



## Volunteering Idea: How to Make Covid-19 NHS Laundry Bags

You can help our amazing NHS staff at this difficult time by making them laundry bags to wash their uniforms in. Unfortunately, there is a huge shortage of scrubs, and so many healthcare members are still wearing their uniforms, which can be a risk around COVID-19 patients. These bags would enable nurses to take their uniform off, secure it in a material bag, and then pop the whole lot in the wash when they get home, containing any possible contamination and getting rid of it, without having contaminated carrier bags left around. If you can help it will make such a difference and help keep our teams safe!

### You will need:

- Fabric (pillowcases, duvet sets, patterned poly-cotton/ cotton are ideal)
- Sharp scissors
- Sewing machine with a regular presser foot
- Iron (and ironing board or similar)
- Ruler/measuring tape
- Something for the drawstring or a long strip of fabric that you can iron and sew into a drawstring. Do not use ribbon as it needs to be very sturdy and this is likely to fray. Cord or very long shoe laces are ideal
- Optional: Pins

#### 1. Source your fabric.

You can use duvet sets that you no-longer use or fabric that you already have from craft projects. Please make sure that the fabric can be washed at 60 degrees in the washing machine without shrinking or colours running. They will need to wash their uniform at 60 degrees to kill the germs. NHS staff will not appreciate it if you accidentally turn their uniform a funny colour on first use! If you are not sure whether the colours will run, wash them on 60 degrees with a colour catcher or vinegar can help to set the dyes. Please wash your fabric before you start making the bags.

#### 2. Cut your fabric into approximately 19x20 inch pieces

They need to be this size so that the uniforms can fit in easily without contamination. If they are too small, they will be hard to use and the idea is that we are making NHS staff's lives easier. If you are using a pillowcase, it is likely that it will already be approximately this size, do not cut the edges as you can use these to make the bag. If you are using a duvet, you could be creative and use the seams that are around the edges so that you will not need to sew these again. The bags will end up an inch or two shorter as you will lose this in the seam allowance.



- Depending on the fabric you have, use the following links to take you through a step by step of how to make the bags.

If you are using a pillowcase:

<https://www.youtube.com/watch?v=38kZgTXZkAk&feature=youtu.be>

If you are using pieces of fabric or a duvet that you have cut to size:

[https://willowcreekquilts.ca/products/free-nurse-scrub-bag-pattern?\\_pos=3&\\_sid=22dc32353&\\_ss=r&fbclid=IwAR1suzAiJPMN9LKYVGvN\\_uehoM0BOeWXluPdhu4ogsBREkuQ20hZSK\\_N20g](https://willowcreekquilts.ca/products/free-nurse-scrub-bag-pattern?_pos=3&_sid=22dc32353&_ss=r&fbclid=IwAR1suzAiJPMN9LKYVGvN_uehoM0BOeWXluPdhu4ogsBREkuQ20hZSK_N20g)

If you do not have a drawstring:

<https://www.facebook.com/weftynneedle/videos/1323911604419038/UzpfSTY4MTAyNzc3OToxNTE1MDEOOTAyMDAwNTQz/?fref=nf>

- Cut a long length of fabric 3 times the width of your bag x 5cm/2 inches
- Iron this in half so that you have a long piece of fabric that is 2.5 cm/ 1 inch but double thickness
- Open up this fold and now fold the raw edge into the first centre fold and iron
- Turn the fabric around and do the same on the other side. You should now have one fold down the centre with the raw edge of each side tucked into the middle
- Fold and iron down your first seam fold, with the raw edges tucked in.
- Sew along the two folded edges to keep it in place.

- When your bags are completed, **do not take or post them to a local hospital**. You may create a burden for staff.

Either ask NHS staff that you already know if they would like them or look on Facebook pages such as “For the Love of Scrubs – Our NHS Needs You” for contacts of people who are organising scrubs and laundry bags to be made (please note that you may be required to embroider “Dirty” or “Soiled” on the bag and **please read the terms of signing up**, they are run by very busy people coordinating scrubs being made across the UK).

If you still cannot find a place to send them, email [Ahoward@trinitysevenoaks.com](mailto:Ahoward@trinitysevenoaks.com) and I will be able to give you an address to post them to.

Happy sewing...

