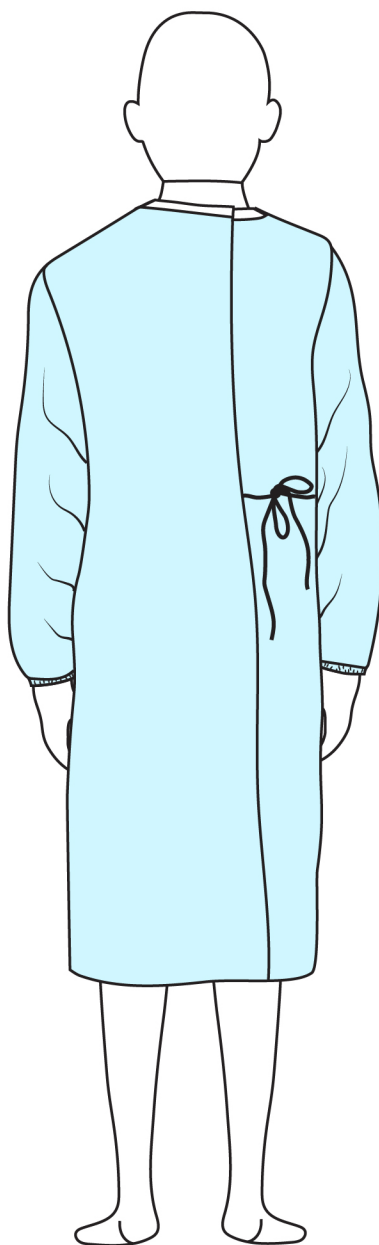
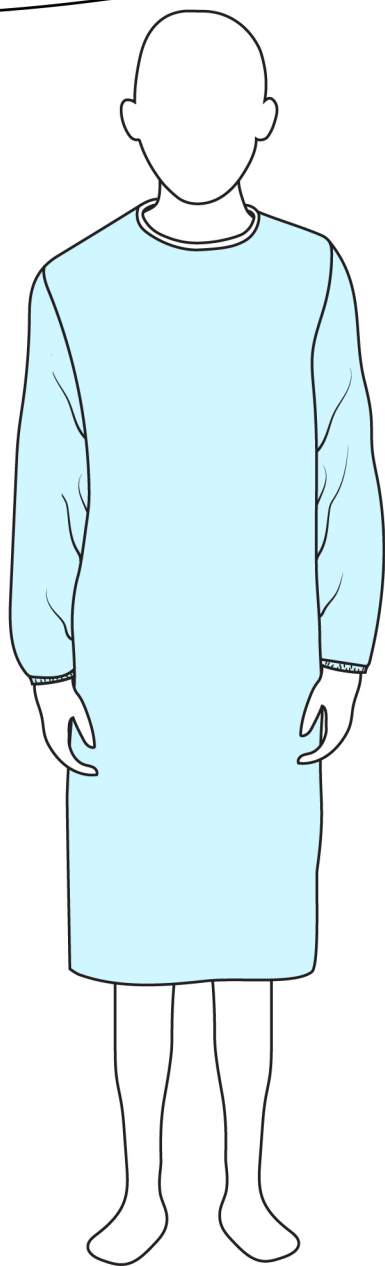
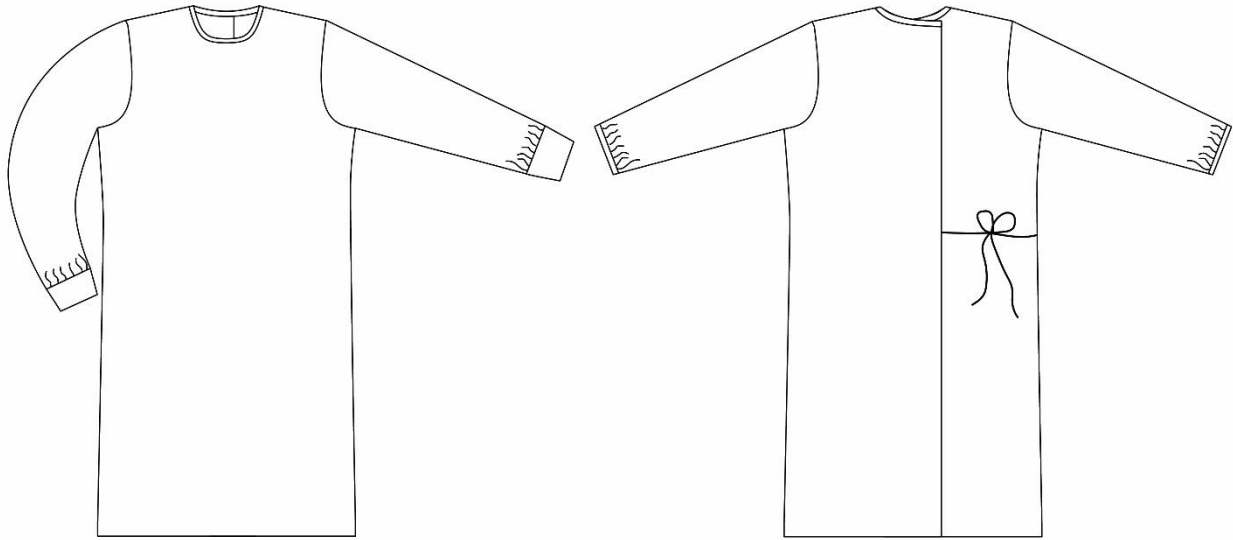


# isolation gown

Sizes: Adult S-XL



peek-a-boo  
PATTERN SHOP



## Materials

- Main Fabric: Non-stretch light to medium weight fabrics
- 1/4" Elastic for wrists OR
- Cuff Fabric: Knit with at least 50% stretch and good recovery
- 1 package (2 yards) extra-wide double fold bias tape
- Velcro for neck closure

| Size | Fits Chest Size |           | Finished Width* |    | Finished Length |       | Fabric Required |           |
|------|-----------------|-----------|-----------------|----|-----------------|-------|-----------------|-----------|
|      | inches          | cm        | inches          | cm | inches          | cm    | 44"             | 60"       |
| S    | 34-36"          | 86.5-91.5 | 24"             | 61 | 44"             | 112   | 3.5 yds.        | 2 yds.    |
| M    | 37-40"          | 94-101.5  | 26"             | 66 | 44.5"           | 113   | 3.75 yds.       | 2.75 yds. |
| L    | 41-44"          | 104-112   | 28"             | 71 | 45"             | 114   | 4 yds.          | 2.75 yds. |
| XL   | 45-48"          | 114-122   | 30"             | 76 | 45.5"           | 115.5 | 4 yds.          | 3 yds.    |

\*Finished width is measured with the garment laying flat. Metric conversions are approximate and provided for your convenience.

You may sell items made with this e-Book. You may not copy, sell, or redistribute this e-Book in any form.

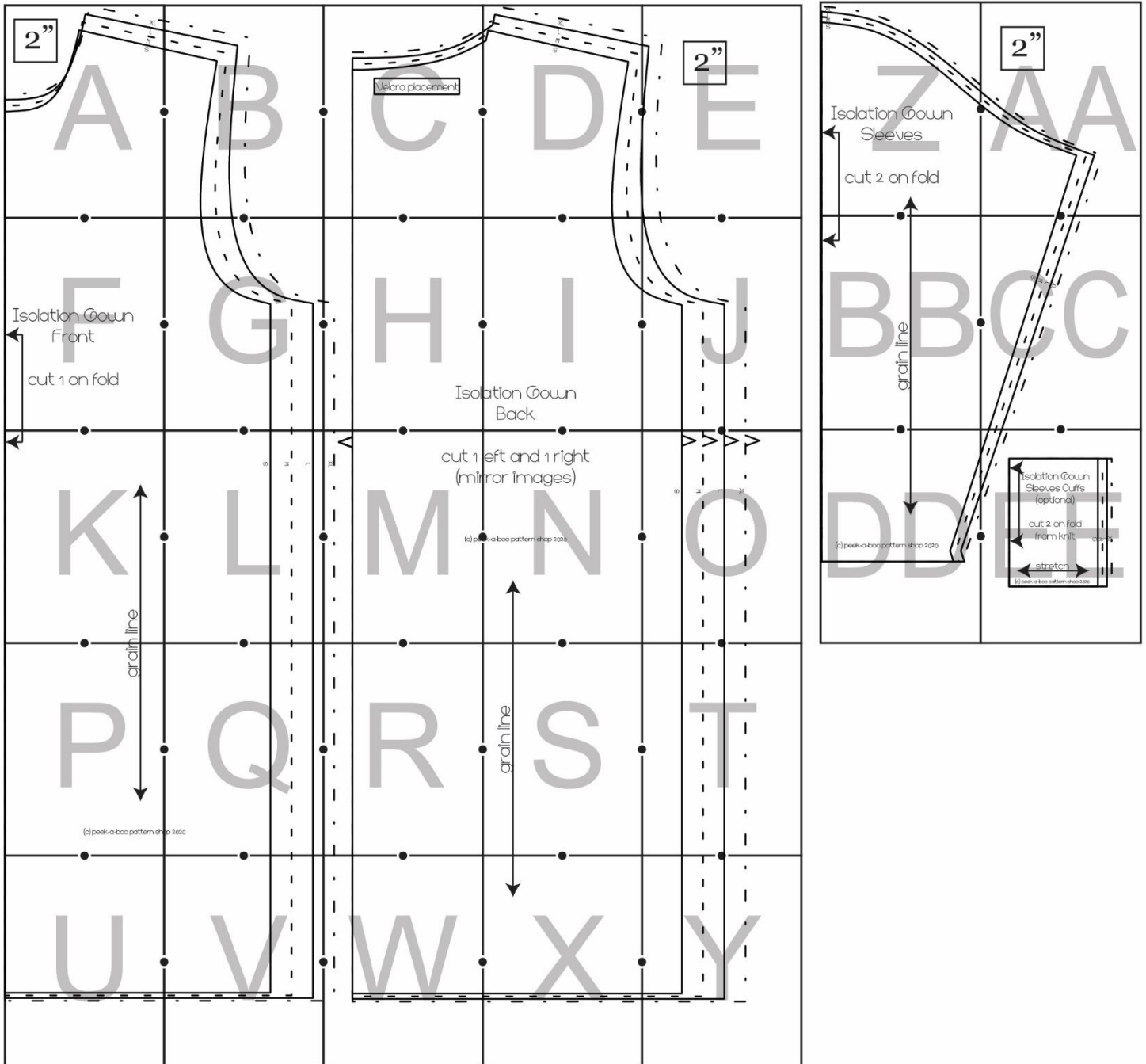
**\*Note:** This pattern is for an isolation style gown. A handmade gown will not provide the same protection as a commercial gown. Your choice of fabric will impact the level of protection provided. If you are sewing gowns to donate, contact the organization prior to starting your project to verify the style needed and required type of fabric.

## Choosing Your Size

The Isolation Gown is designed with enough ease to layer over other clothing. For a one-size fits most option, I recommend using the size large.

## Cutting Out Your Pieces

Patterns should be printed at 100% scale. Measure the 2" box to ensure the pattern printed correctly. Tape the pattern together along the black lines so the black markings form complete circles. Lay out all pieces prior to cutting to ensure the most efficient use of your fabric.



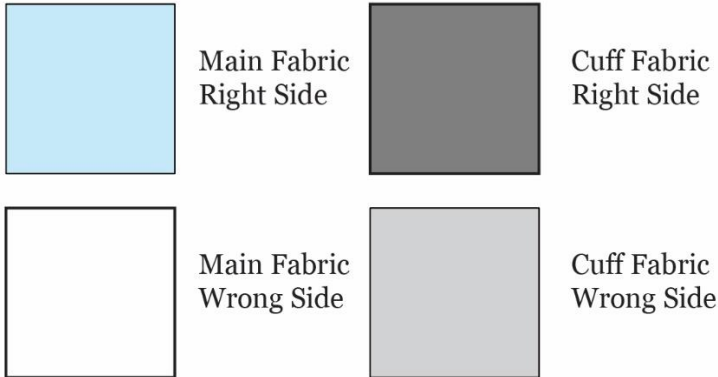
## Sewing Guidelines

Pre-wash and dry your fabric.

Use a 1/2" seam allowance.

