



COUGH PILLOWCASE

Cough pillowcases are made from 100% cotton fabrics in brightly colored, child-friendly prints. (No fabric prints with food or candy on them please.) One yard of fabric should make 4 pillowcases. All fabric should be washed and dried, using an unscented detergent. Iron fabric. (As with all LPCH projects, the pillowcases should be made in a clean, smoke-free, pet-free environment.)

Cut two pieces of fabric measuring 11" X 16". Place right sides together and sew a $\frac{3}{4}$ " seam around three sides. On one of the narrow sides sew a 1" seam from the edge of this the narrow side, leaving an opening in the center of this narrow side of 4 $\frac{1}{2}$ ". Clip corners. Turn pillowcase right side out. Press seams.

At the present time, there is a demand for approximately 60-plus pillowcases per month. Most pillows go to LPCH with other items going to the Teen Van and Care-A-Van projects.

Pillowcases should be delivered to the Lucile Packard Foundation for Children's Health offices at 400 Hamilton Avenue, Suite 340, Palo Alto, 94301. The pillowcases will then be delivered to another group that will stuff the pillowcases, hand sew them closed and make deliveries when and where needed.

For questions, contact heartsandhandsaffiliate@lpfch.org.

<http://www.stanfordchildrens.org/en/volunteer/hearts-and-hands>

