

Medical Contact Isolation Gown Sewing Pattern

Two gown options are included in this pattern. Option A is standard surgical style gown. Option B includes an integrated neck cover that is sized to work with PAPR hoods/masks.

Supplies list:

Pattern (see page 4 for print-at-home schematic)

Fabric requirements:

Gown A: 2.5 yards

Gown B: 3 yards (Optional collar/extension to use with existing gown 0.5 yards)

Material type: synthetic micropore fabric with waterproof layer is best – this pattern is setup for 60" or wider fabric. (If you use narrower, you will need to piece together and need additional yardage)

Best to use synthetic thread

Knit Cuff material: 8" length x 2 cuffs

(either tubular knit cuff 8" length x 2 –OR– rib knit yardage 5.75" by 8" x 2 pieces)

2" wide Bias strip for neckline – minimum 50" length

(either 2" strip from same gown fabric, or premade double fold bias tape ½")

GOWN B only – sew-in Velcro – need 5" length per gown hood

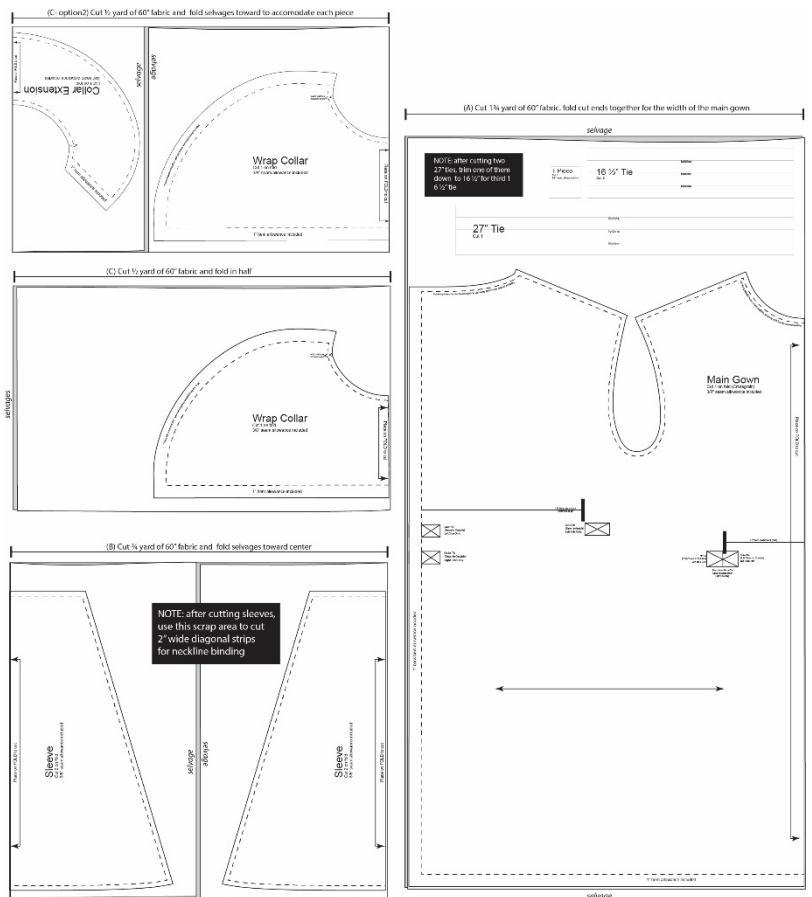
Sewing Instructions:

1. Cut pieces:

- a. 1 gown body on fold as indicated
- b. 2 sleeves on fold as indicated
- c. 1 neck binding (unless using premade bias tape)
- d. 2 cuff pieces
- e. Tie pieces – I found best to use the 9" of fabric remaining after cutting out the gown body to make 2 strips 4" wide each by width of gown, then cut lengths of ties in step 3
- f. OPTIONAL 1 Wrap Collar for GOWN B

See diagram for placement of pieces to best utilize fabric

Note: if you are making multiple gowns, you can batch cut elements like sleeves, neck binding, collars to use overall less yardage than listed above.



2. Finish gown edges:

- a. Bottom: fold up 3/8" then again 1/2" and hem
- b. Gown sides – both – fold over 3/8" then again 1/2" and sew/hem edge

3. Sew on ties:

- a. To make gown ties, take a 4" wide strip, fold in half lengthwise and press (make sure to check your iron setting depending on the type of fabric you are using). Open the folded strip back out, and fold each long side to center fold. Press. Then fold again and press to make a double fold strap material (final strap width is 1"). Alternative: may use 2" bias tape maker for this step
- b. Sew down both edges of tie strip
- c. Cut tie strips: 3 pieces at 17½"
1 piece at 28"
1 piece at 2½"

Finish cut edges of tie material with serging, overcast stitch or zigzag

- d. View tie placement on pattern. Sew ties down for the length specified by sewing a "Box X stitch" ☒



Notes on this step: the inner ties and outer ties can get confusing. I found it best to lay the hemmed gown piece back over the pattern paper (this works if your material is light enough color to see the markings through the material) to mark strap locations. Lay the RIGHT ARM side of the gown body, mark out the "outer tie right side only" and the "inner tie (typo says left side only)". You will sew the inner tie (17.5" tie) to the inside of the gown at this position and the outer tie (17.5" tie) to the outside of the gown at this position. Then lay the LEFT ARM side of the gown body on the pattern (wrong side of fabric up). Mark the "T-tie" position and the "inner tie left side only" position. The inner tie (17.5" tie) is sewn to the outside at this position. The T-tie is sewn to the outside at this position but see below for details.

- e. For the "T-tie" on the front of the gown. Place the 2½" piece on the 28" piece lining it up 3/8" from one edge of the 28" strip. Sew strip pieces together with straight hem 1¼" from edge of 2½" strip piece. (see picture below).



Sew a box X stitch attaching the 2½" piece to the long side of the 28" strip. Open short edge and sew both ends of the "T" to the gown (the edge of the 28" piece should be faced toward the center of the gown)

4. Sew in sleeves:
 - a. Right sides of fabric together, line up shoulder of sleeve piece with sleeve opening on gown body (the center of your cut sleeve piece will be at the bottom of the armhole)
 - b. Sew at 3/8" (1cm) seam allowance
 - c. Reinforce seam by doing overcast stitch, surging edge, or zigzag over fabric edge

5. Sew shoulders:
 - a. RST, line up sleeve edges and line up front and back shoulders. This should create one long seam to enclose the sleeve and sew the front and back of the gown together to make a shoulder
 - b. Sew at 3/8" (1cm) seam allowance
 - c. Reinforce seam by doing overcast stitch, surging edge, or zigzag over fabric edge

6. Make sleeve cuffs:
 - a. Option 1: Using precut knit cuff tube material, cut a piece 8" long. Fold in half to make a double thick cuff. Sew to sleeve opening RST with 3/8" seam allowance. Do same for second sleeve.
 - b. Option 2: Using rib knit material yardage, cut a piece 8" x 5.75" with the direction of the knit parallel to the 8" dimension. RST sew into a tube with 3/8" seam (you will sew the 8" side). Then fold in half to enclose seam. Sew to sleeve opening RST with 3/8" seam. Do same for second sleeve.

If you are making Gown B, skip to step 8

7. Sew neck binding
 - a. GOWN A instructions: make a piece of binding at least 50" long (I used 58" and was fine; best to cut on somewhat of an angle, does not need to be perfect 45 degree angle bias strip) out of the 2" strip by folding in half, press, open, then fold each edge to center seam, press.
 - b. Measure finished gown neck. Divide by 2 and subtract 1/2". Mark the center of your neck binding, then make a mark at your dimension calculated above in both directions from the center mark. Start at center of binding strip and center of gown neck and pin or clip right side of binding to wrong side of gown body. Pin across neck with goal of stretching neck binding to have your measured mark line up with the finished gown edge. You will have extra neck binding which will make the tie at the neck. Sew binding to the gown by following the first fold mark (should be 1/2"). Fold neck binding to the front and clip in place. Sew entire neck binding both sewing closed tie portions and sewing to front of gown body neck.

8. Gown B: Collar preparation:
 - a. Hem curved edge (not neck opening) by folding over 1/4" then again 1/4" and sew in place.
 - b. Hem straight edge by folding over 3/8" then again 1/2" and sew in place.
 - c. Sew in Velcro strips on the two outer/side edges of the collar – make sure to sew one set on the right side and one set on the wrong side as this collar wraps up around the head



I also found that sewing the Velcro strips just inside the seam on the right side of fabric and all the way to the hemmed edge on the wrong side of fabric had less buckling when wearing the collar.

- d. Lay collar right side up on your table. Place gown or extension piece wrong side up on top of collar, lining up neck opening. Place neck bias tape wrong side up over gown body. You will sew all three layers together in this step. For measurements, follow instructions in 7b above.
- e. Wrap bias tape over all layers and sew to front as in 7b.
- f. Note, when finished, when the collar is down, the wrong side will be showing, this is intentional.



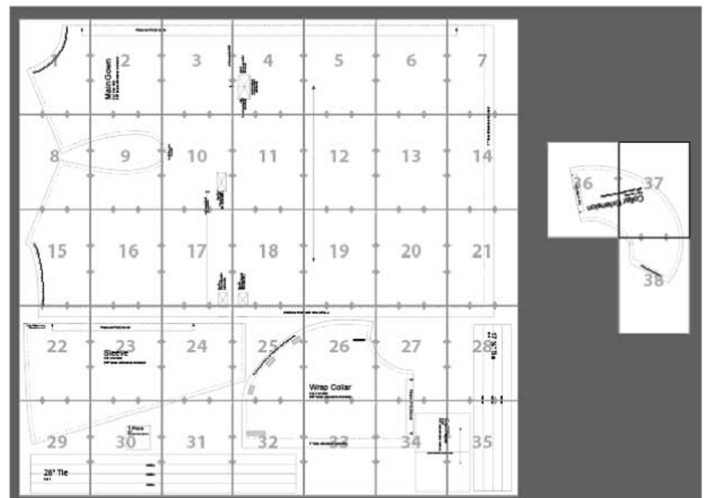
Thank you to Karen LePage for collaborating on this project with me and making the pattern pieces in a format that you all can use! Please feel free to contact Karen on Instagram at @karenlepage.me if you have additional patternmaking needs while the PPE supply chain is compromised.