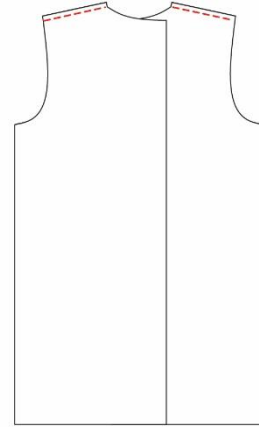
If you are using a fabric that frays, finish all seams with a serger or zig-zag stitch.

## Assembly

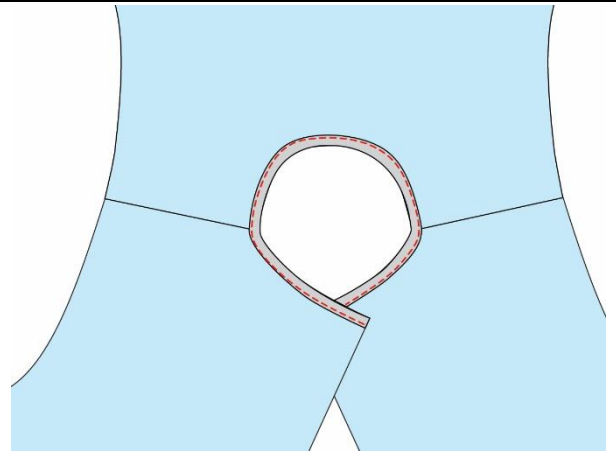


|   |  |
|---|--|
| <p>1. Cut two pieces of double fold bias tape to 20" for the ties on the back of the gown. Topstitch along the bottom edge of the bias tape to sew it shut and create the ties. Fold one short edge over twice and topstitch to finish the raw edges.</p> |  |
| <p>2. Align the raw edge of one tie piece with the notch on the side seam of the right back piece on the right side of the fabric.</p> <p>Topstitch the tie in place.</p>   |  |

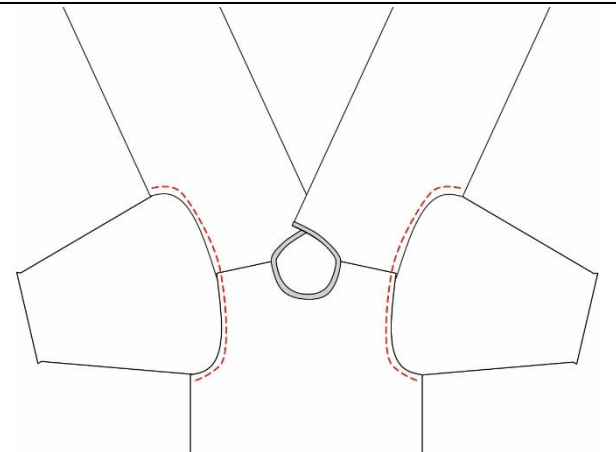
3. With right sides together (RST) sew the front and back pieces together at the shoulder seams.

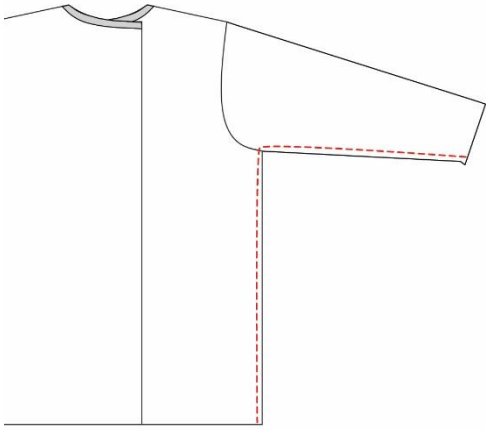
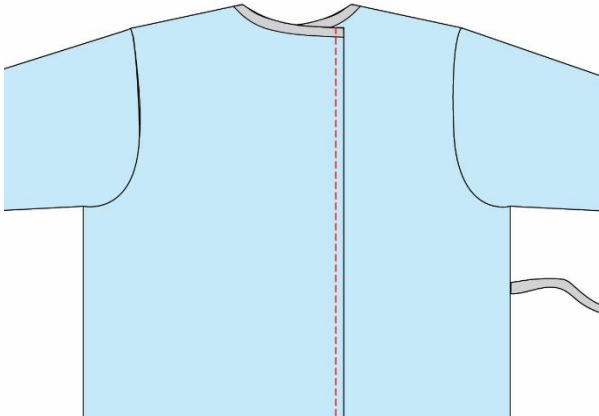
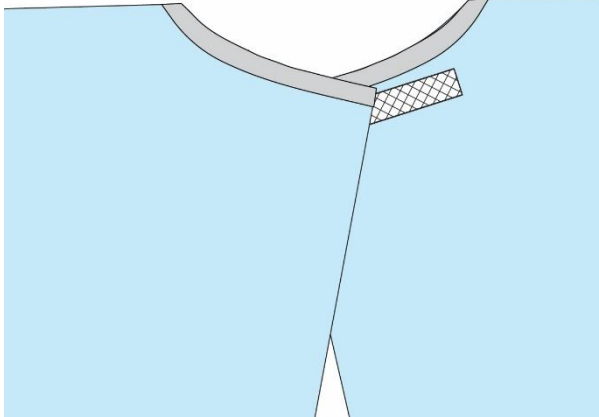


4. Finish the gown neckline with double fold bias tape.

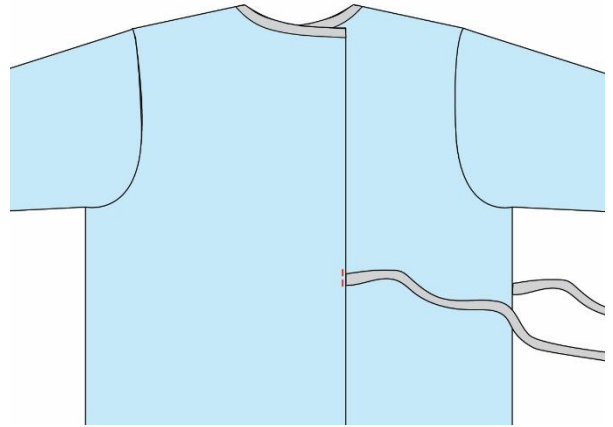


5. With RST sew the sleeves into the gown arm openings.



|   |  |
|---|--|
| <p>6. With RST sew the front and back of the gown together along the sleeve seam and gown side seam.</p>  |    |
| <p>7. Finish the back edges of the gown with a serger or zig-zag stitch. Fold the back edges of the gown over 1/2" towards the wrong side of the gown and topstitch in place.</p>   |   |
| <p>8. Topstitch a 4" piece of Velcro to the right back piece on the right side of the fabric. Suggested placement is marked on the pattern piece.</p> <p>Topstitch the corresponding Velcro piece to the left back piece on the wrong side of the fabric.</p> |  |

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

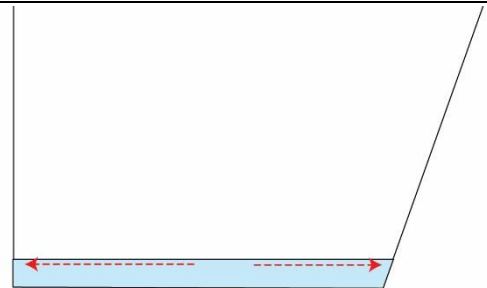


10. Finish the hem of the gown with a serger or zig-zag stitch. Fold the hem of the gown over 1/2" towards the wrong side of the gown and topstitch in place.



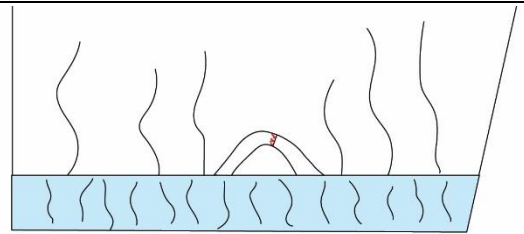
**Elastic Sleeves**

11. Finish the sleeve hems with a serger or zig-zag stitch. Fold the sleeve hems over 1/2" towards the wrong side of the sleeve. Topstitch the sleeve hems in place leaving a 1" gap to thread the elastic through.

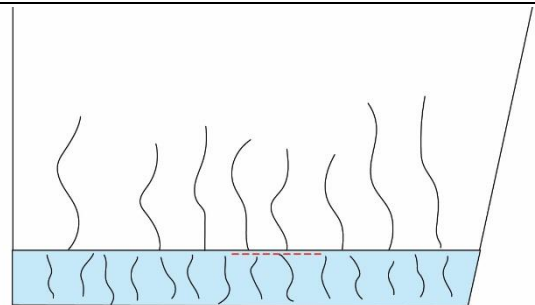


12. Use a safety pin to thread the elastic through the sleeve hems. Overlap the elastic ends 1/2" and sew together. A suggested elastic length is listed below:

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



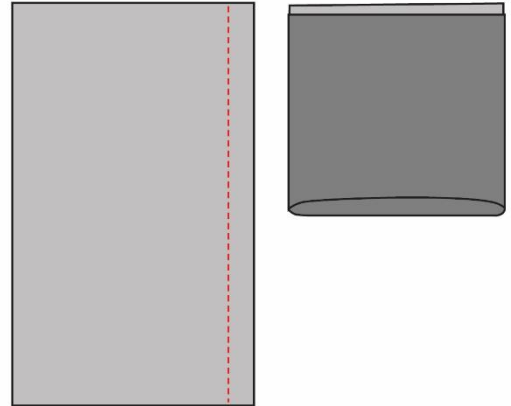
13. Topstitch the gap in the casing shut.



## Knit Cuffs

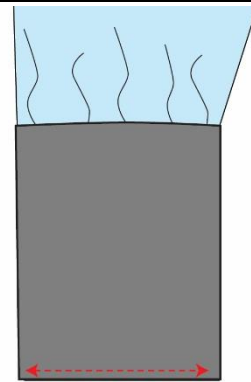
14. With RST sew the sides of each sleeve cuff together.

Roll the bottom edge up so wrong sides are together, the raw edges are aligned, and the seam is fully enclosed. Your cuff is now ready to attach to the sleeve.



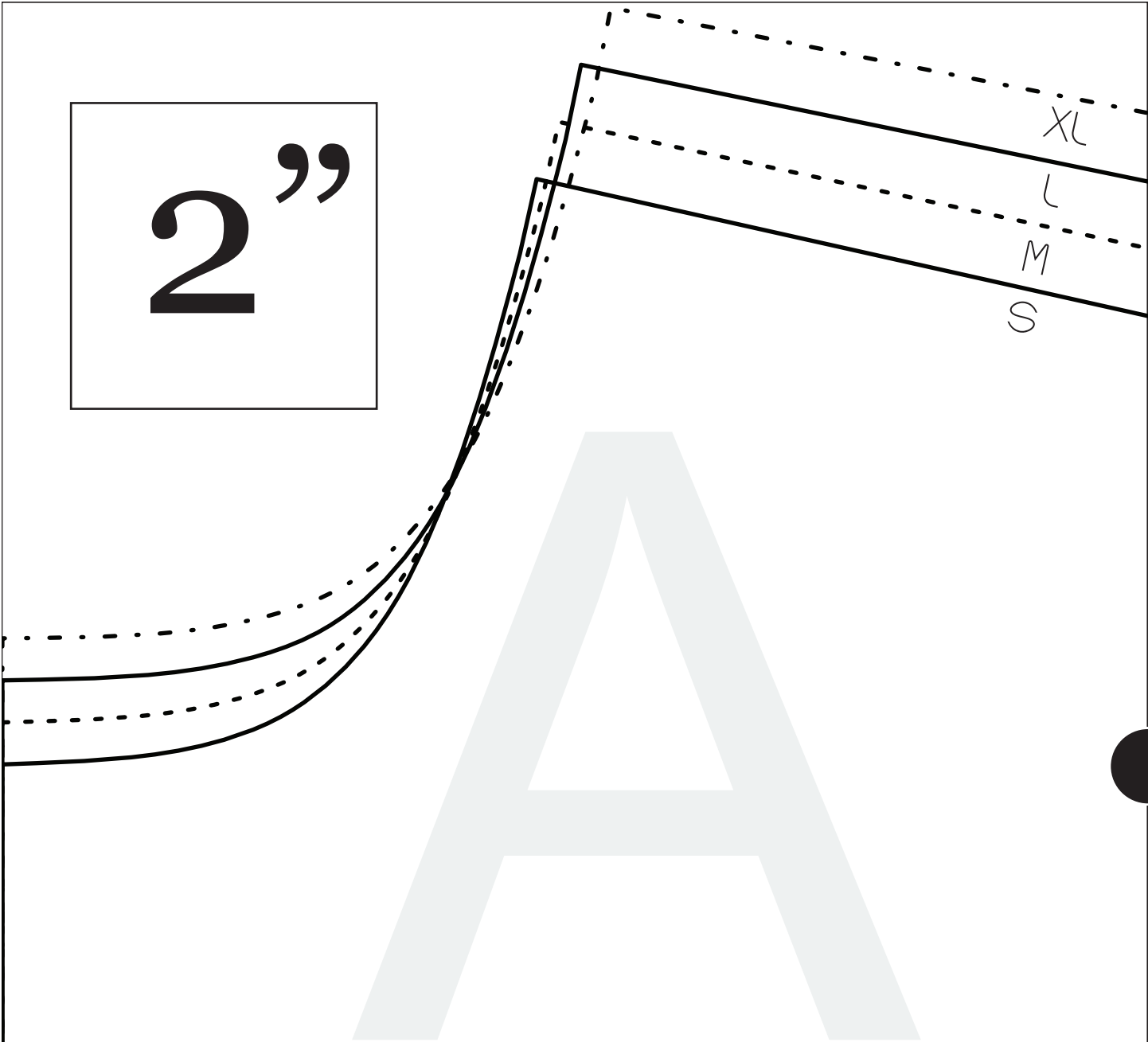
7. With the cuff on the right side of the sleeve line up the seam in the cuff with the seam in the shirt sleeve. Stretch the cuff to fit and sew together.

