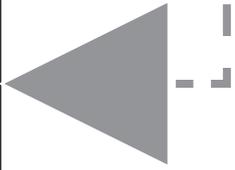
**Neck Binding and Ties - 1.5" x 44"**

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**Belt - 2.5" x 70"**

**Sleeve Binding - 1.5" x 13"**

**25**



**26**

**27**

**28**



**Sleeve Binding - 1.5" x 13"**

**30**



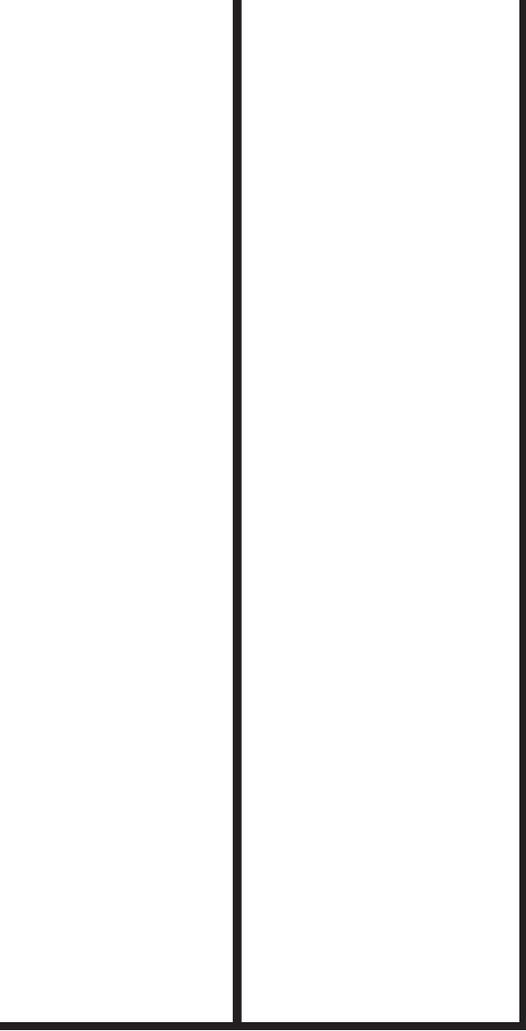
**29" Wide**

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**32**



**34**



**35**