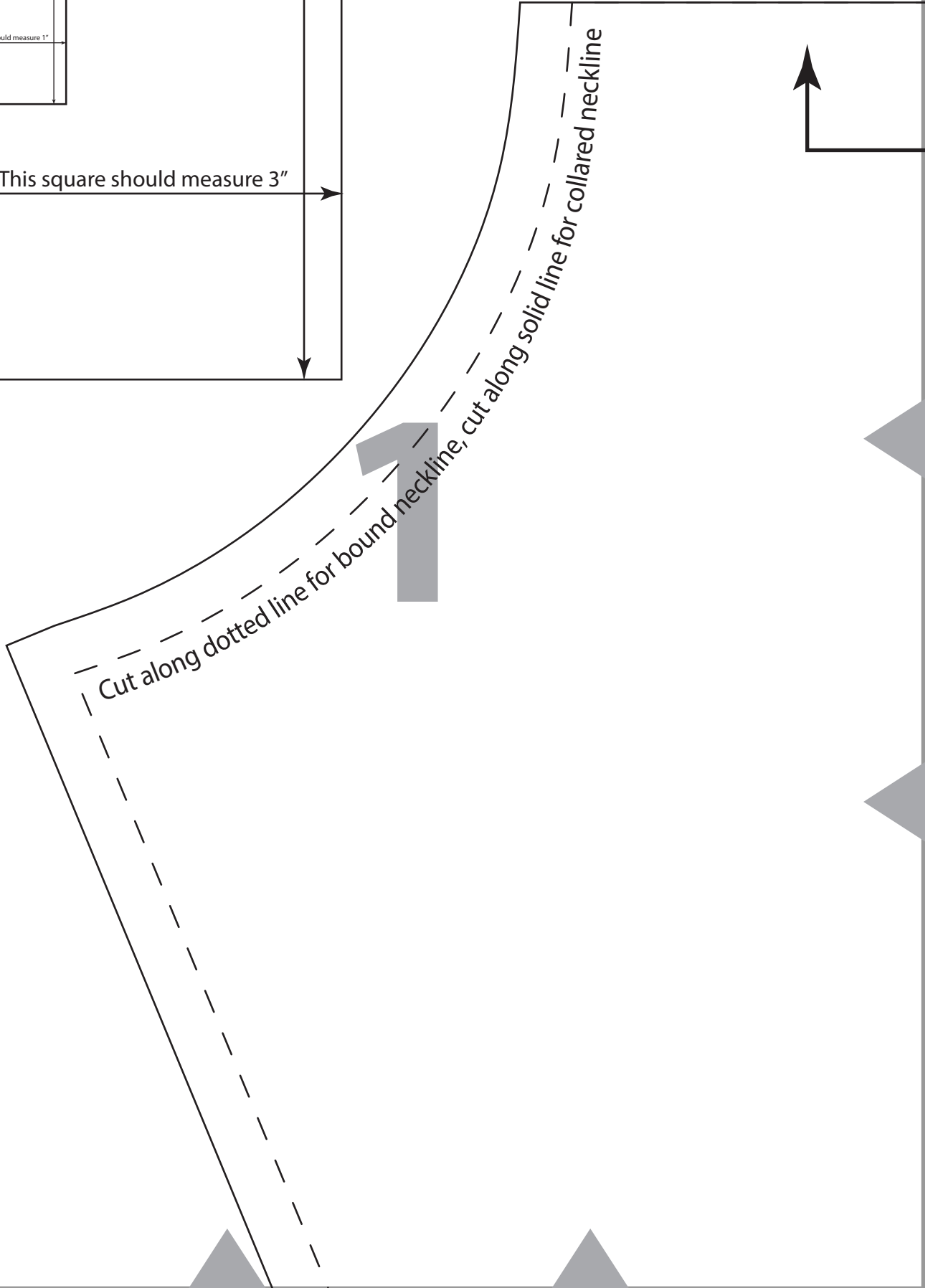
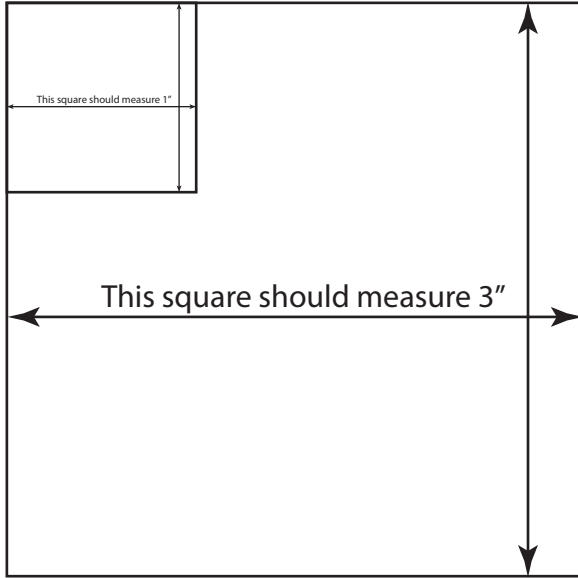
Thank you to all the sewers for helping to keep your healthcare worker team safe!
Stephanie Wagner, Emergency Medicine Physician and Sewing Hobbyist

Note: please share corrections you may find on Instagram @jingersnap216

To print at home, Please ensure your printer is set to print at 100% (no scaling) then print page 5 (tile 1 of pattern pieces) Measure the scale squares to check that the gown is printing at the correct size. You may slice off the top and right sides of each page to make matching the matchpoint diamonds easier.

Tape together in the manner shown to the right and continue with instructions on page 1.





Place on FOLD to

Main Gown

Cut 2 on fold

3/8" seam allowance included

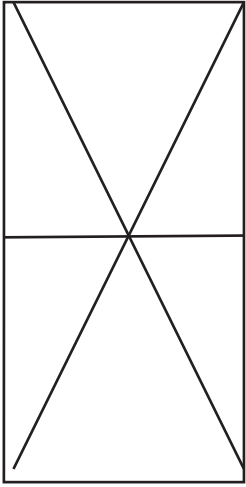
2

cut

3

6.5" from center front (fold)