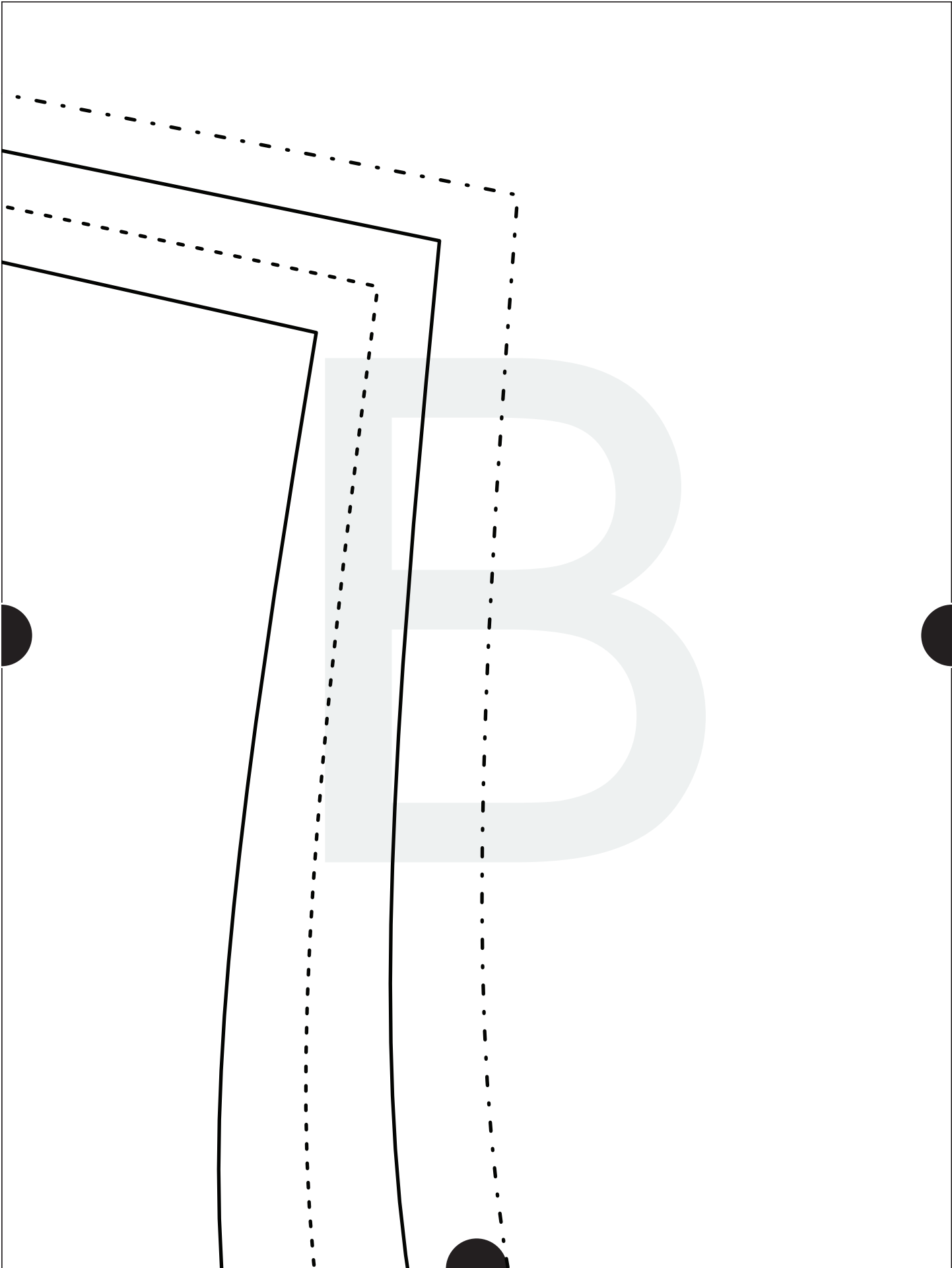
Flip the finished cuff down and press flat.





2"

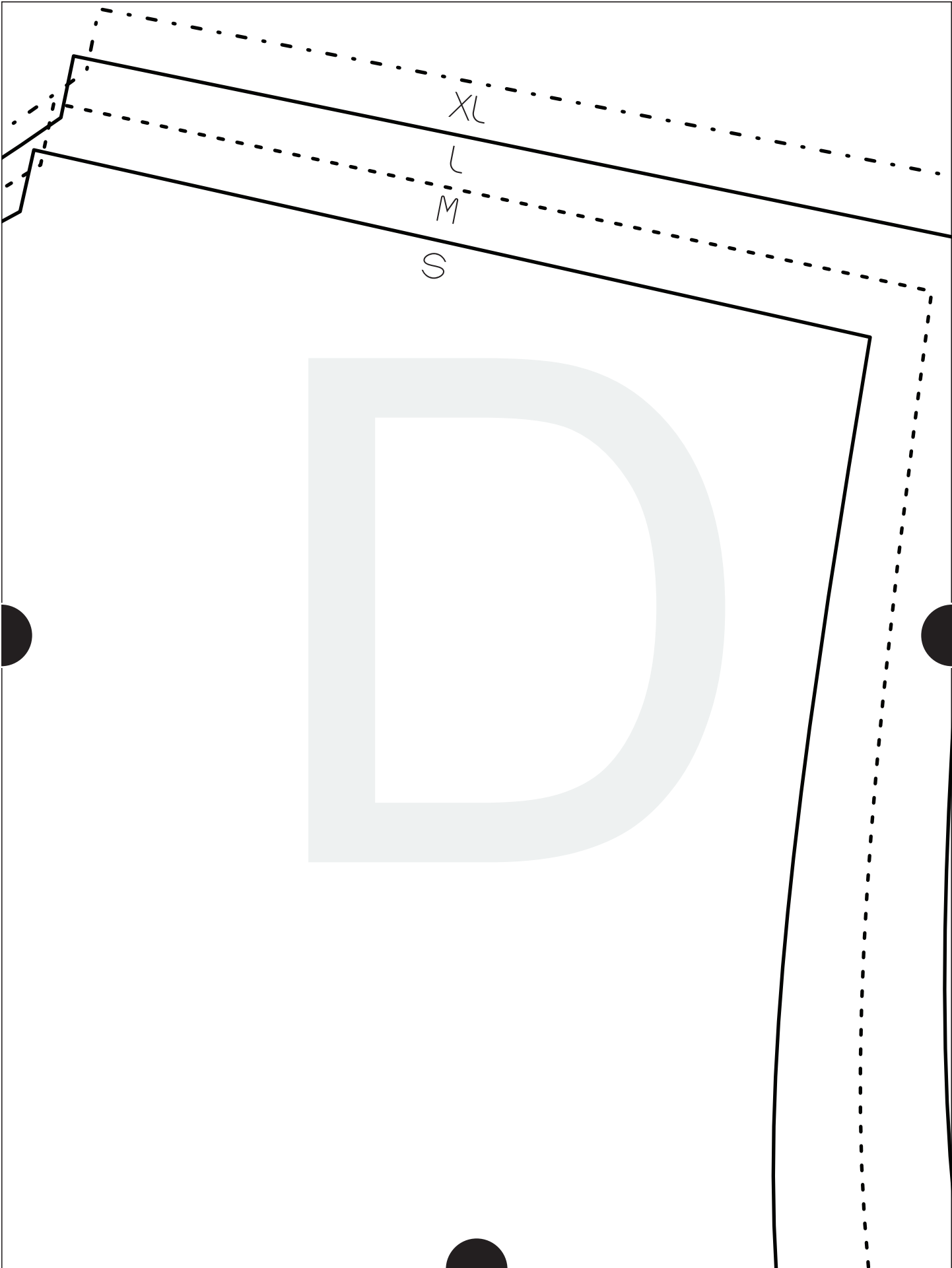






The diagram shows a curved surface with a vertical line on the left and a horizontal line at the top. A rectangular box is positioned in the center of the curve, containing the text 'Velcro placement'. The box is outlined in black. The text is in a simple, sans-serif font. The background is white, and there are three black semi-circles on the left, right, and bottom edges of the page, representing fasteners or mounting points.

