**SCRUBS FOR DR. GRAYS HOSPITAL- GUIDELINES**

*This project to stitch scrubs for Dr. Grays Hospital in Elgin during Covid-19 measures, was inspired by the Shetland Scrubs project, who have provided patterns and valuable advice.*

Patterns are supplied with these guidelines by email. They can print on A4 paper and be cut out and taped together. We are organising a limited number of paper packs for posting; please get in touch if you cannot print patterns or source a printer elsewhere. Patterns are based on the men’s design, as feedback has been these are more comfortable & practical.

Fabric used should be cotton or poly-cotton, and must be washable at 90’C for infection control.

Duvet covers and sheets are suitable, but not brushed cotton ones (again, for infection control). No stained, embossed or felt materials should be used and n o buttons, sequins or embellishments.

Any colour or pattern is suitable, tops & bottoms don’t need to match.

Fabric should be pre-washed at 90’C before cutting out to ensure it can withstand this temperature. There is no need to wash the finished articles again, as they will be laundered after they reach Dr. Grays.

Waist should preferable be drawstring rather than elastic.

Side pockets in the trousers are not essential; a single back pocket on the trousers will suffice. Please put two pockets on the tops.

Scrubs should be marked (top & bottom) with colours (tape or cloth; again washable at 90’C) in the following colours to make identification easier for hospital staff:

Small tops (yellow)- Chest 40”, length (from top of neck to bottom)- 27”

Small trousers (yellow)- Waist 40”, inside leg 28”

Medium tops (brown)- Chest 46”, length (from top of neck to bottom)- 27”

Medium trousers (brown)- Waist 42”, inside leg 28”

Large tops (white)- Chest 48”, length (from top of neck to bottom)- 27”

Large trousers (white)- Waist 44”, inside leg 29”

X Large tops (pink)- Chest 52”, length (from top of neck to bottom)- 29”

X Large trousers (pink)- Waist 48”, inside leg 29”

XX Large tops (orange)- Chest 56”, length (from top of neck to bottom)- 29”

XX Large trousers (orange)- Waist 50”, inside leg 20”

We have drop off contacts in Lossiemouth, Burghead, Forres, Lhanbryde, Elgin, Aberlour, Cullen and Keith. Once your scrubs are ready please email us for details of your nearest drop off point, or if you don’t have email, telephone or text. If you are self-isolating or cannot reach your contact & cannot arrange for someone else to, please get in touch at the email address below in the first instance.

If you do not have email there are phone numbers, but please be aware we are running this on a voluntary basis alongside working etc; so apologies if we cannot respond immediately.

Please observe social distancing measures at drop off points.

**Please do not drop off directly to the hospital!**

Contacts:

**Email address (please use this in the first instance): morayscrubs@gmail.com**

Sylvia Jamieson: 07796 415415

Debbie Herron, Forres Area Community Trust: 01309 674 388 (answerphone checked daily)

**Thank you so much for helping the project!**