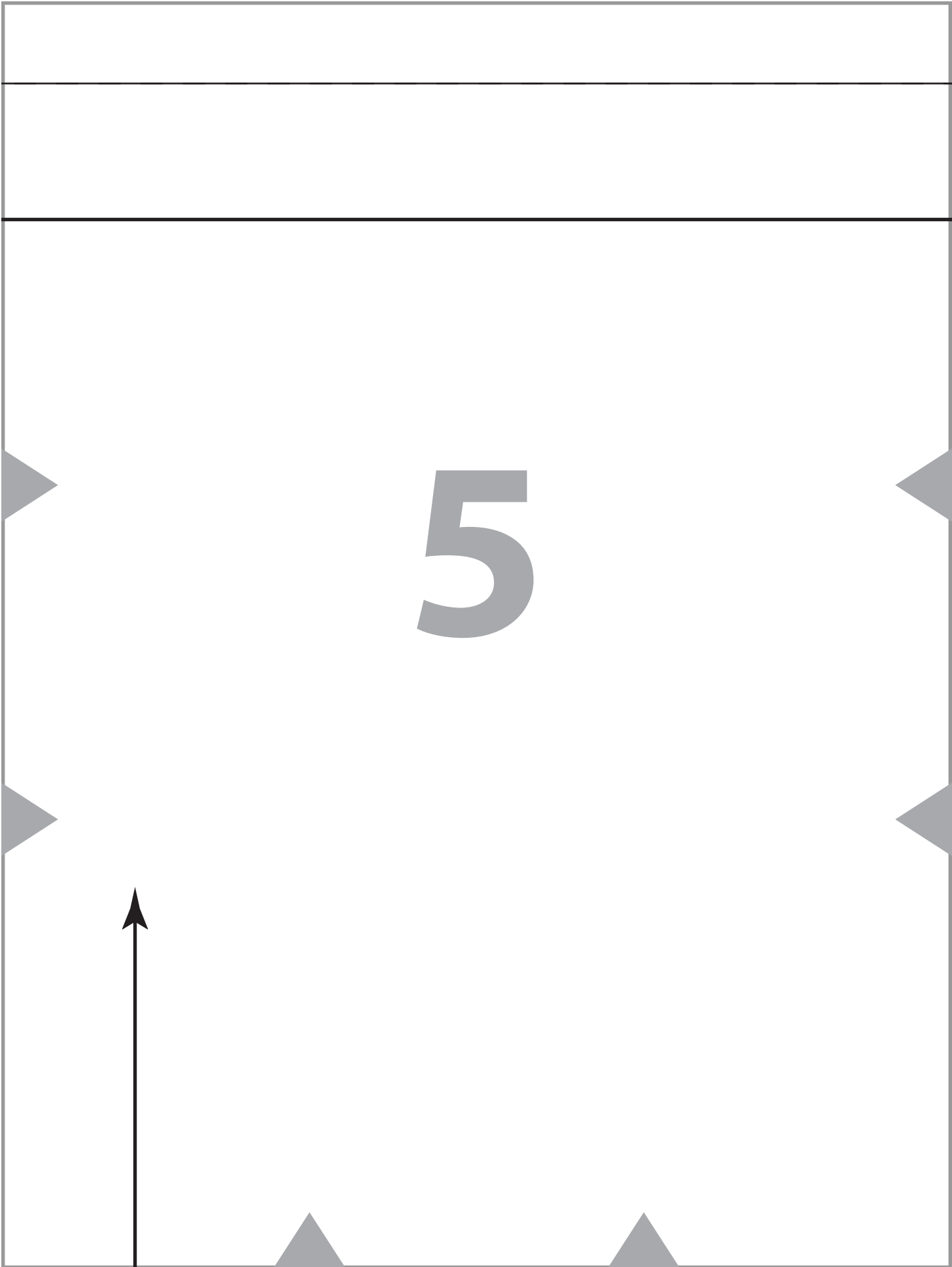


Outer Tie
(1.25" Sewn to Outside)
Left Side Only

"T" Tie
8" Sewn to Outside)
Left Side Only

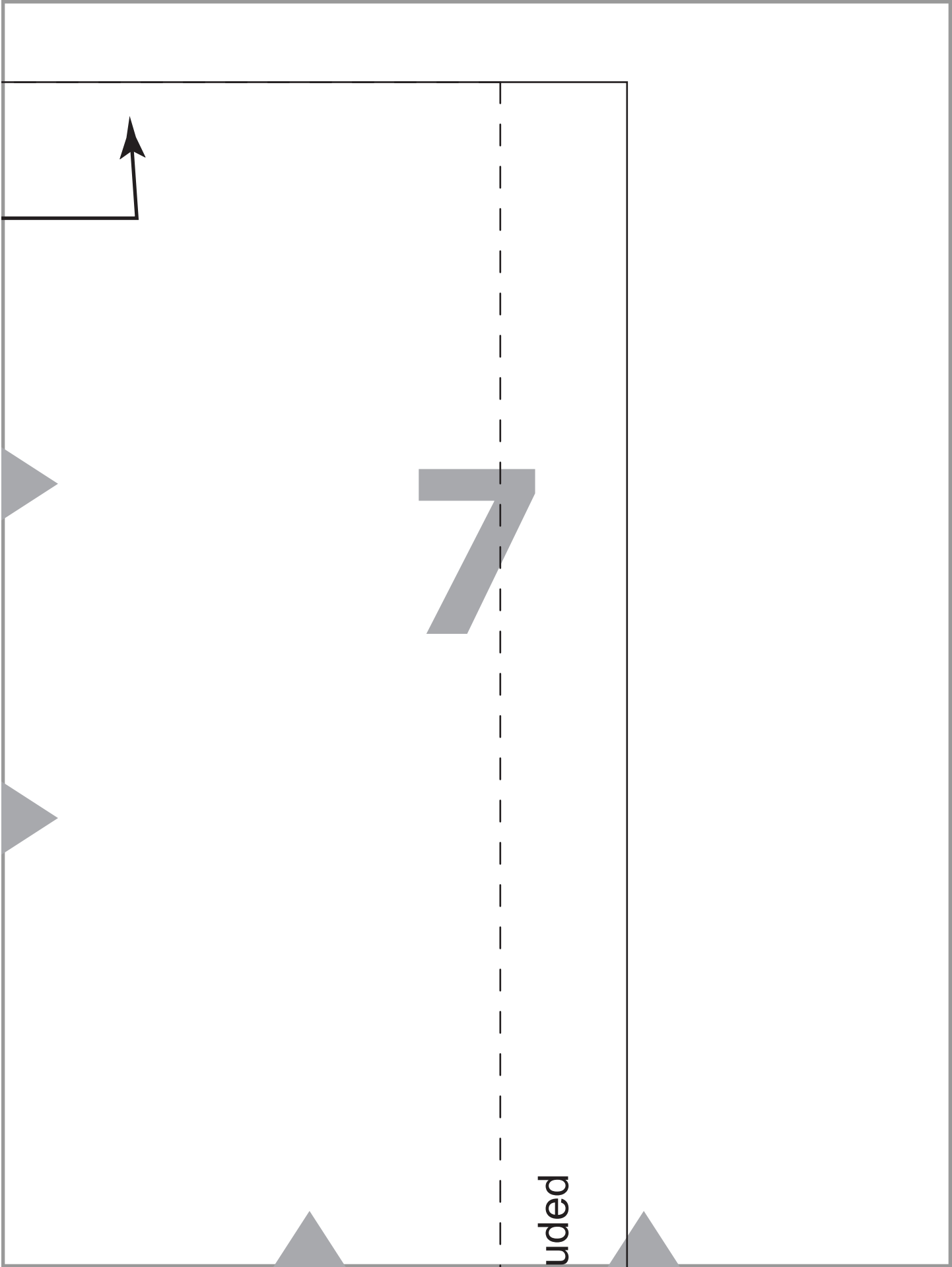
Remaining Outer Tie
Sewn to each other
Left Side Only

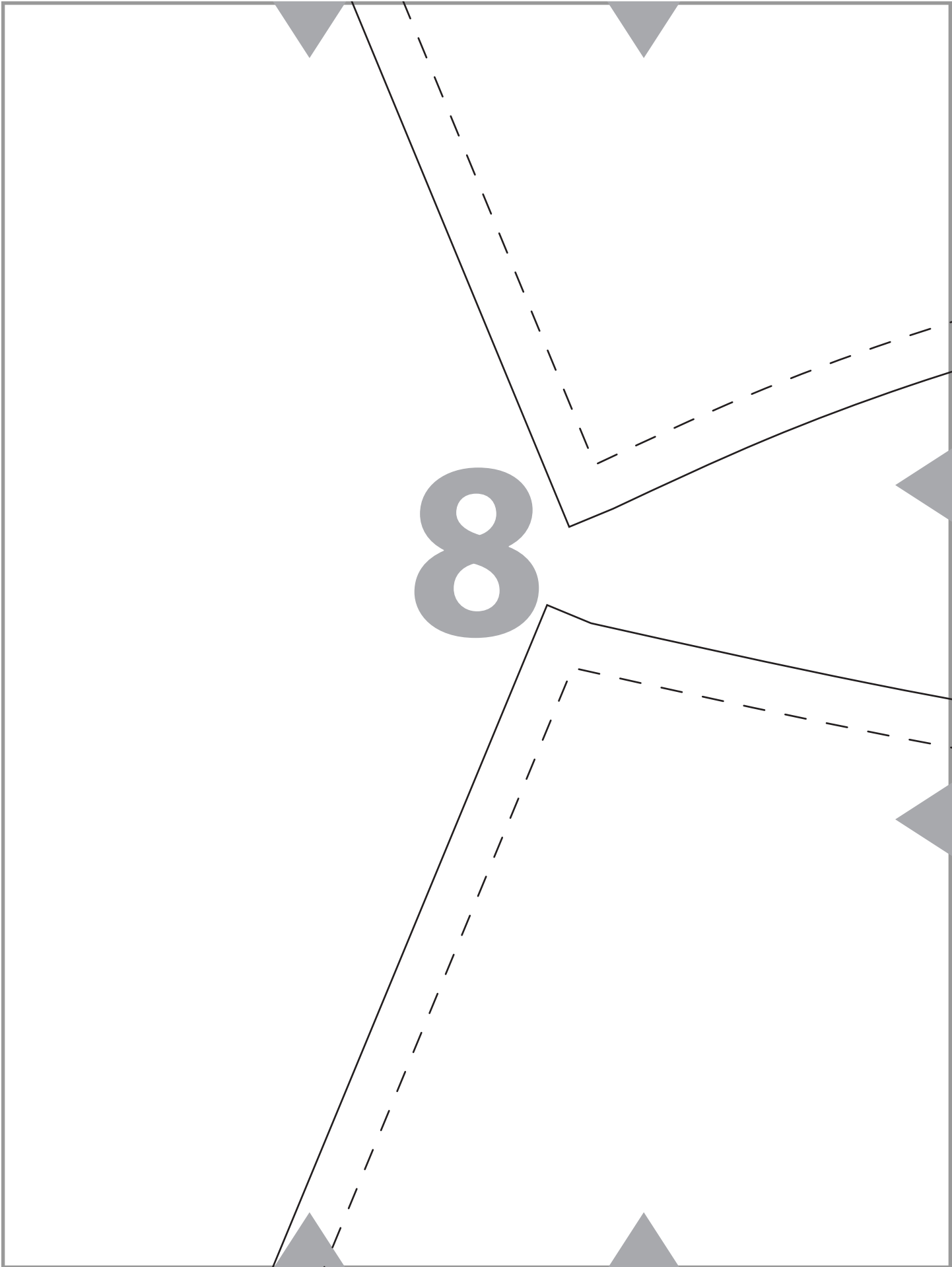
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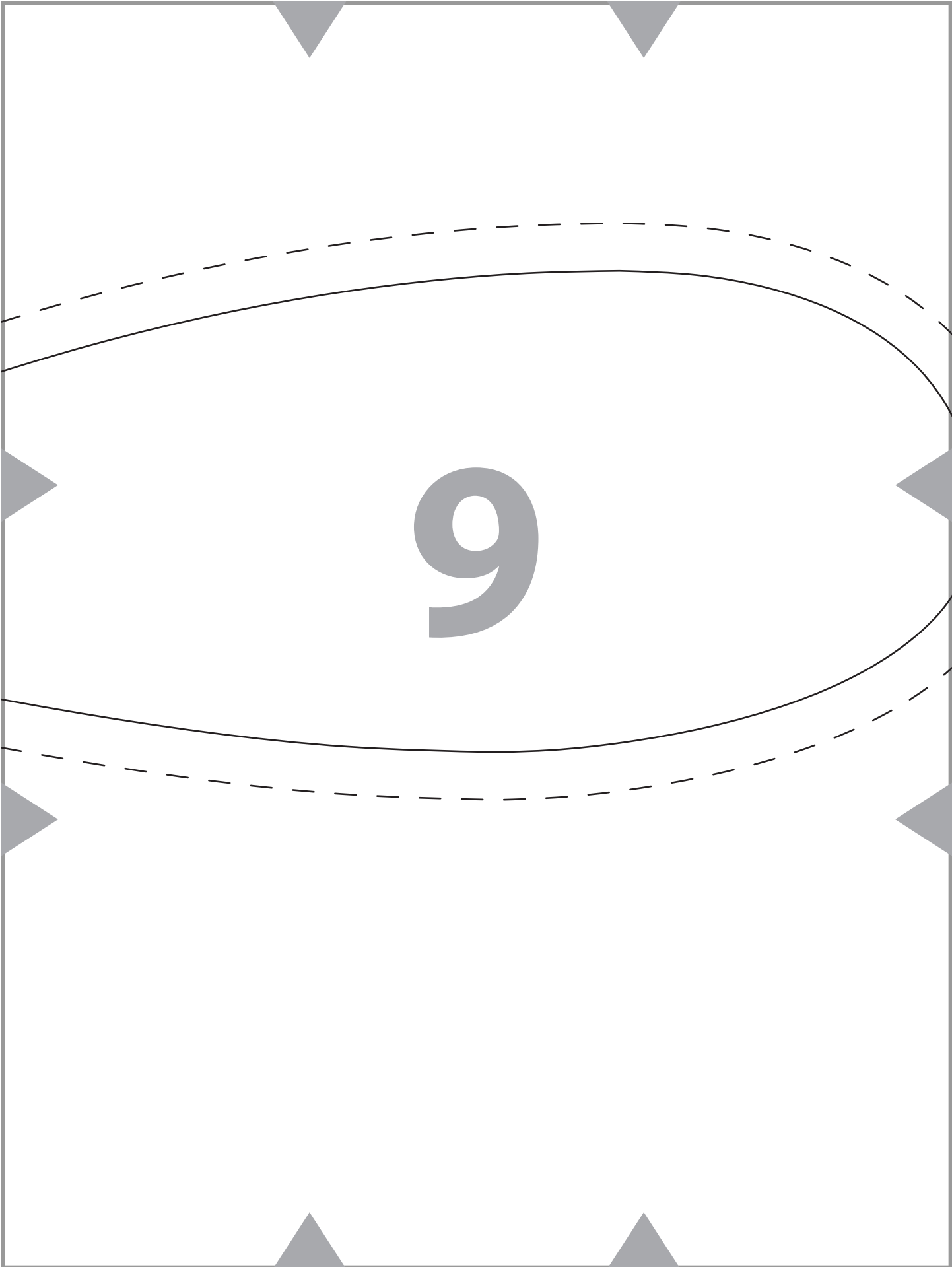


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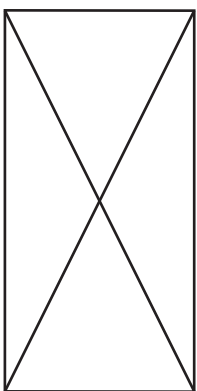