Velcro placement



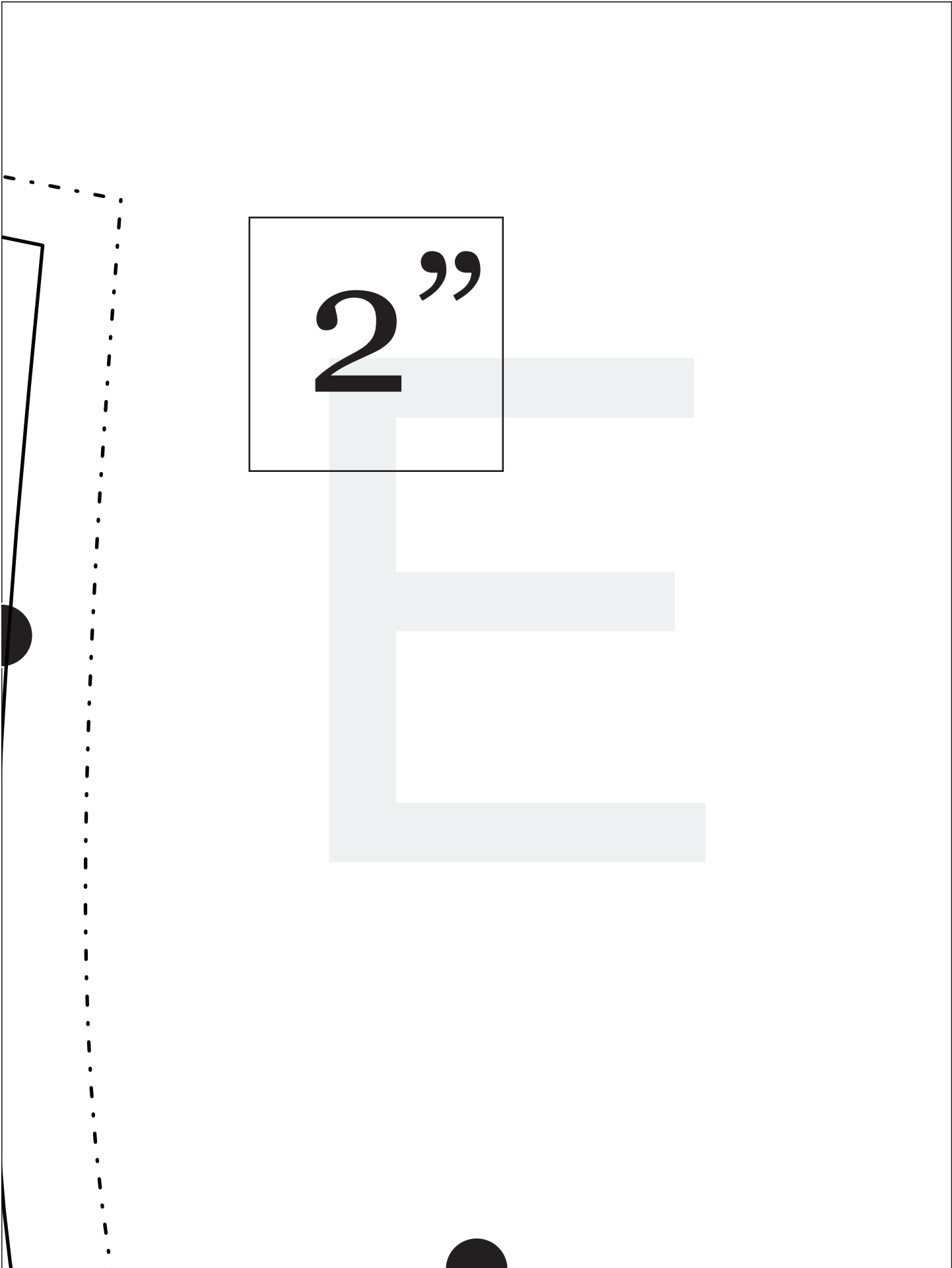
XL

L

M

S

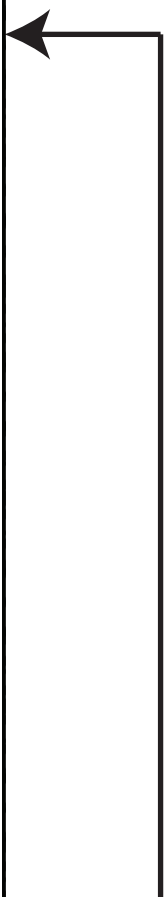
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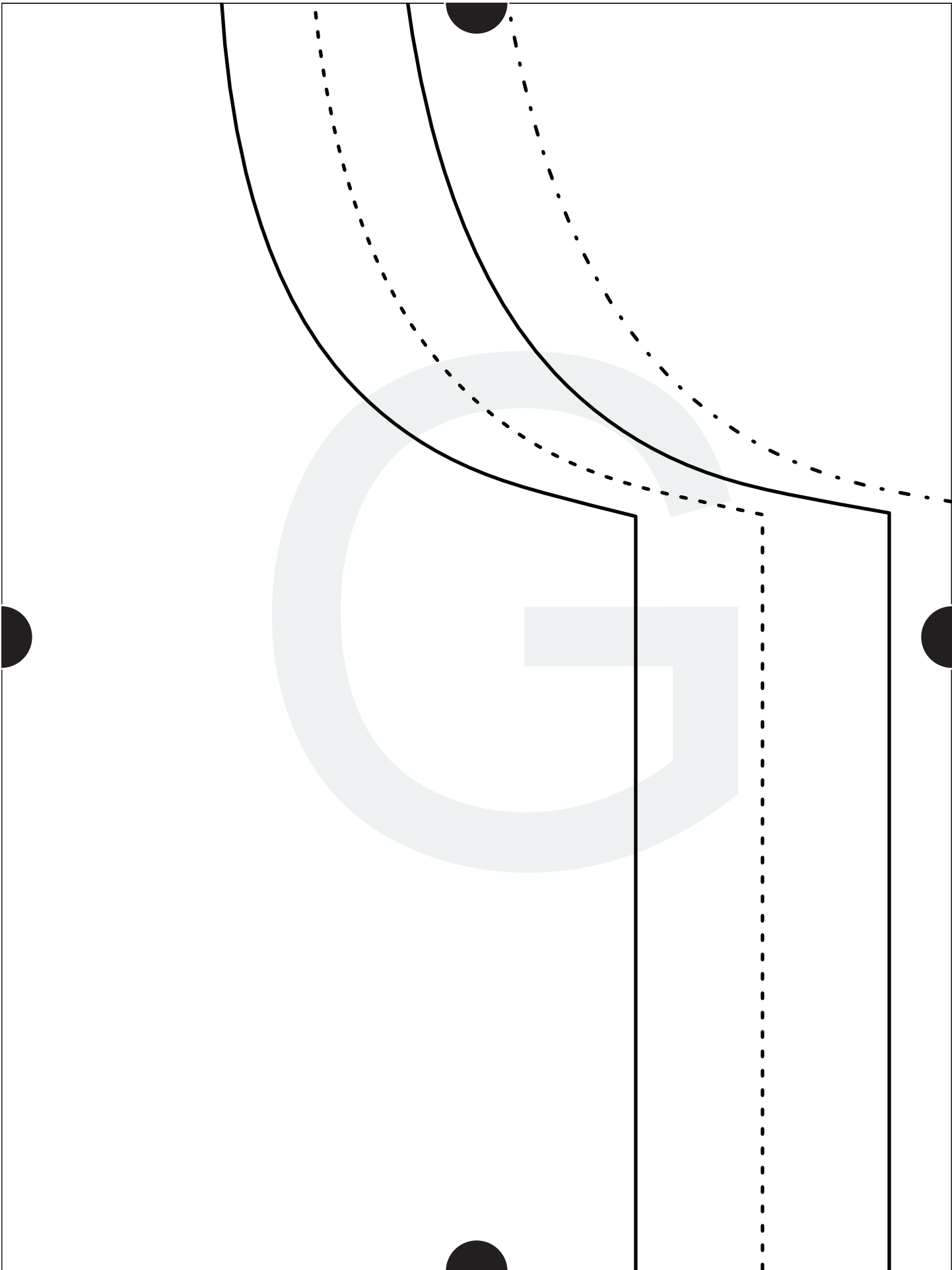


