



## Sick Day Quilts

### Health Practices for Quilters

- Wash all fabric before using
- Frequently dust and/or vacuum
  - After cutting fabric
  - Between projects
- If you have respiratory problems, wear a mask
  - When cutting fabric
  - When cleaning your sewing space
- If you seek medical care for a respiratory illness, let them know you are a quilter

### Questions for Sick Day Quilts

- How/where will you use this?
  - Any size constraints?
- Any allergies?
- Any issues with color or texture?
- Any issues with infection control?

Batting Type	Pros	Cons
100% Cotton	Breathes well Few issues with allergies	Shrinks May mold or mildew
Polyester	Less mold and mildew Lightweight Holds up to washing	Does not breathe May lead to overheating
Wool	Absorbs moisture Very warm	More issues with allergies Can be heavy Must get washable wool
Silk	Breathes well Washable	Expensive May be mixed with poly
Bamboo	Anti-bacterial <sup>1</sup> Soft	Expensive May be mixed with cotton

1. Xi, L. X., & Qin, D. C. (2012). The antibacterial performance of natural bamboo fiber and its influencing factors. In *Proceedings of the 55th international convention of society of wood science and technology* (pp. 1-8).



## Wheelchair Quilt Pattern

Finished size 32 x 40



### Fabric needed:

Color 1 (aqua) = ½ yard

Color 2 (white) = ½ yard

Border (light teal) = ½ yard

Binding = 1/3 yard Border fabric, 1/3 yard contrasting color (color 1 or 2)

This is a great project to use up charm squares.

### Cutting Instructions:

Color 1: Cut (3) 5 x WOF. Sub cut (23) 5 inch squares.

Color 2: Cut (3) 5 x WOF. Sub cut (23) 5 inch squares.

Border: Cut (2) 2 ½ inch x WOF

Cut (2) 3 ½ inch x WOF

Binding: Border fabric: Cut (4) 1 3/8 inches x WOF

Contrasting fabric: Cut (4) 1 5/8 x WOF

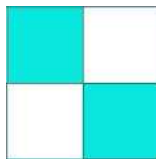
WOF=Width of fabric

All seams are ¼ inch. All fabric should be sewn right sides together. Press after each seam.

Note: The instructions and yardage are for a four patch design, but you can use any simple block pattern and make 9 inch finished blocks. This would be a great time to play with disappearing four-patches. The instructions given are the easiest way to make a wheelchair quilt, although there is some waste.

### Piecing

1. Make 12 four patch blocks with color 1 and color 2 alternating as shown below:



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2. Assemble the quilt in four rows of three blocks each.
3. Add 3 ½ inch borders down the sides. Measure the quilt lengthwise through the middle. Cut each border that exact length. Mark center on border and quilt top and pin border to quilt top matching centers. Sew with
4. Add 2 ½ inch borders to top and bottom using the same instructions as step 3, but widthwise.

### Finishing

1. Layer backing (wrong side up), batting, and quilt top (right side up). Baste the layers together and quilt as desired.
2. Trim the quilt square.
3. Binding- Bind as desired, make extra binding for the toe box

### Forming the Toe Box

1. After you bind the quilt, cut a 6.5 inch square from each of the bottom two corners. That should cut off the border and one patch of each of the corner four-patches.
2. Sew the remaining raw edges to form a 90 degree angle. The bottom of the quilt should be like two sides of a box.
3. Enclose the raw seams in additional binding or bias tape. Make sure you turn the raw edges of the binding under before sewing.



If you have questions, please e-mail me at [BetterDoneQuilts@gmail.com](mailto:BetterDoneQuilts@gmail.com).

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