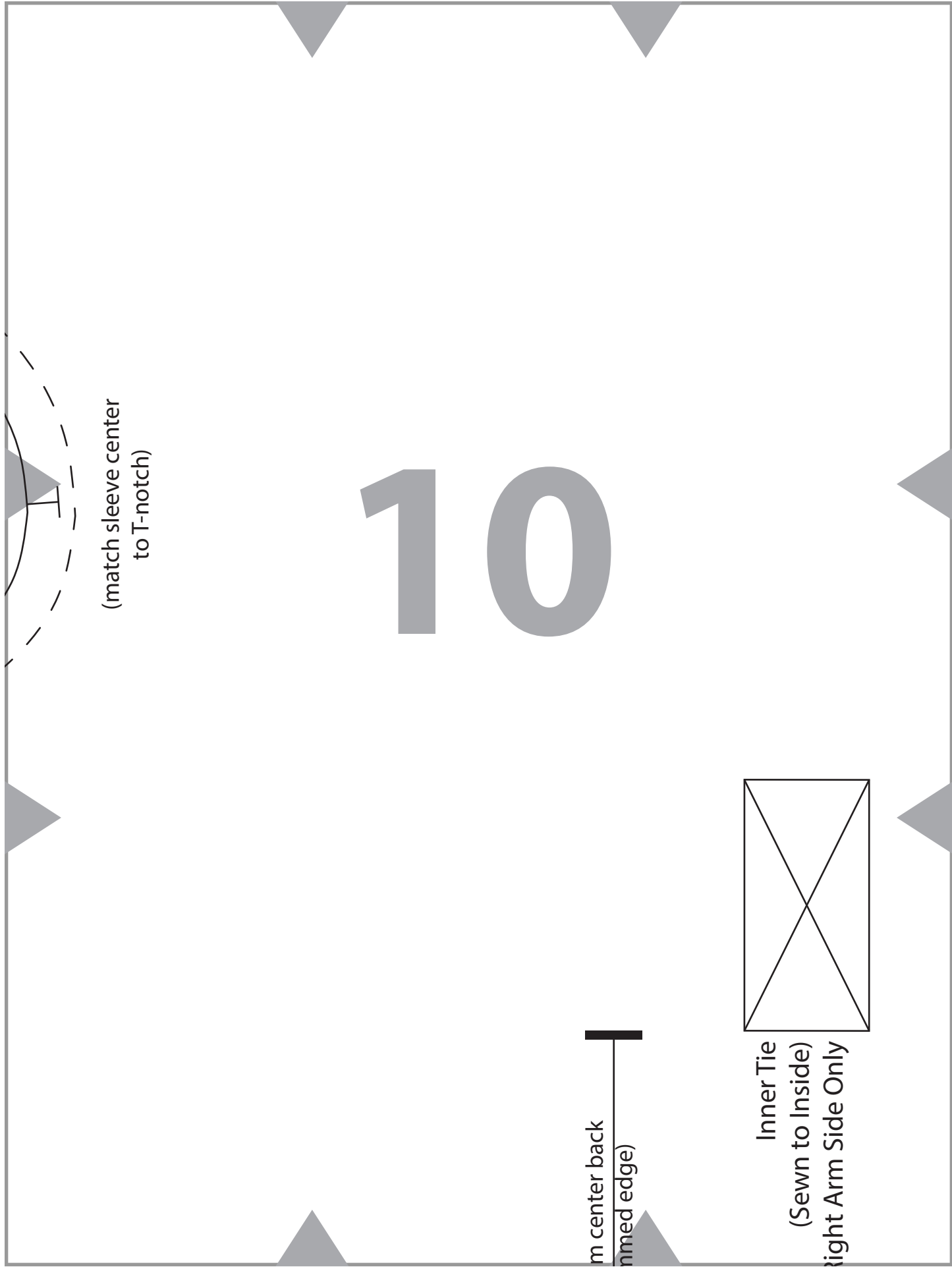
10

(match sleeve center
to T-notch)

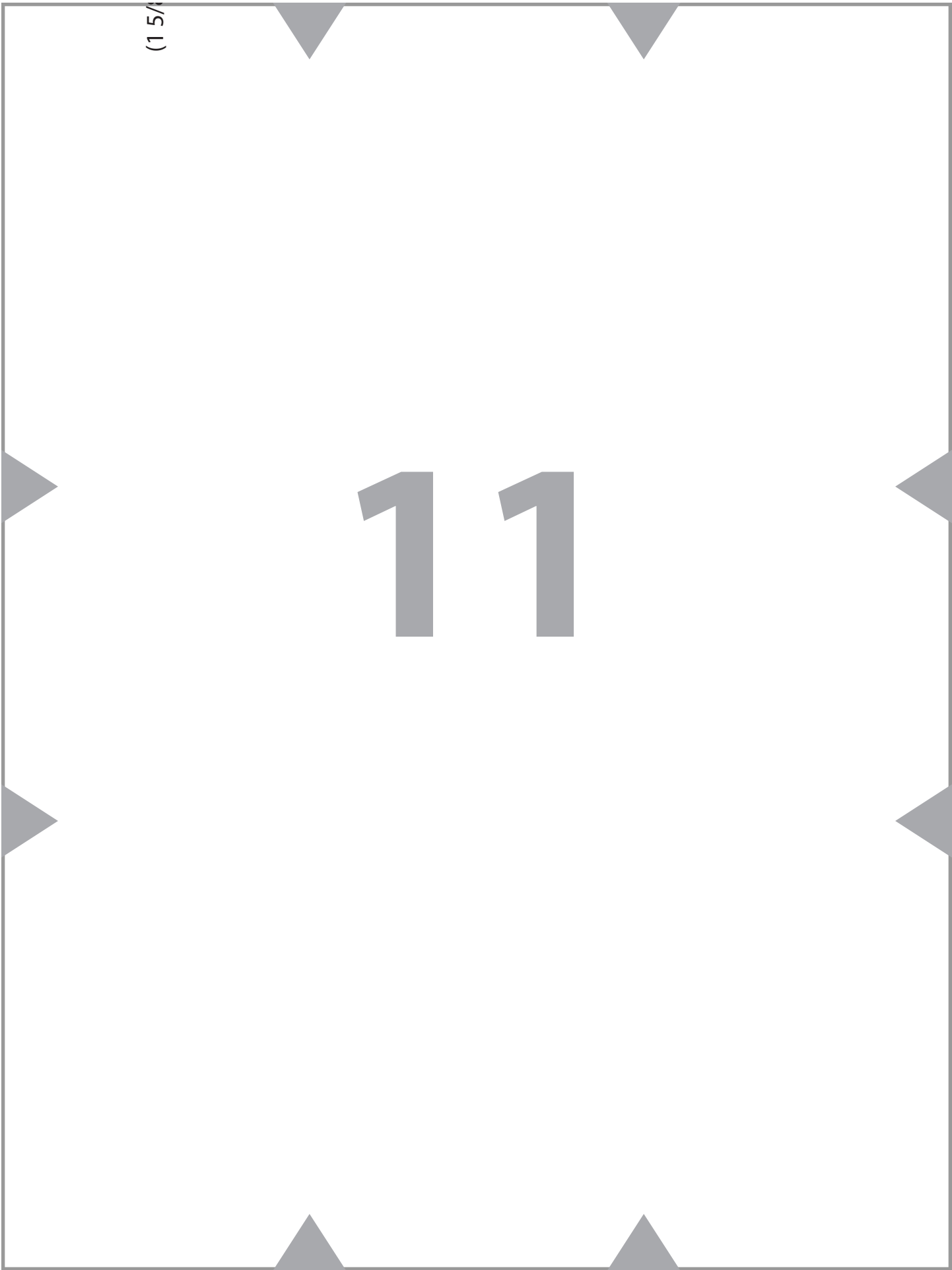
1m center back
(unmed edge)