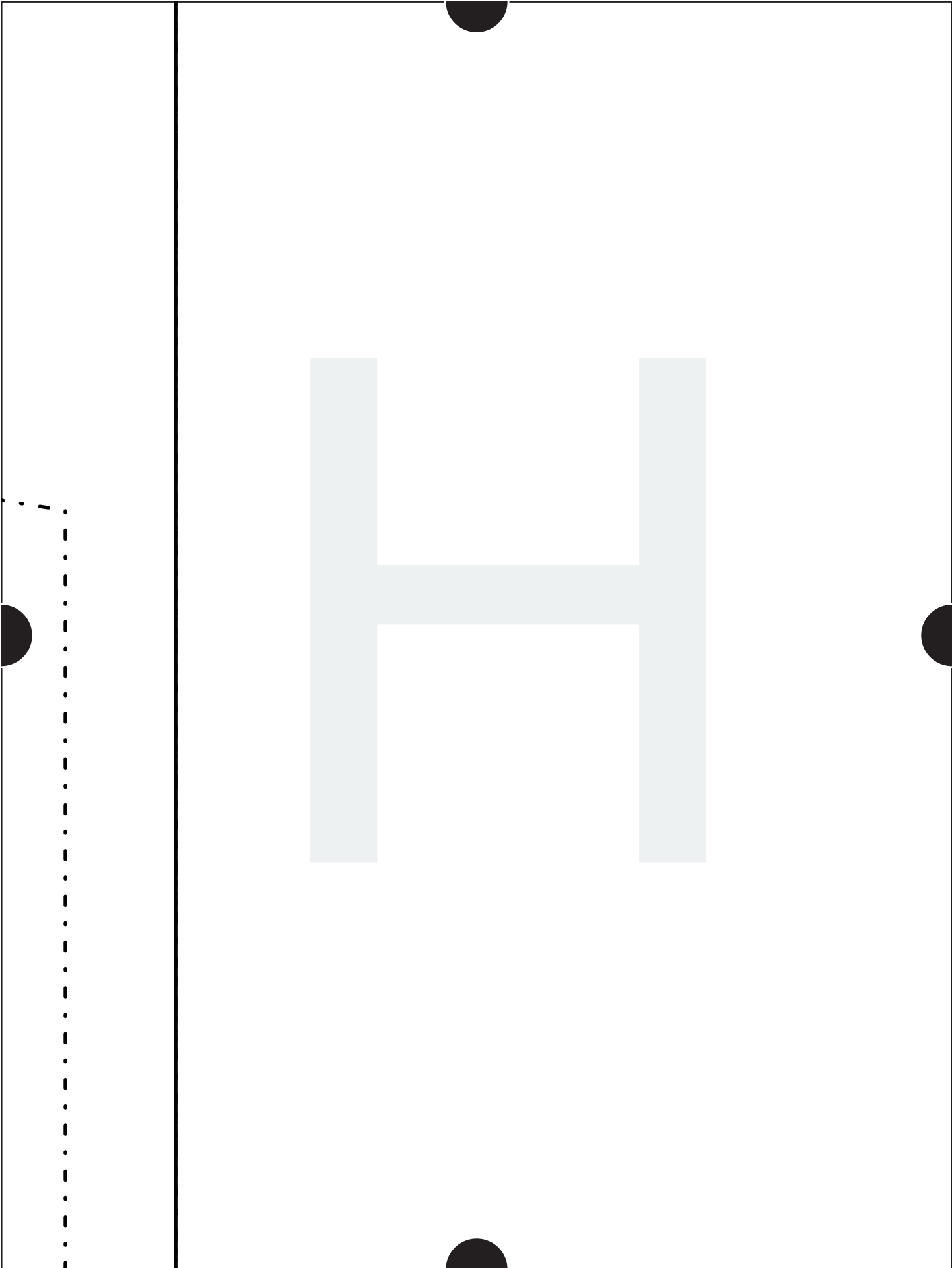


Isolation Gown  
Front

cut 1 on fold





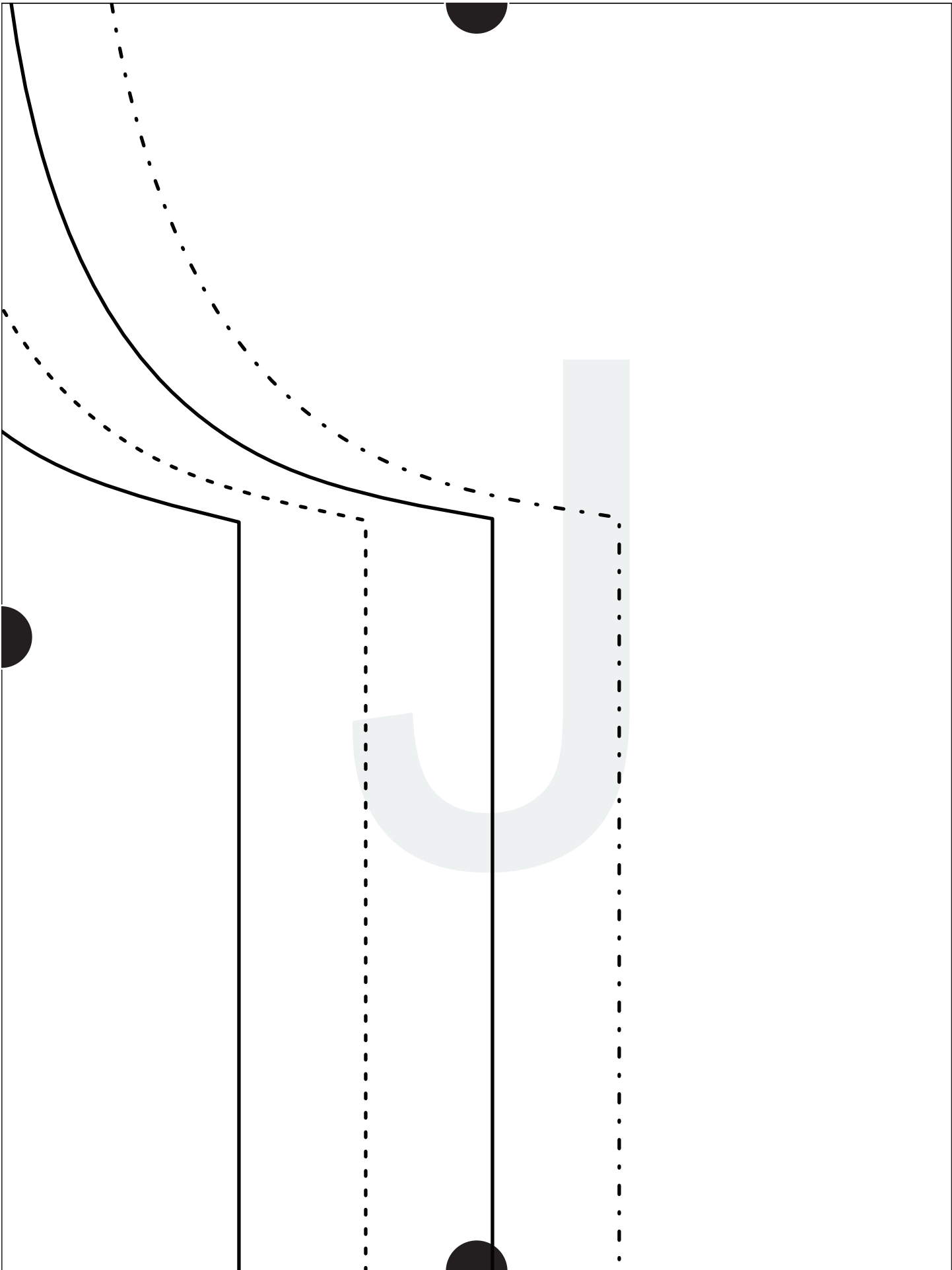


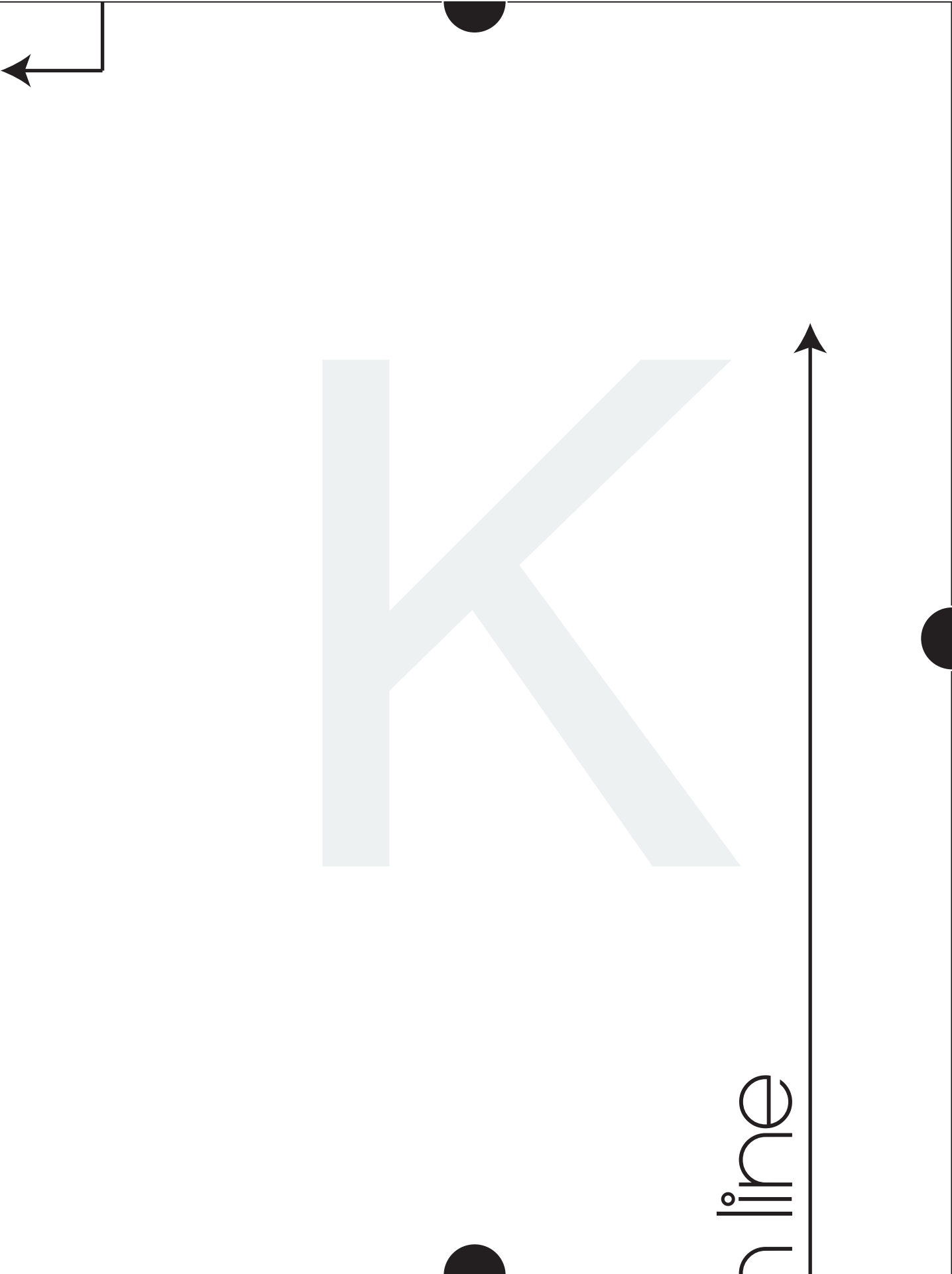




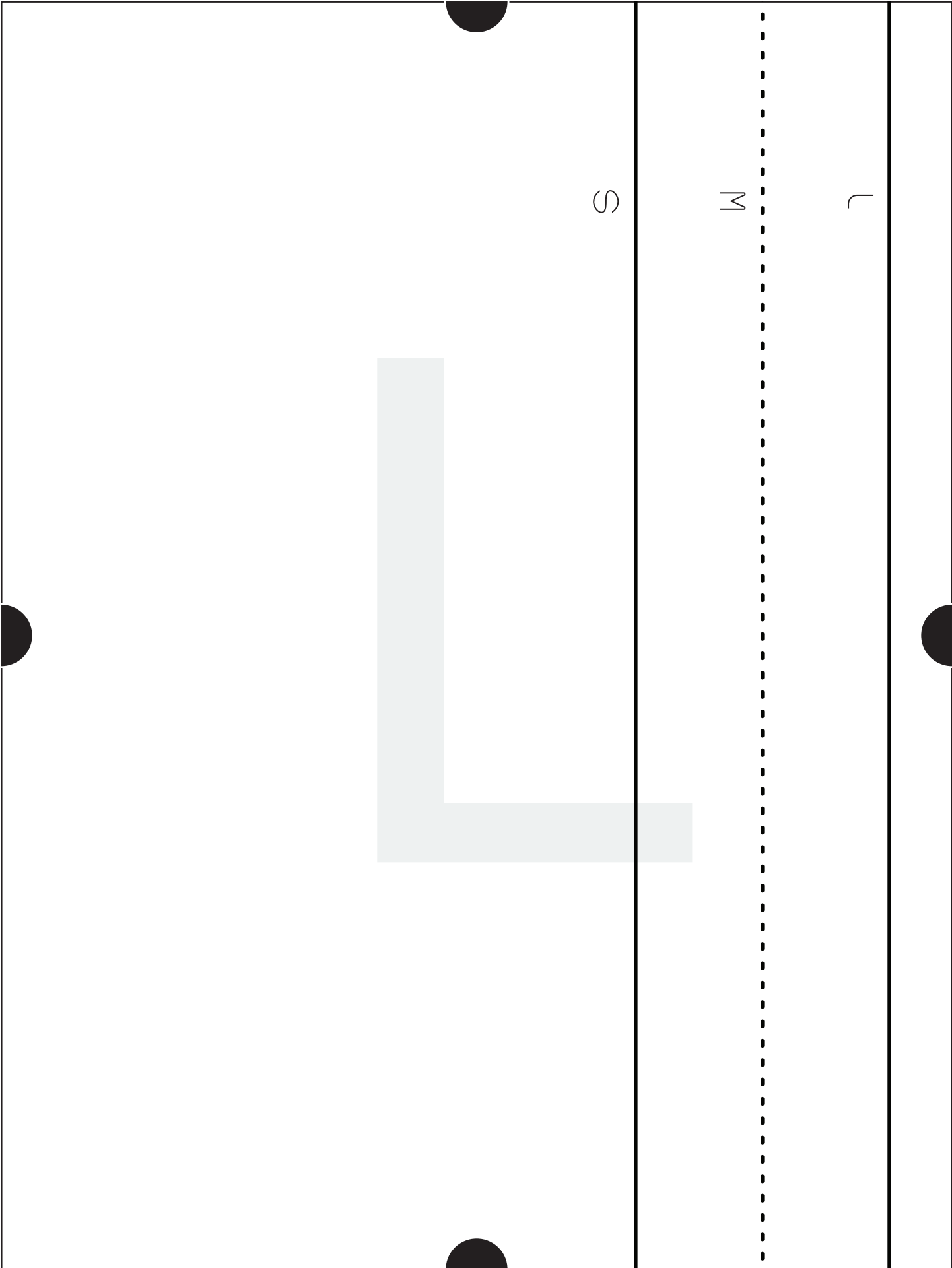
# Isolation Gown Back

cut 1 left and 1 right  
(mirror images)





