



## **Hair Cover Sewing Instructions**

### **BE A HERO...HELP OUR HEROES!**

Salem Regional Medical Center (SRMC) appreciates your help in protecting our "SRMC Heroes" by sewing a bouffant hair cover cap.

### **Material for Bouffant Cap**

- Cotton material. Prewash if possible, but not necessary.
- ¼" Elastic

### **Cutting Instructions**

Need 2 pieces of 22" by 22" cotton (generally ½ width of most sewing fabric)

Note: You can make some caps 24" x 24" to fit a larger head if you have the material  
Cut 22" (or 24") circle for both pieces of cotton

Cut elastic between 24"-27" long (different sizes will fit different heads).

### **Sewing Instructions**

1. Sew right sides of cotton together – leave a gap of about 4" to turn material right side out.
2. Turn fabric right side out and iron.
3. Sew along the outside edge of the circle about ¾" away from the edge of the fabric. (This will later be used to hold the elastic and makes a way for the elastic to thread through the edge of the cap) – again, leave a 4" gap at same site as above for threading elastic through cap.
4. Pass the elastic thru the opening along the outer edge of the fabric (Using a bodkin or safety pin, secure the end to hold the elastic onto the fabric)
5. Overlap the edge of the elastic at the ends by about 1" and sew elastic ends together. Use a zig-zag stitch if possible to best secure the stitching.
6. Go back and stitch closed the outer area of the cap where the elastic was threaded through. Sew along inner seam if needed to secure elastic.