Inner Tie
(Sewn to Inside)
Right Arm Side Only



11





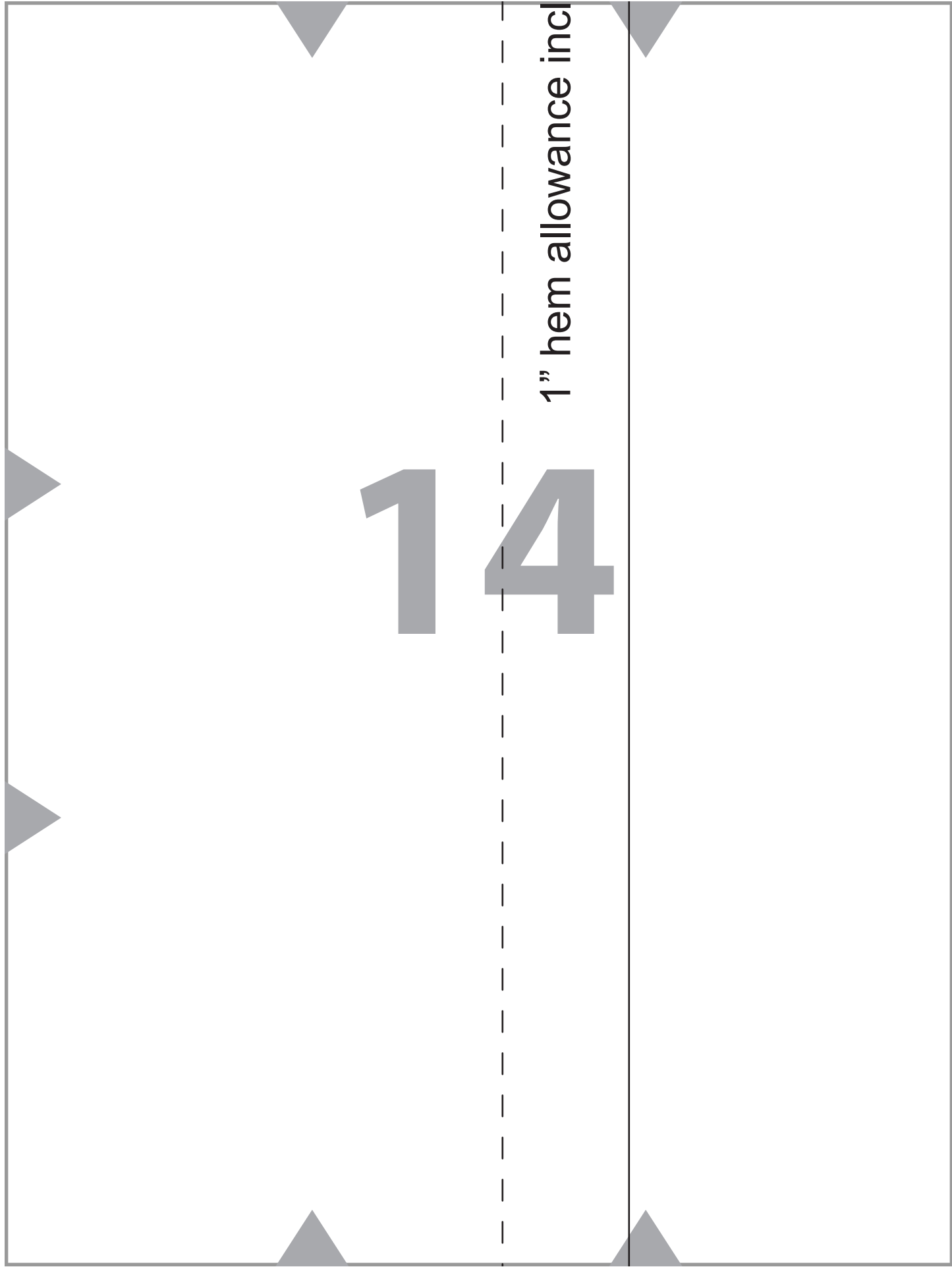
12



13

14

1" hem allowance incl



16

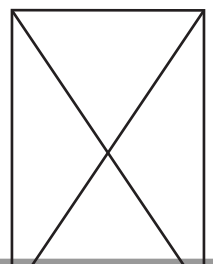
17

12" fro

(her

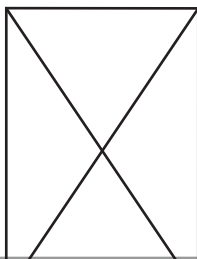
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