rline

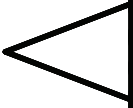


S

M

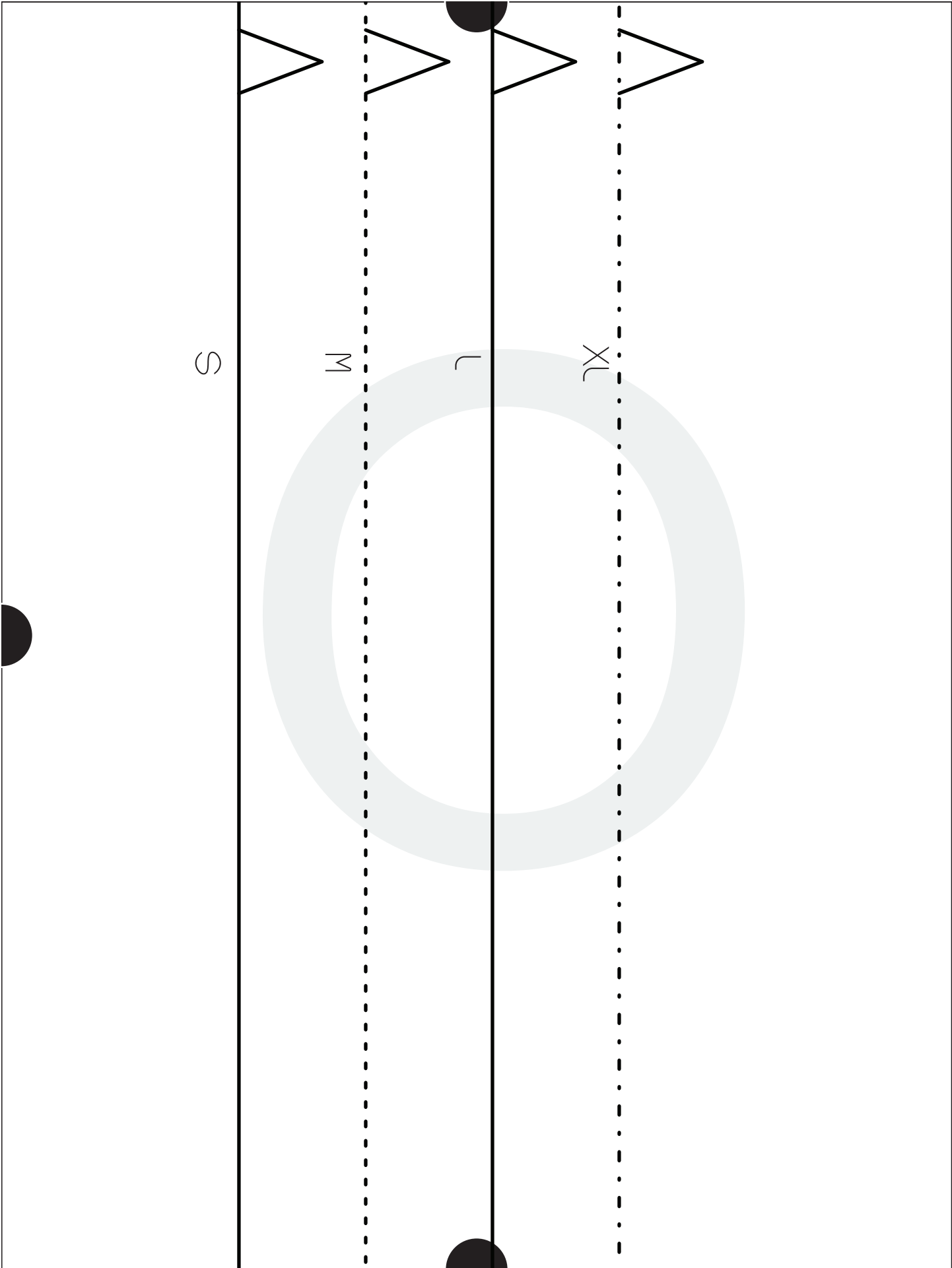
r

XL



(c) peek-a-boo pattern shop 2020





S

M

L

XL

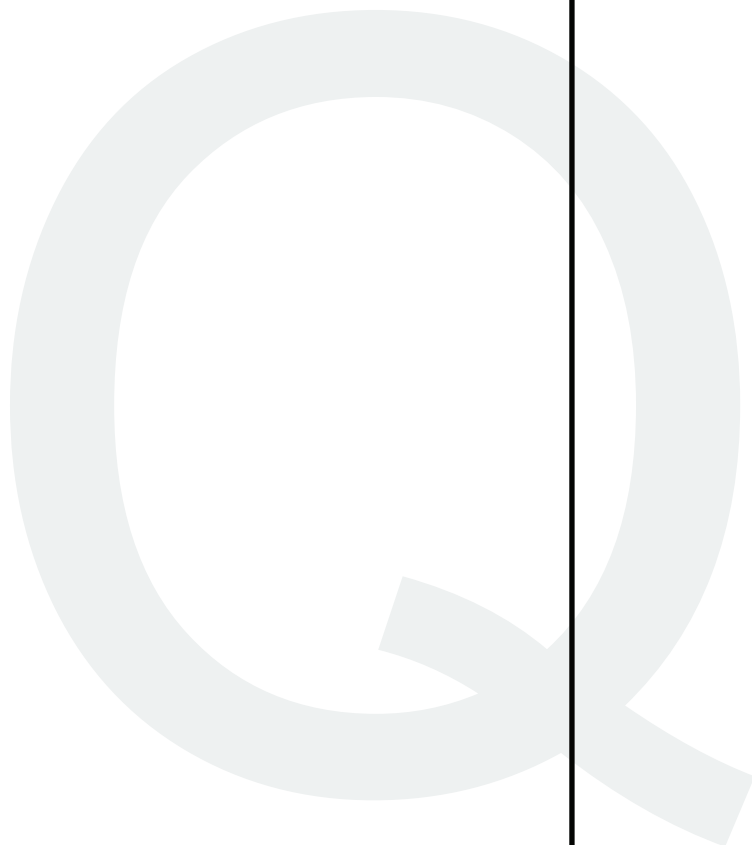
P

grair



(c) peek-a-boo pattern sho



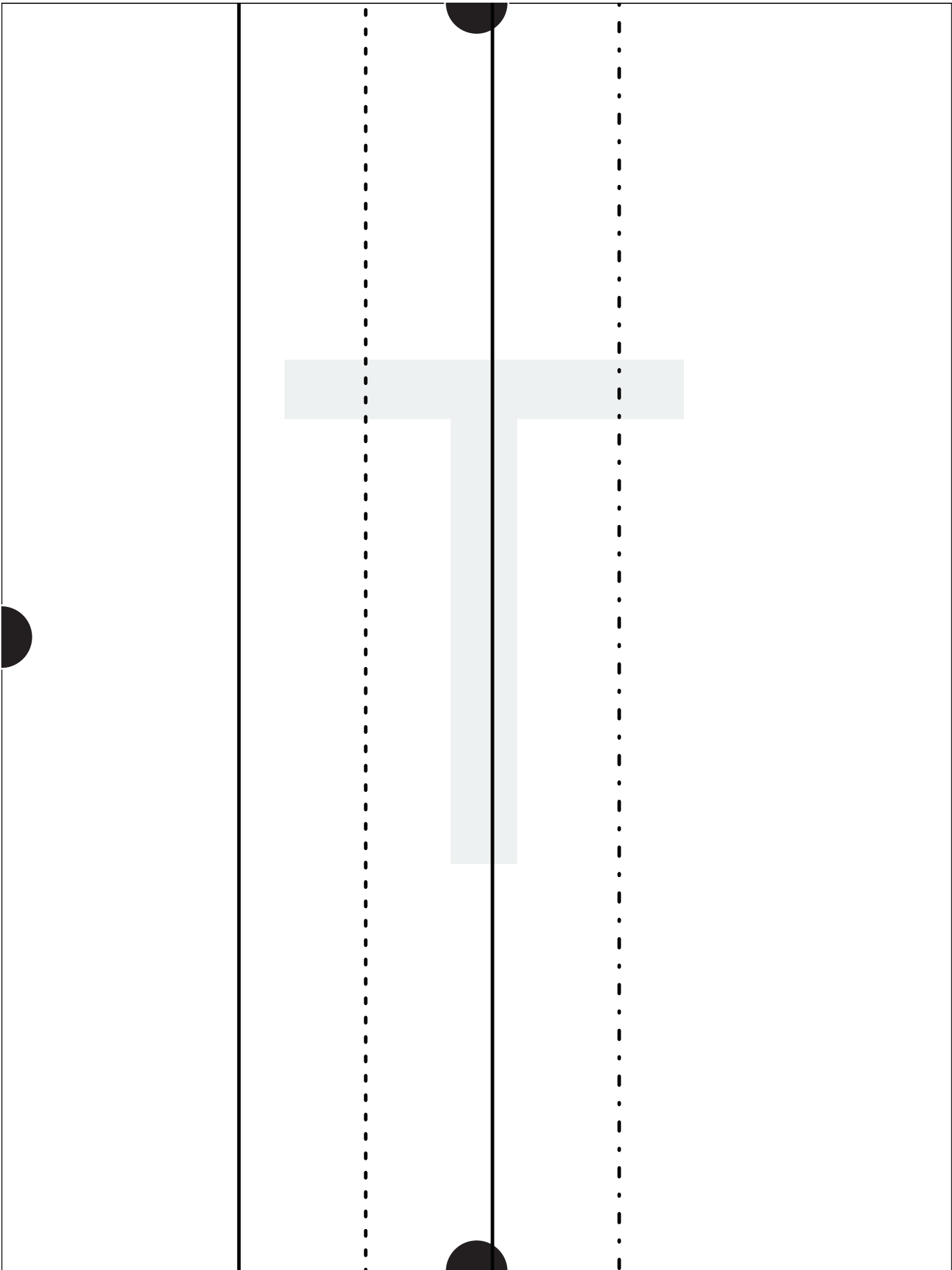


