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**Ruby Valley Medical Center Encourages Support for the 5000 Face Mask Challenge**  
FOR IMMEDIATE RELEASE

Sheridan, Montana (April 2, 2020) – Very soon, all healthcare facilities including nursing homes and assisted living facilities in the Ruby Valley and Southwest Montana will need large quantities of face masks. The Ruby Valley Medical Center is very grateful to all who have sewn, cut patterns, donated supplies and coordinated efforts for the face masks and gowns that we have received to date. We encourage you to continue your efforts and focus them on making face masks. You are invited to join the 5000 Mask Challenge!

You can find a pattern for the face mask on our blog post – <http://bit.ly/swmt5000masks>. The instructions have a link to a YouTube instruction video. The mask is washable and reusable, has a pinchable nose and is easy to make from basic home supplies. If you don't have some of the supplies at home, this video might provide some inspiration for alternatives.

Elastic is preferred for the ear loops but if you don't have elastic, fabric ties are fine. (The elastic from a split bungee cord can be substituted for sewing elastic! Also, elastic from fitted bed sheets can be reused.) Please use cotton or poly/cotton fabric. Sheets, pillow cases, or t-shirts can be used for fabric. Fabric, elastic, 6.5" twist ties, pipe cleaners and thread donations can be donated at Walter's grocery (102 South Main Street, Sheridan).

Please bring finished face masks to the Ruby Valley Medical Center between 8am and 5pm and leave them in the dropbox inside the main doors. If this is inconvenient for you, please send us a message via our Facebook page and we will help coordinate delivery arrangements.

*Exceptional People, Exceptional Care*

Your efforts will help stop the spread of this devastating virus! Thank you!!

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#### About the Ruby Valley Medical Center

The Ruby Valley Medical Center is a critical access hospital and Montana designated trauma receiving facility serving Sheridan, Twin Bridges, Alder, Laurin, Silver Star, Virginia City, Nevada City and Waterloo. The Medical Center offers five in-patient beds, two observation beds, diagnostic imaging, laboratory, physical therapy, speech language pathology, swing bed, 24 hour emergency care and a highly qualified nursing staff. Our healthcare providers support patients through the Ruby Valley Medical Center and the clinics in Sheridan and Twin Bridges. Our clinics offer a wide range of healthcare services including pediatrics, well-woman exams, sports physicals, geriatrics, mental health, osteopathic care, chiropractic care, treatment for chronic pain and tele-medicine to off-site specialists. Our visiting specialists provide podiatric, gynecological, surgical, and hearing services. The Ruby Valley Medical Center also provides mobile emergency medical services through Ruby Valley Emergency Medical Services. The Ruby Valley Medical Center receives financial support from the Ruby Valley Healthcare Foundation and the Ruby Valley Medical Center Auxiliary.

Attached photos: RVMC\_5000FaceMaskChallenge.jpg

Caption: Ruby Valley Medical Center Encourages Support for the 5000 Face Mask Challenge