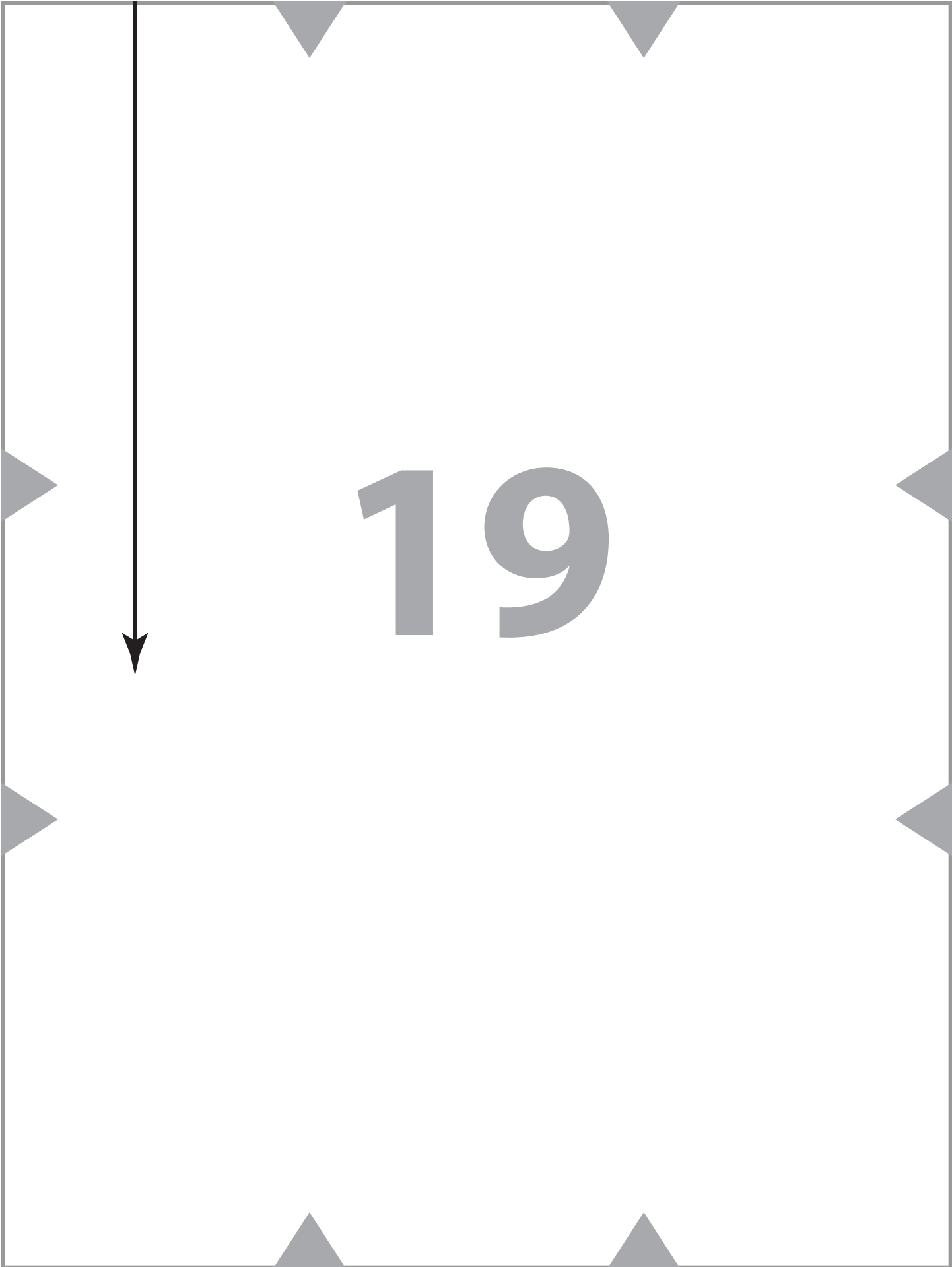
Inner Tie
(Sewn to Outside)
Left Side Only



18

Outer Tie
(Sewn to Outside)
Right Side Only

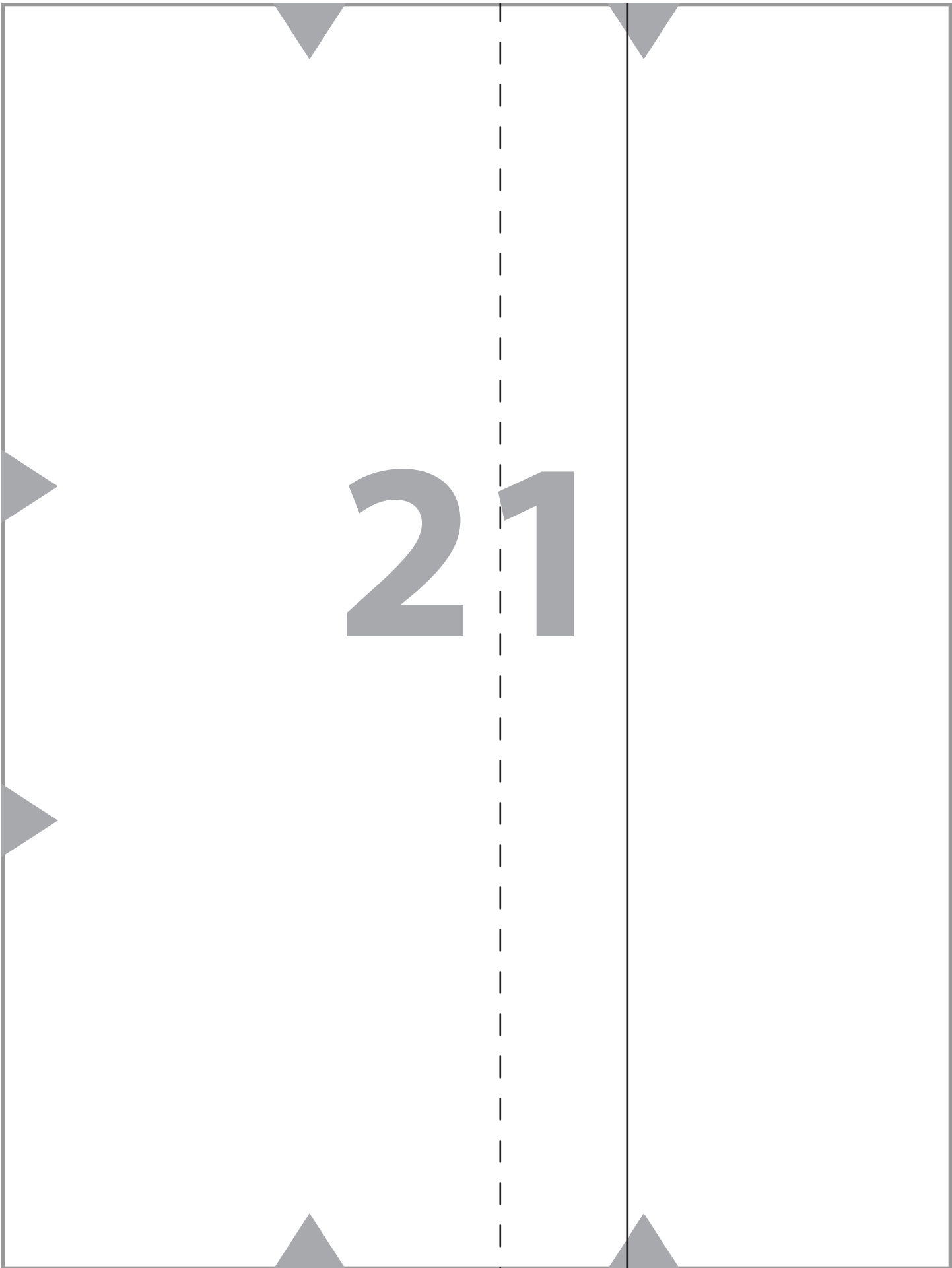


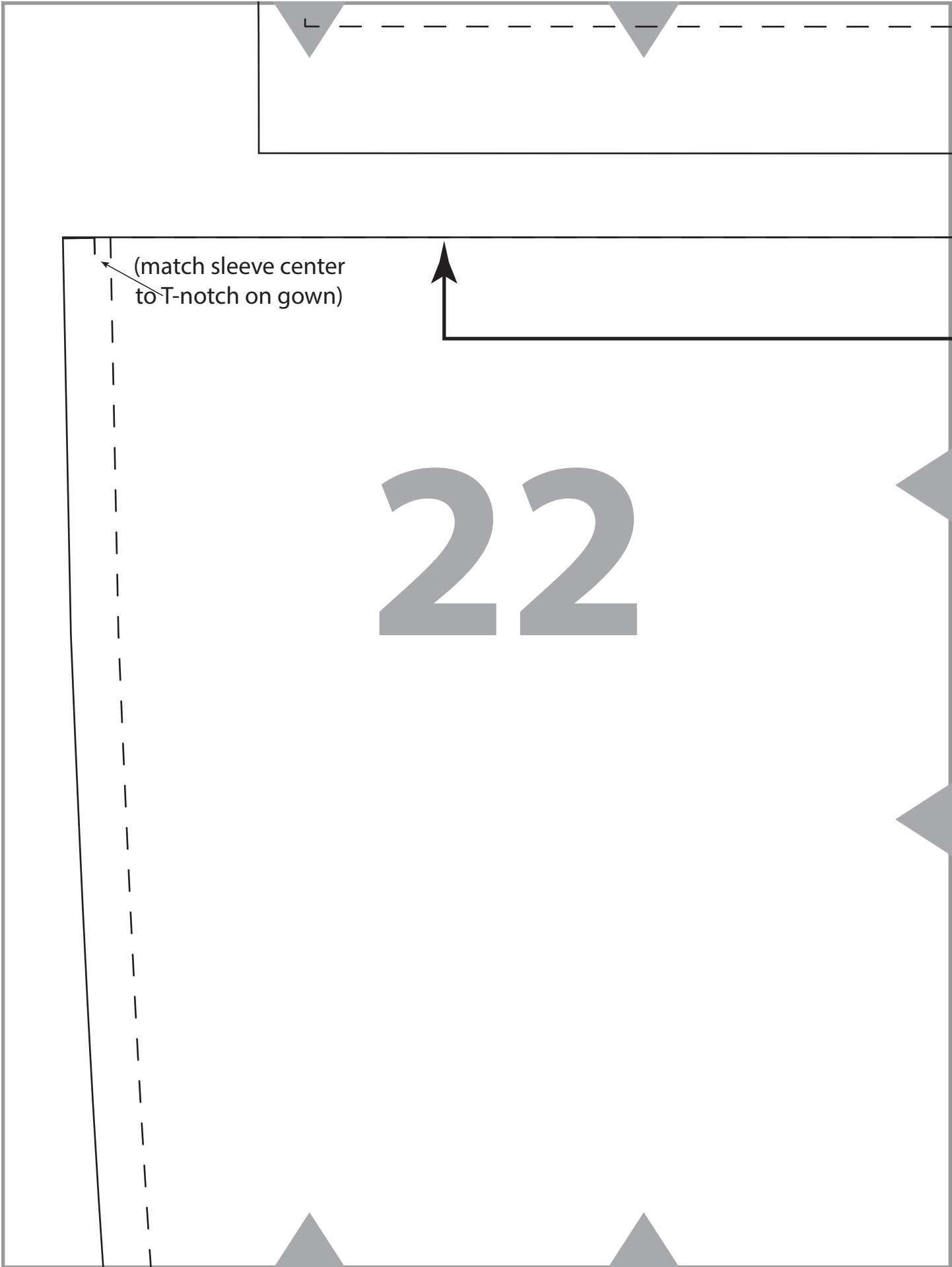




20

21





(match sleeve center
to T-notch on gown)