pp 2020

R

grain line

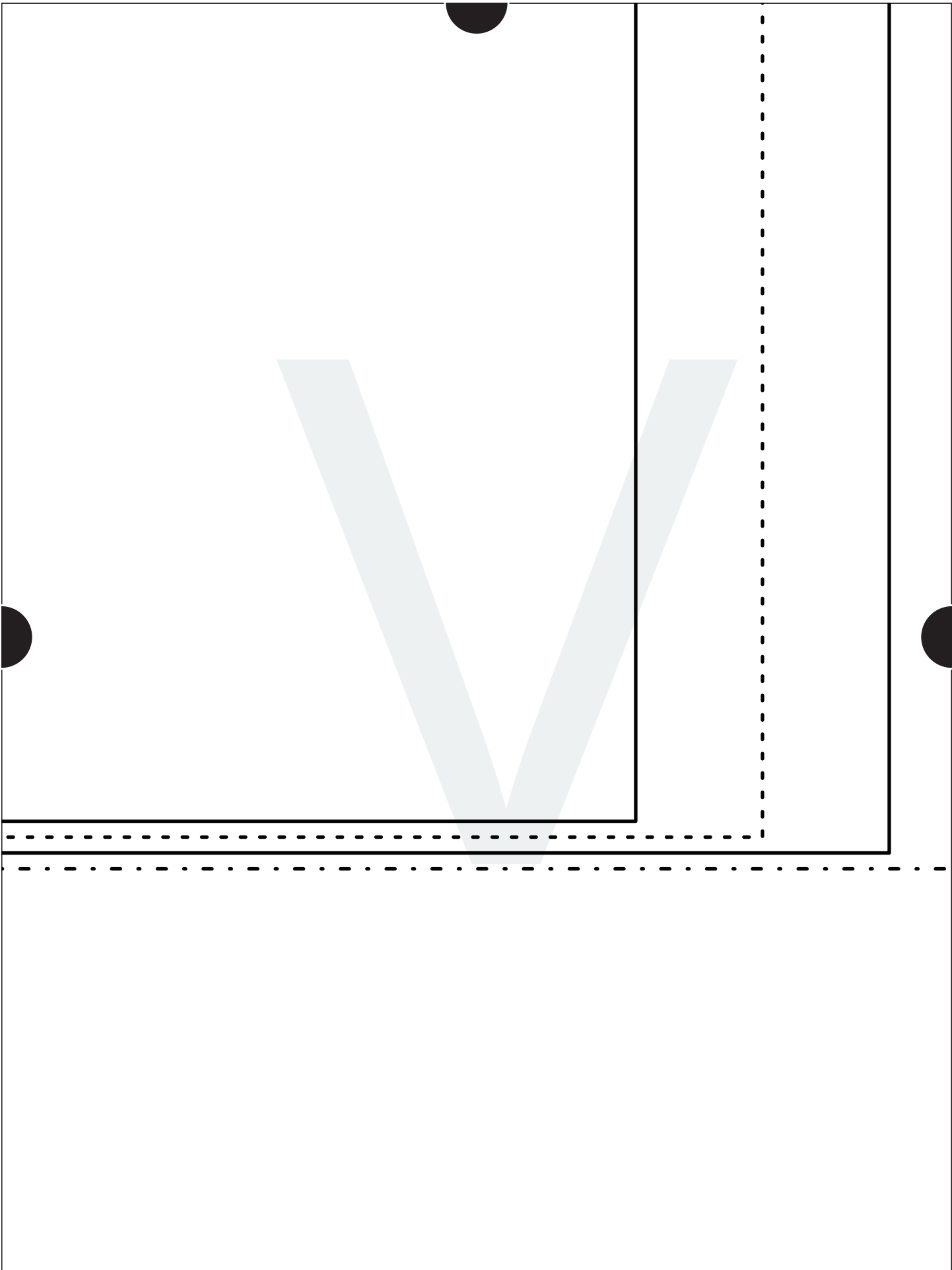


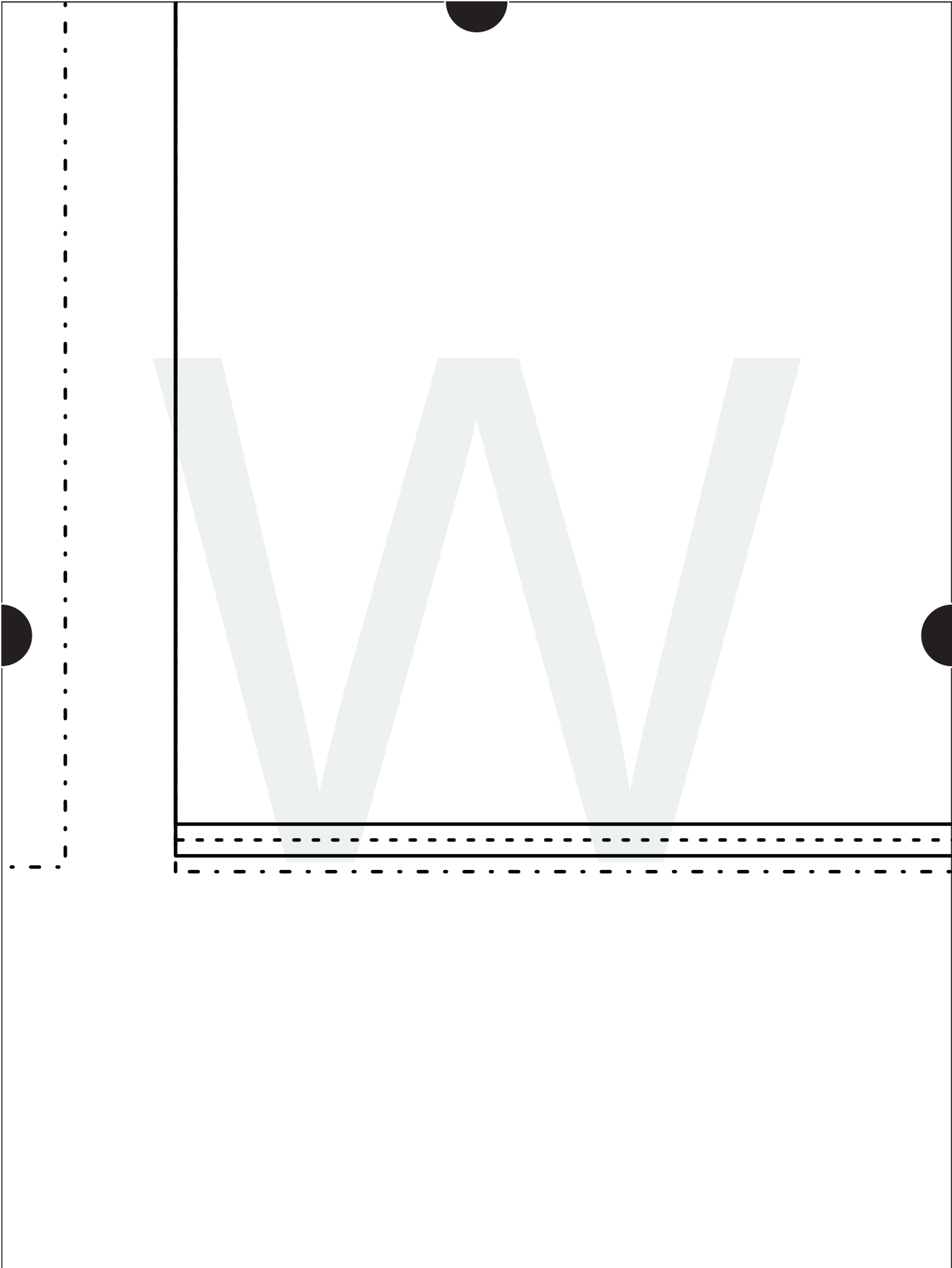


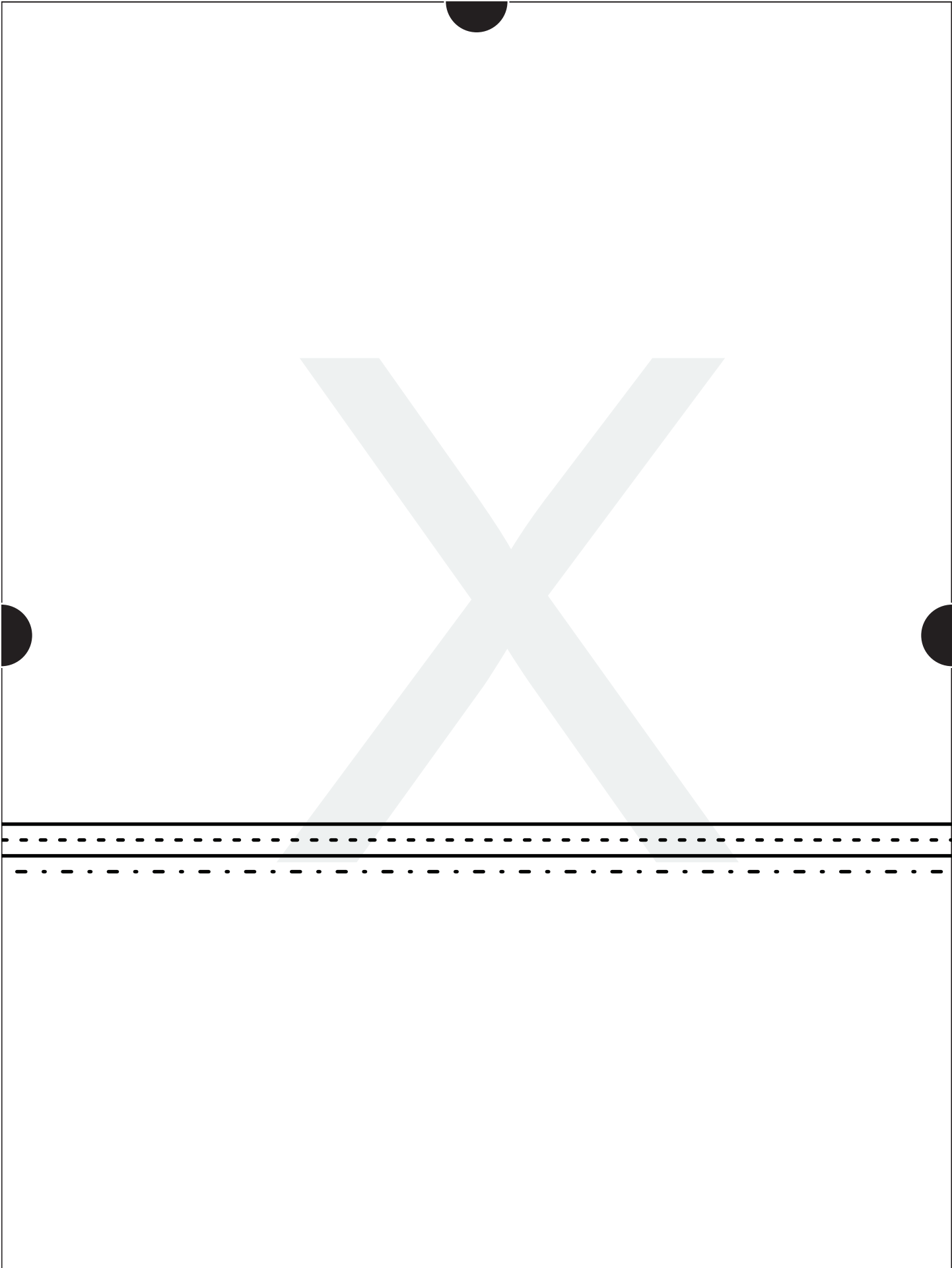


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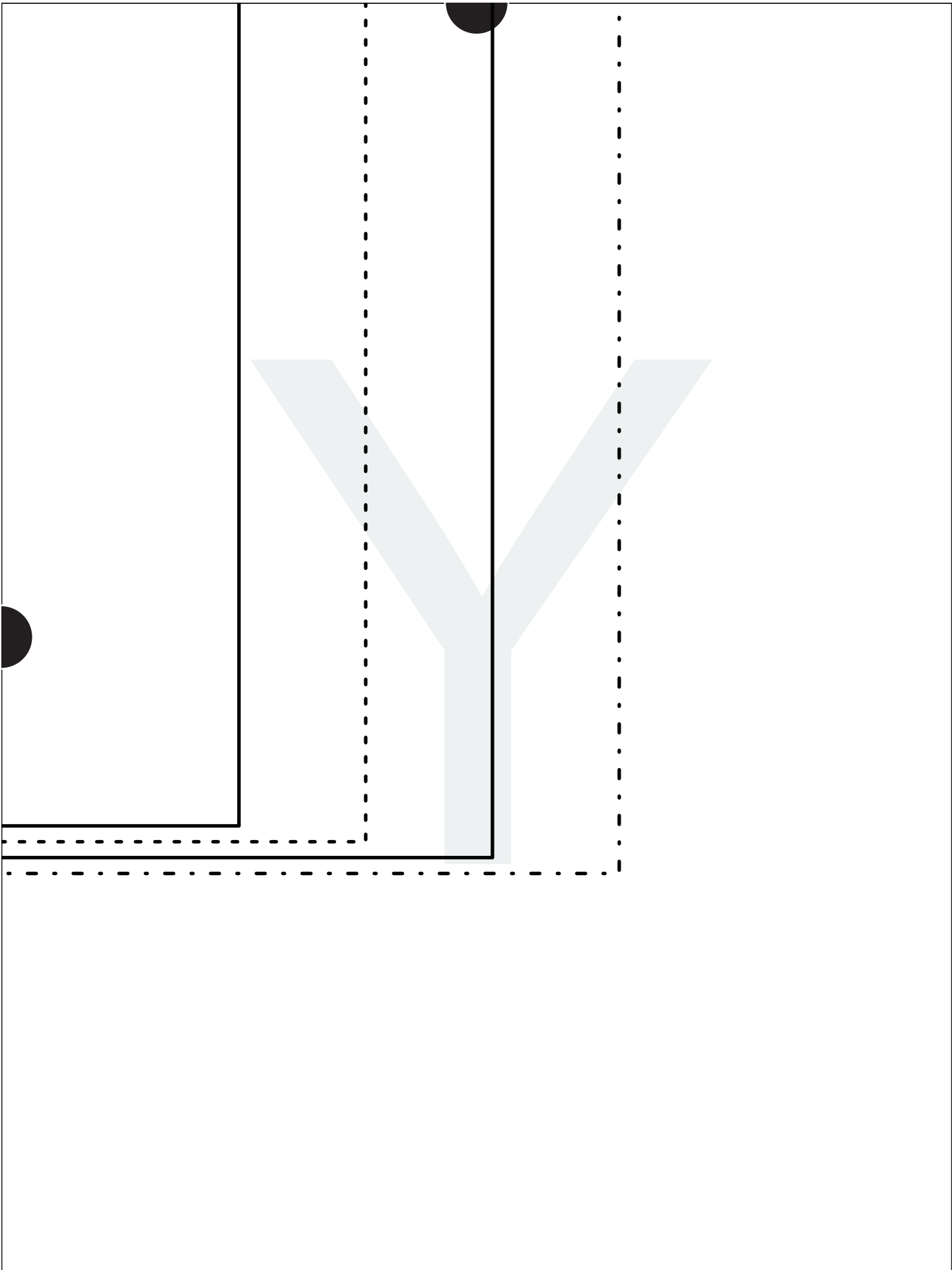