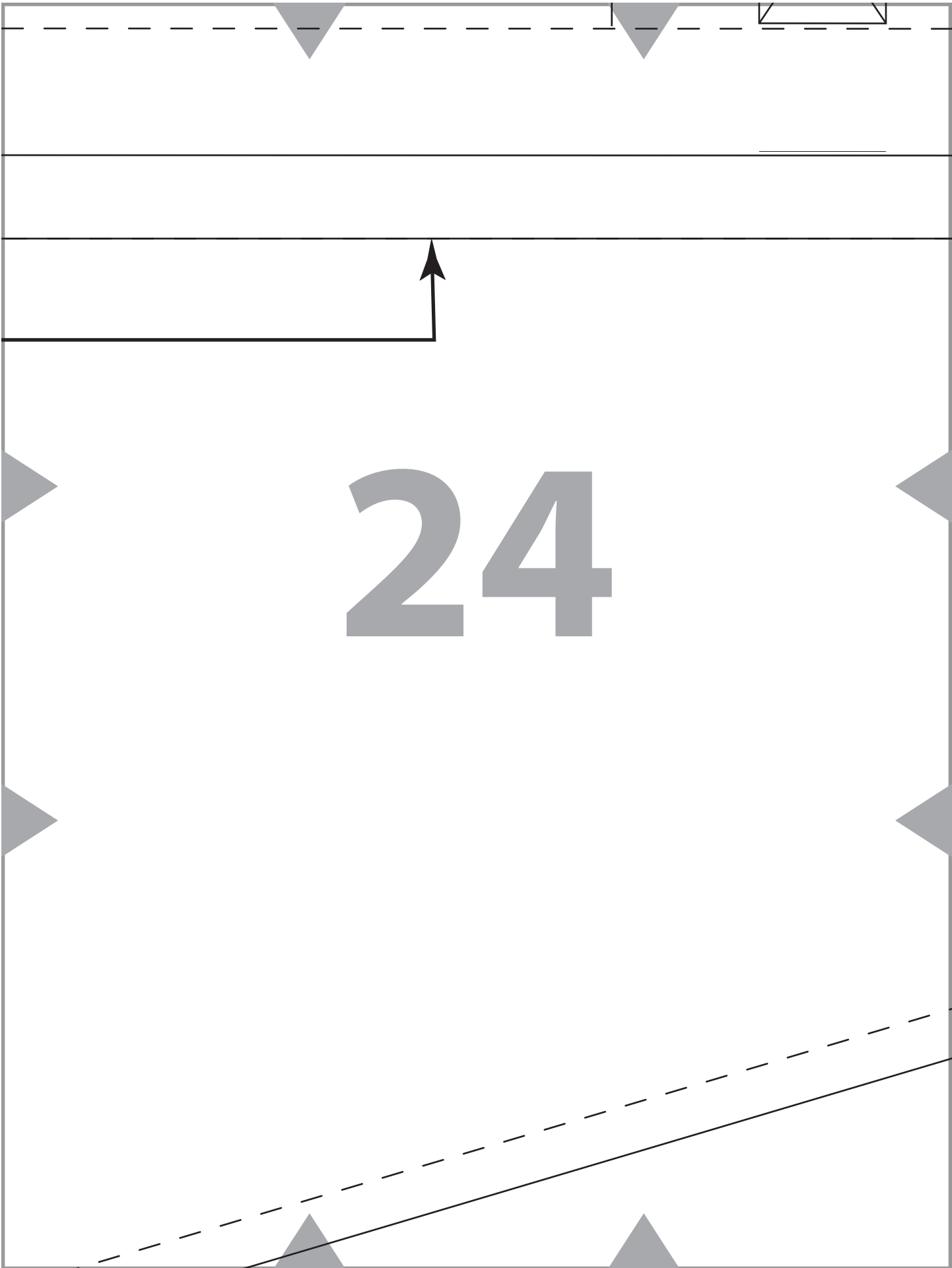
22

Place on FOLD to cut

Sleeve

Cut 2 on fold

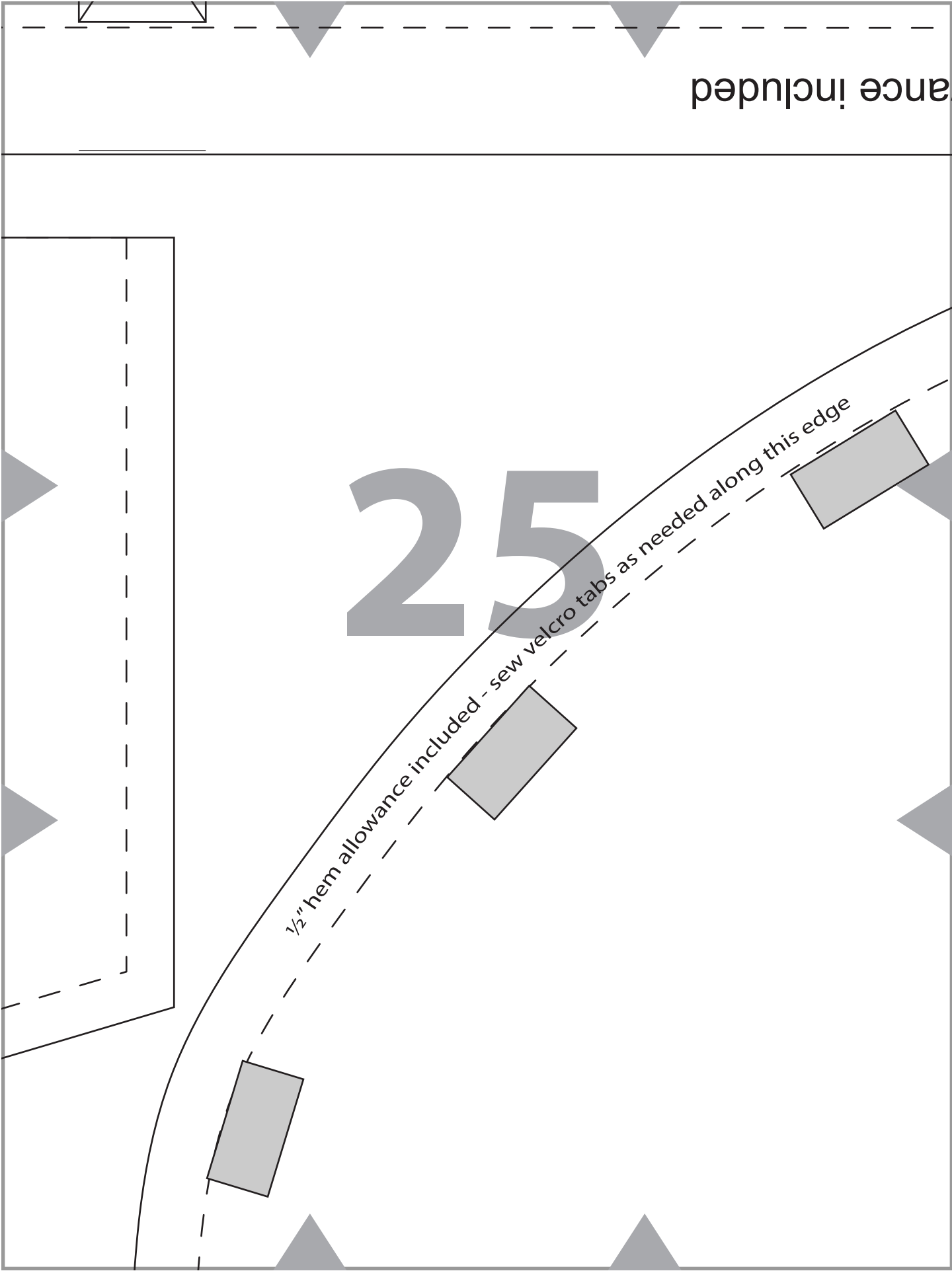
3/8" seam allowance included



ance included

25

1/2" hem allowance included - sew velcro tabs as needed along this edge



1" back hem allow

26

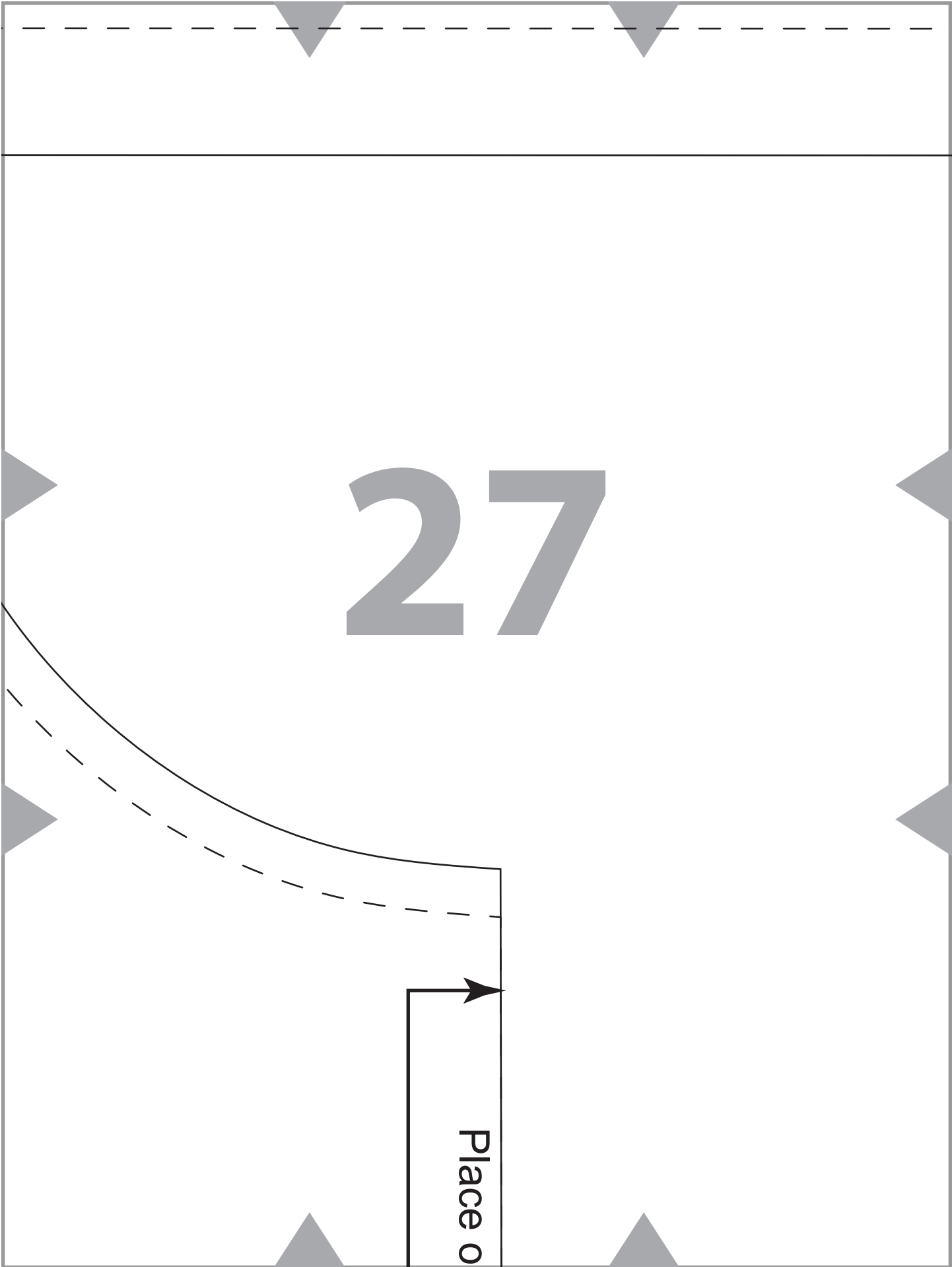
notch matches
shoulder seam

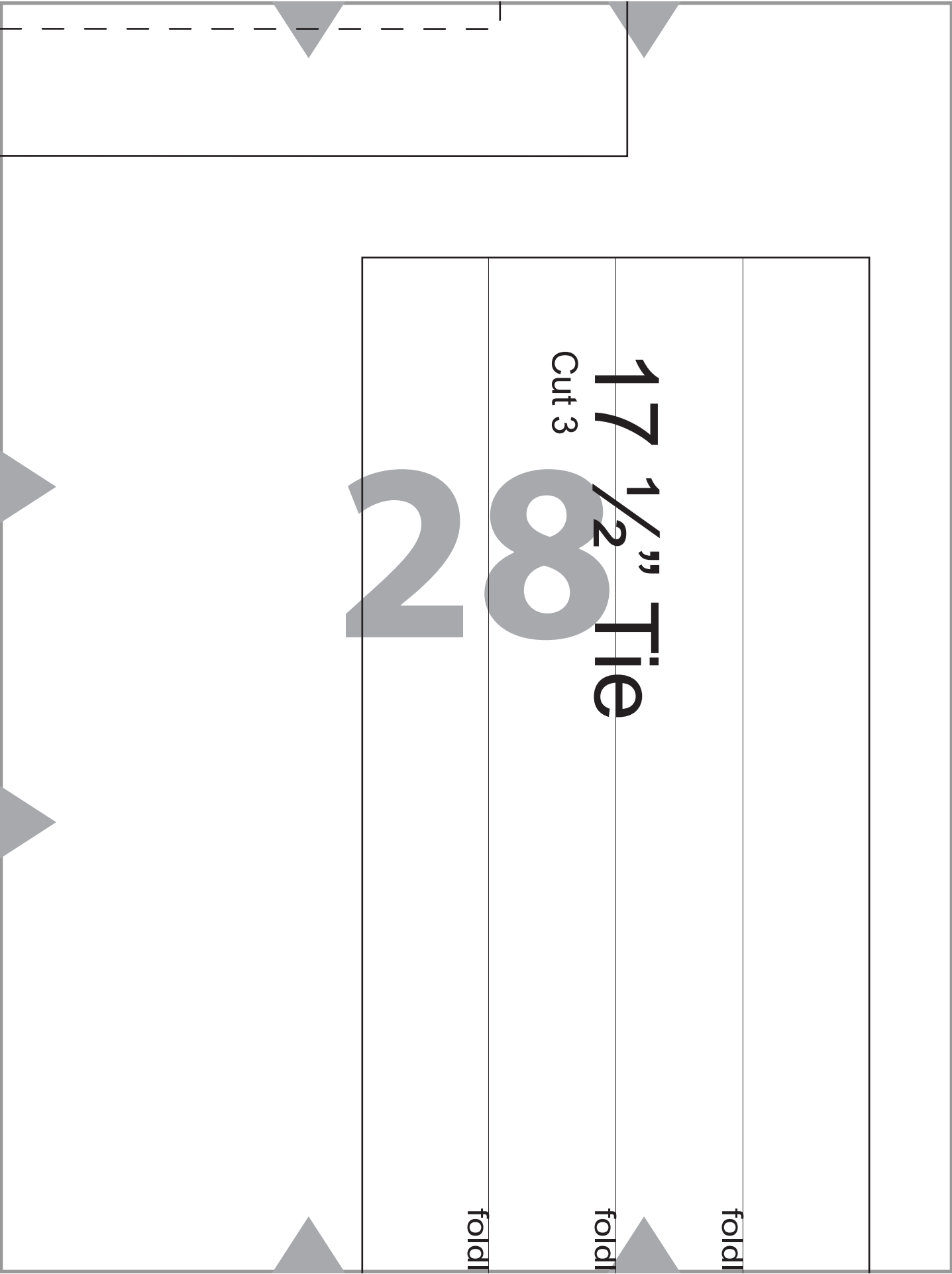
Wrap Collar

Cut 2 on fold

3/8" seam allowance included

27





17 1/2" Tie

Cut 3

fold

fold

fold

28



29

28" Tie

Cut 1

T-Piece

Cut 1

3/8" seam allowance incl.