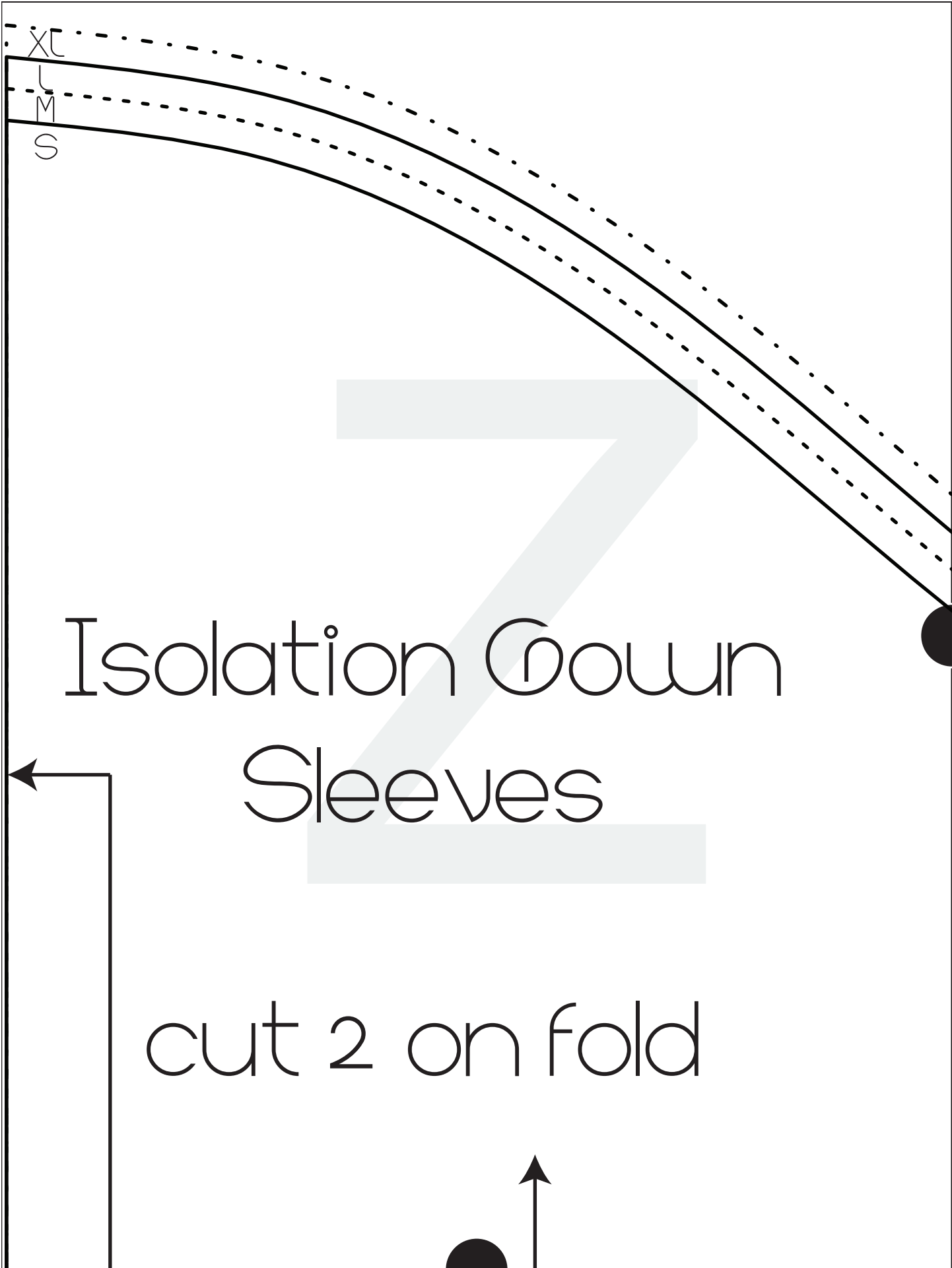








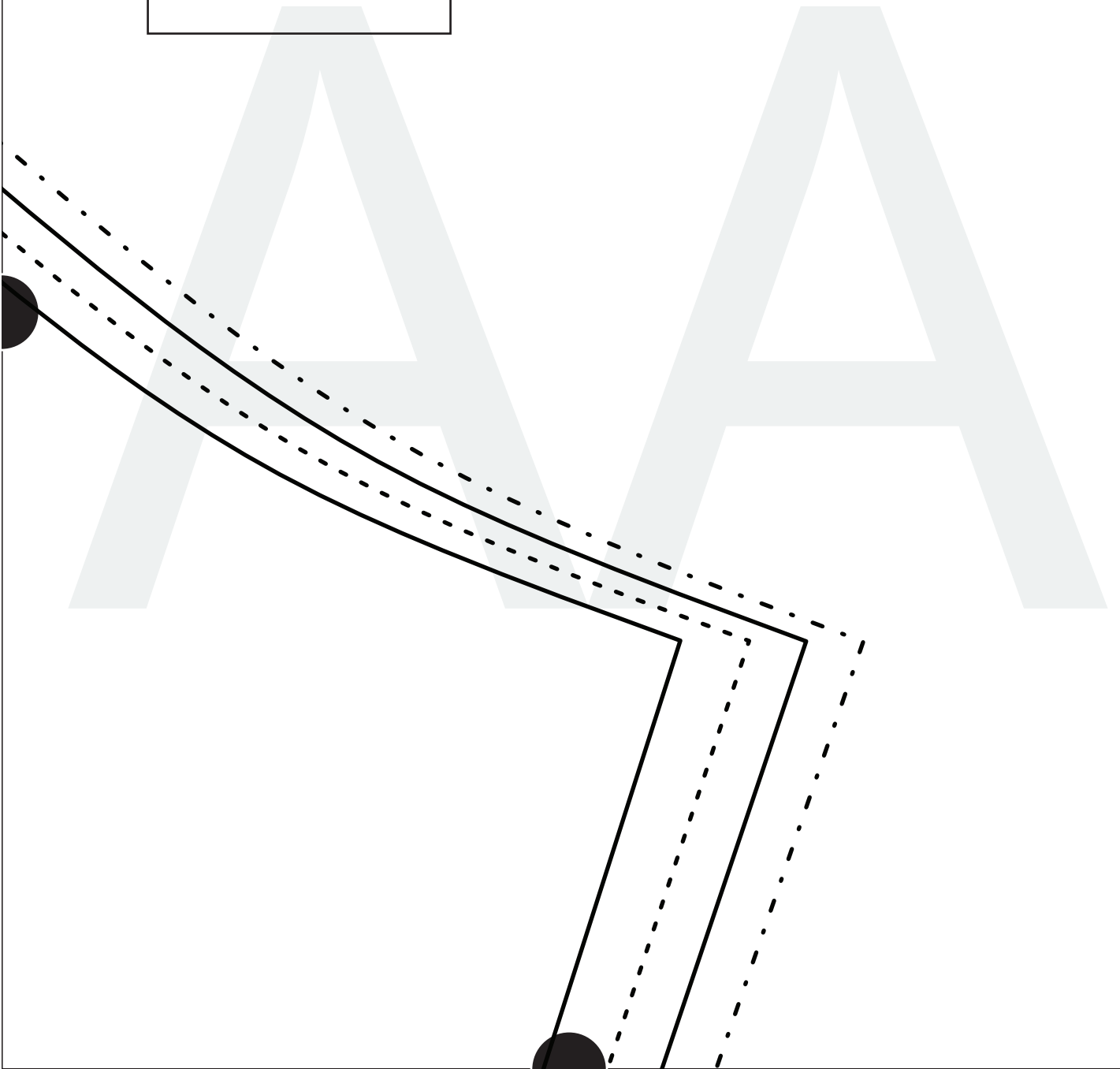


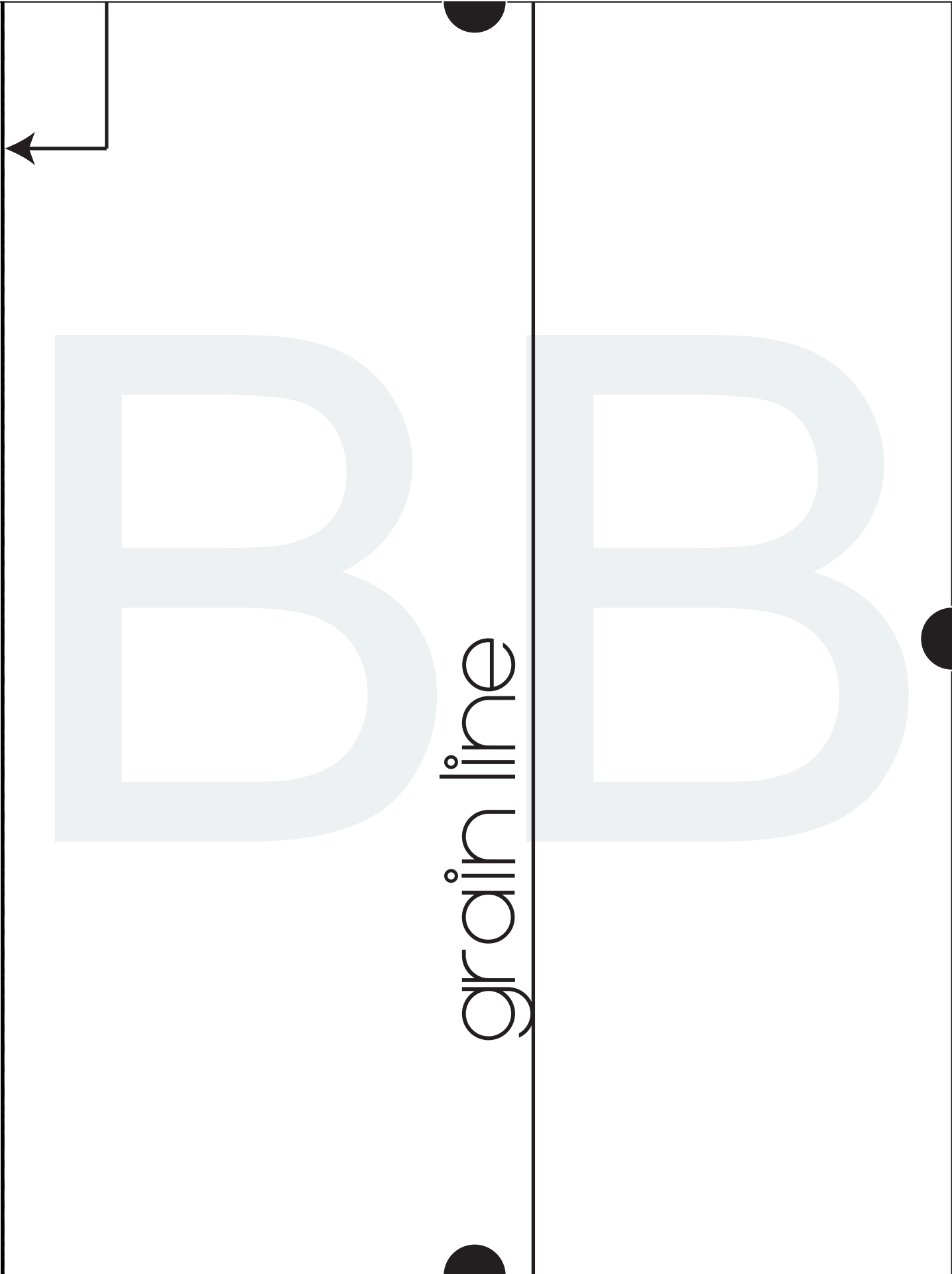


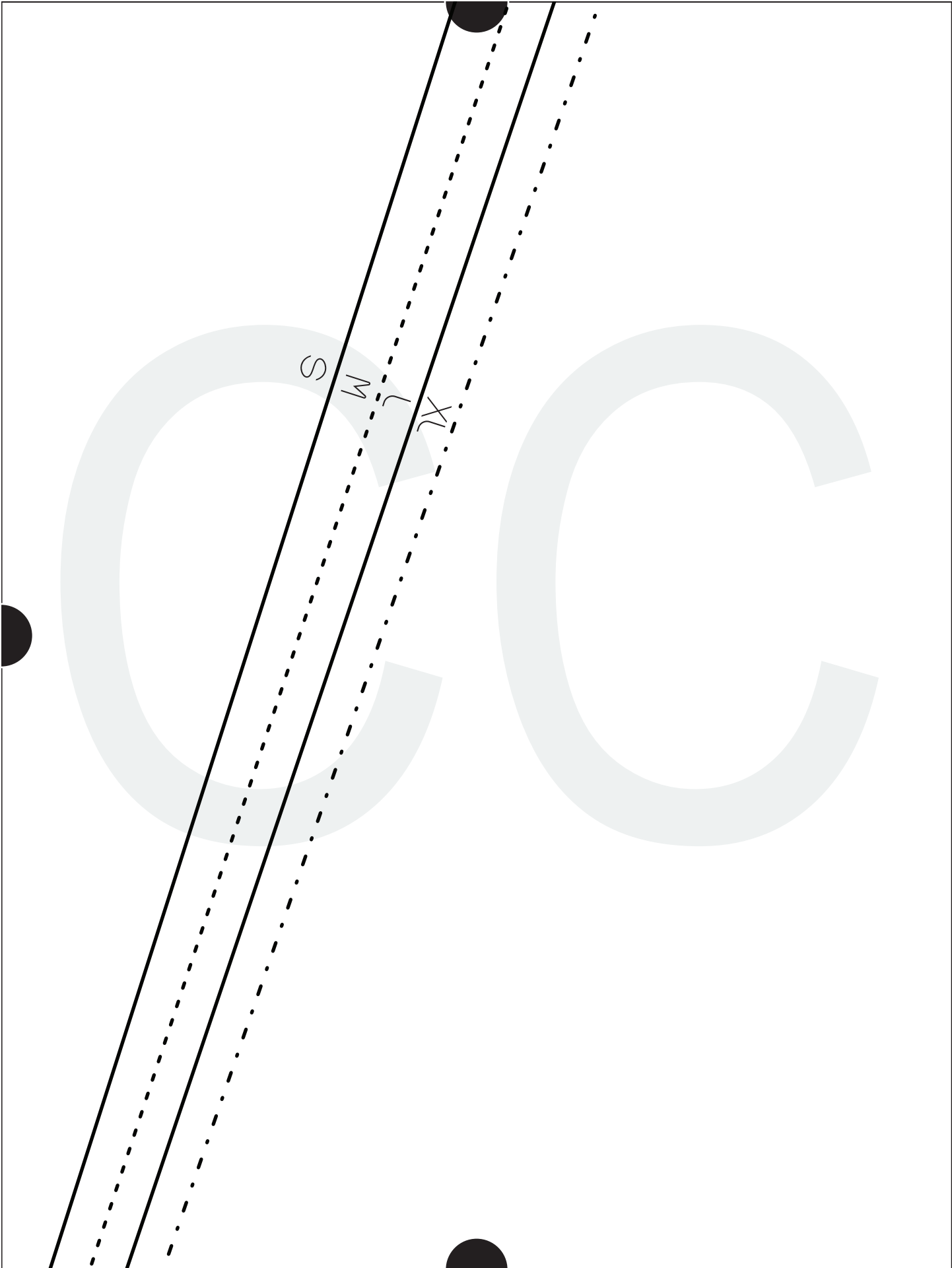
# Isolation Gown Sleeves

cut 2 on fold

2”









(c) peek-a-boo pattern shop 2020

Isolation Gown  
Sleeves Cuffs  
(optional)

cut 2 on fold  
from knit

stretch

(c) peek-a-boo pattern shop 2020