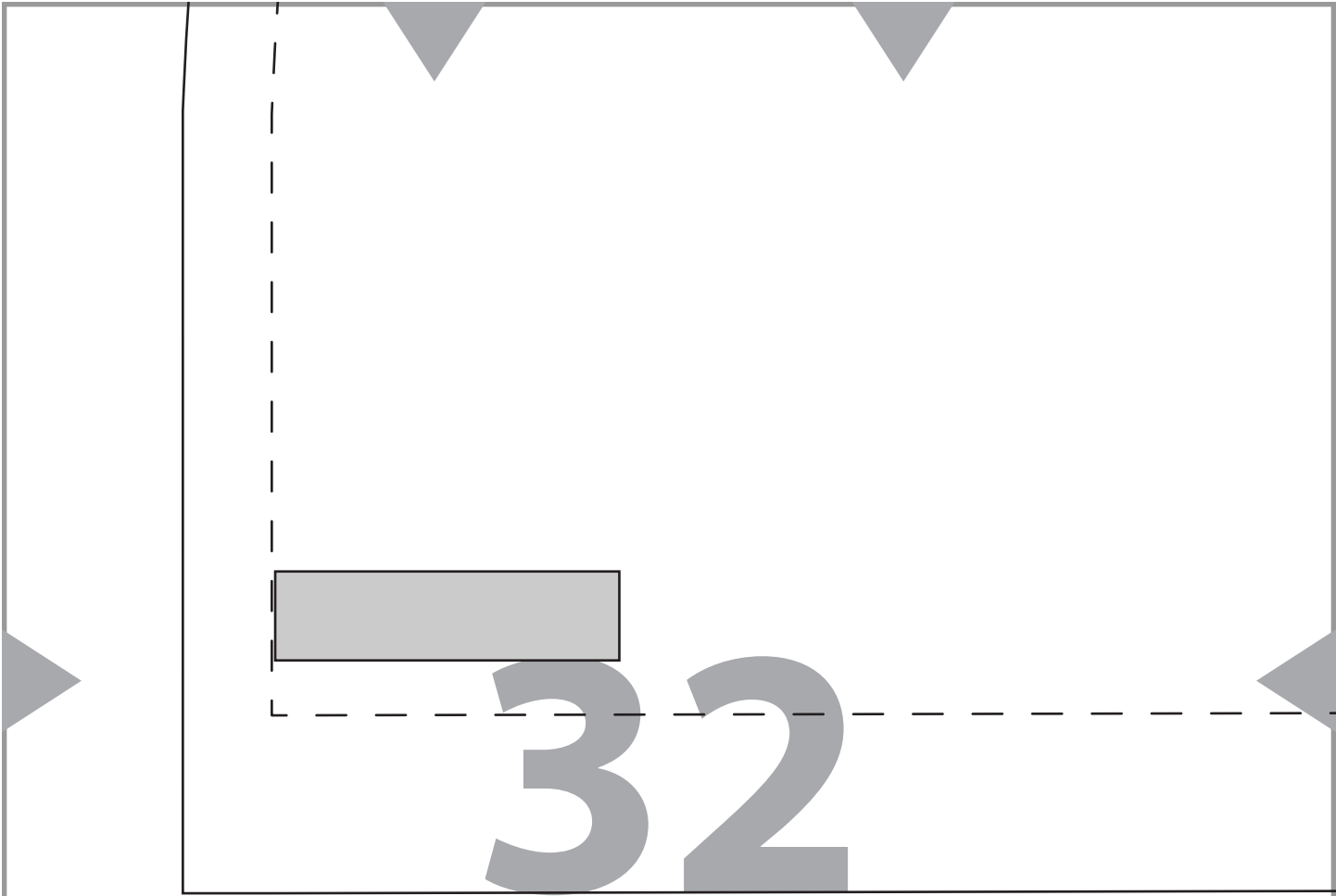
30

foldline

foldline

foldline

31



32



33

1" hem allowance included

CUT PIECE

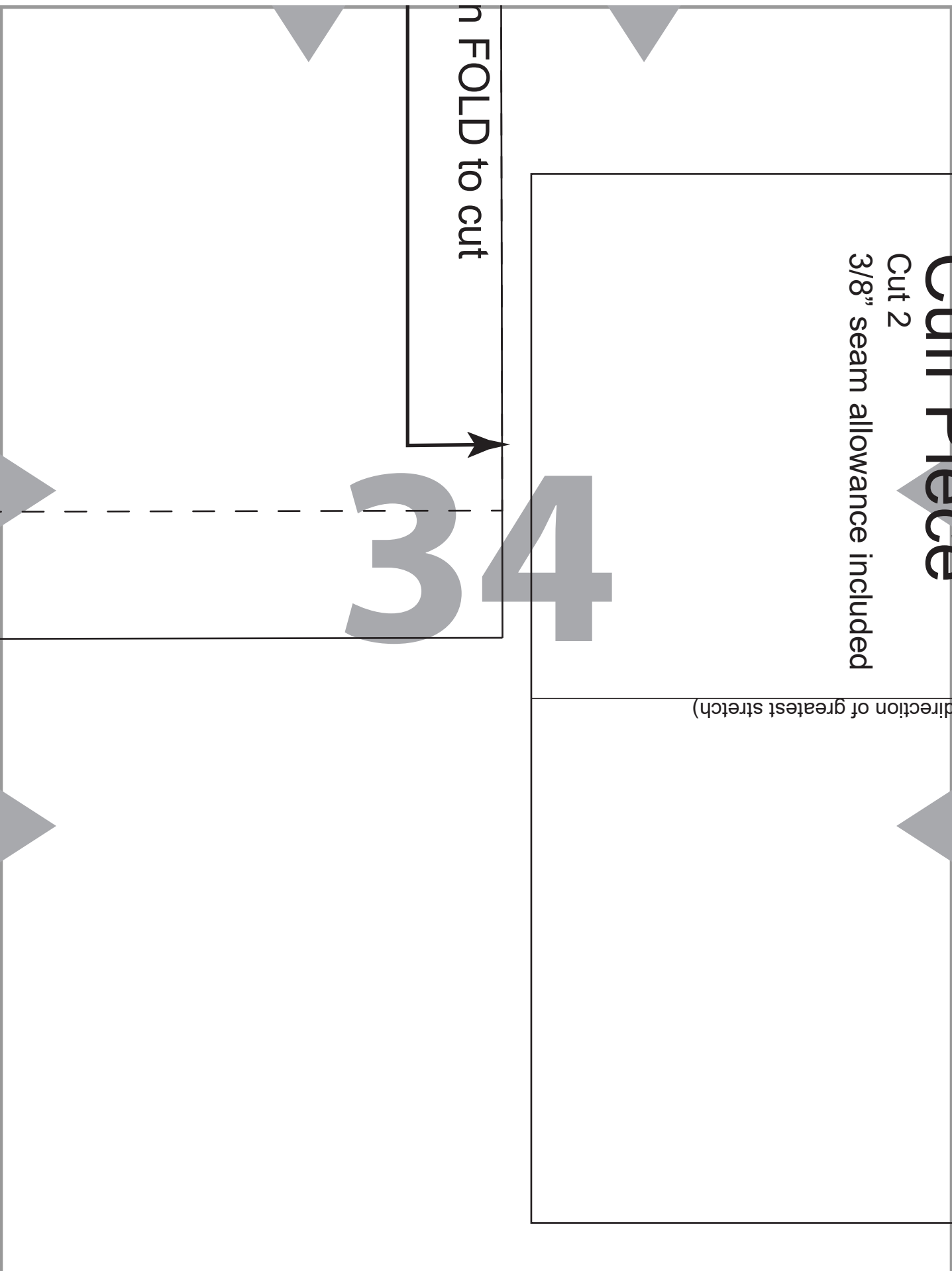
Cut 2

3/8" seam allowance included

(direction of greatest stretch)

then FOLD to cut

34



Cuff Diameter

foldline (

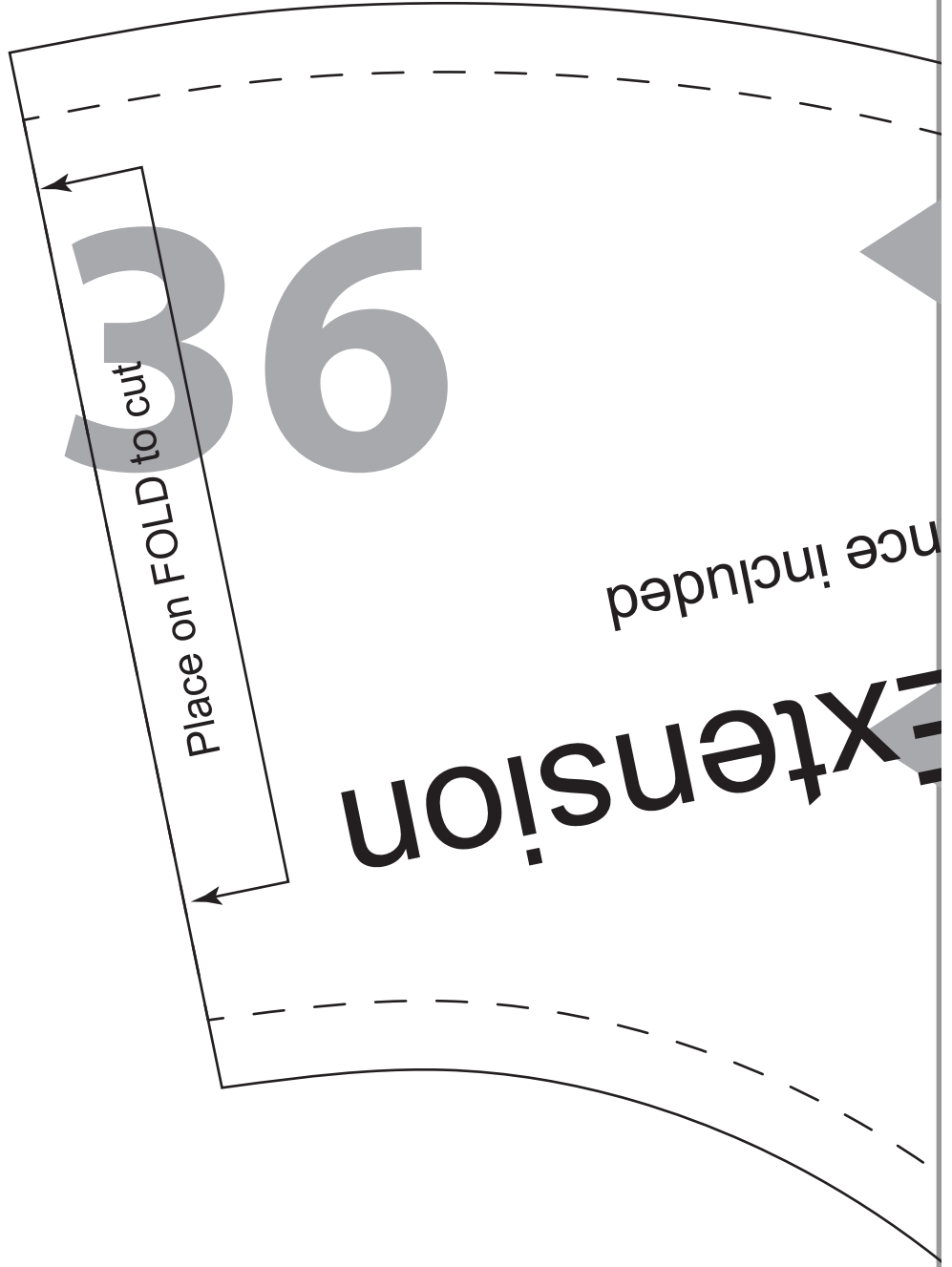


35

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extension

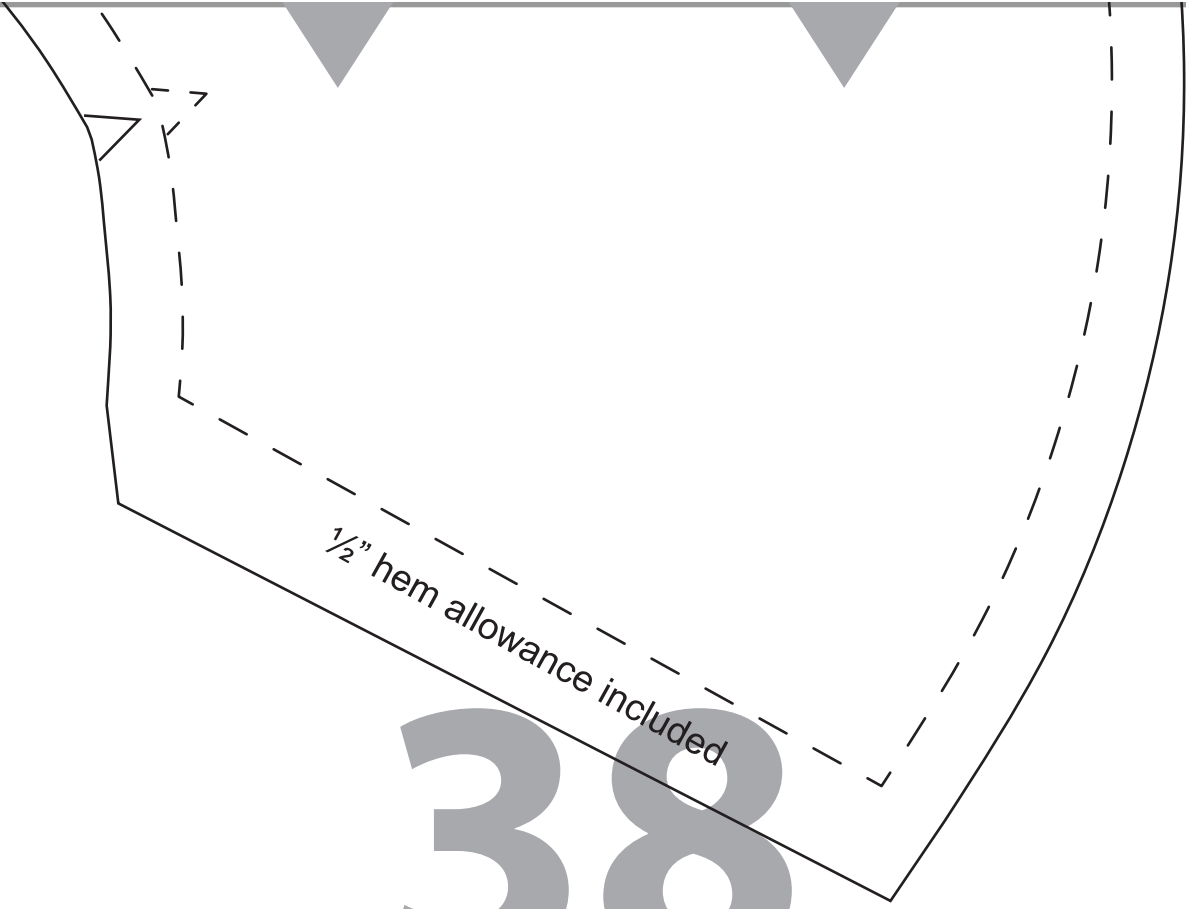
nce included

Place on FOLD to cut



Collar E
Cut 1 on fold
3/8" seam allowance

37



38