## PROTECTING YOURSELF IN THE COVID-19 PANDEMIC

HOW TO MAKE A MASK

The Centers for Disease Control and Prevention now recommend wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain, like grocery stores and pharmacies. CDC also advises use of cloth face coverings to slow the spread of the virus and to prevent people who may have the virus and aren't showing symptoms from transmitting it to others.
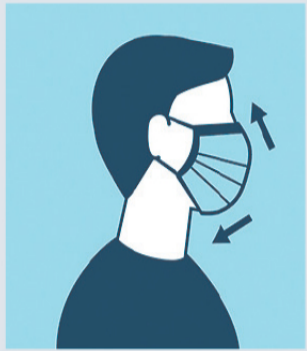
HOW TO WEAR A FACE COVERING

Cloth face coverings should:
- Fit snugly but comfortably against the side of the face
- Cover the nose and mouth
- Be secured to the head with ties or ear loops
- Include layers of fabric
- Allow for breathing without restriction
- Withstand laundering and machine drying without damage or change to shape

WHO SHOULD NOT WEAR A COVERING

Cloth face coverings should not be placed on:
- Children who are under the age of 2
- Anyone who has trouble breathing or is unconscious, incapacitated or otherwise unable to remove the mask without assistance

WHEN & HOW TO WASH COVERINGS

Cloth face coverings should be routinely washed, depending on the frequency of use. A washing machine should suffice in properly washing a face covering.

REMOVAL OF CLOTH FACE COVERING

Be careful not to touch your eyes, nose and mouth when removing a face covering. Wash your hands immediately after removing.

WHY NOT MEDICAL GRADE MASKS?

Surgical masks and N-95 respirators are critical supplies that must continue to be reserved for health care workers and other medical first responders.

STEP-BY-STEP INSTRUCTIONS

Cloth face coverings can be made from household items or made at home from common materials at a low cost. Here are instructions for making simple sewn and no-sew masks, as recommended by the CDC:
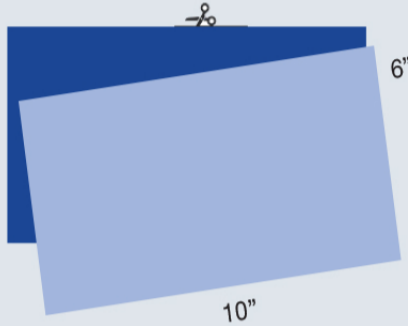
SEWN FACE COVERING

MATERIALS
- 2 10-by-6-inch rectangles of cotton fabric
- 2 6-inch pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
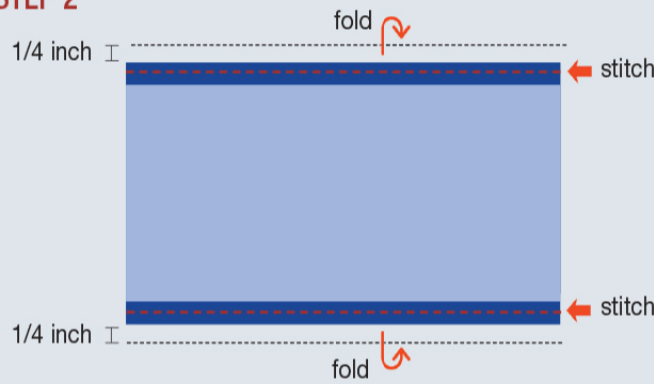- Scissors
- Sewing machine
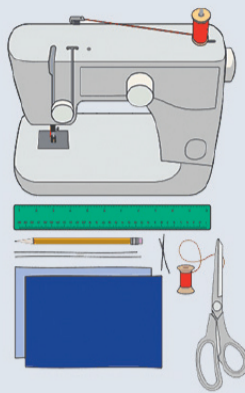
TUTORIAL

STEP 1

Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.
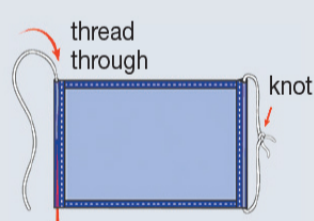
6"
10"

STEP 2

1/4 inch — fold — stitch
1/4 inch — fold — stitch

1/2 inch   1/2 inch

fold — stitch   fold — stitch

Fold over the long sides ¼ inch and hem. Then fold the double layer of fabric over ½ inch along the short sides and stitch down.

STEP 3
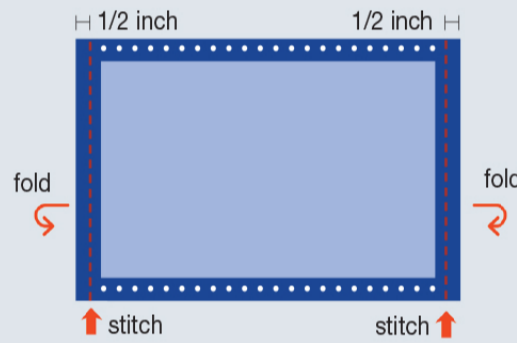
thread through
knot
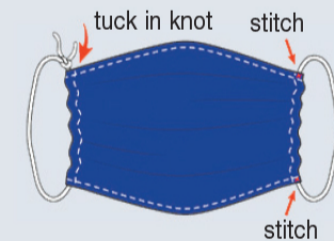
Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight.
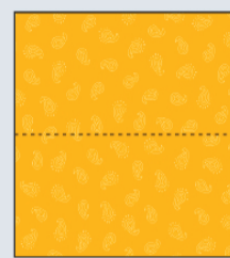
STEP 4

tuck in knot   stitch
stitch

Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.

NOTE: Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.

BANDANA FACE COVERING (NO SEW)

MATERIALS
- Bandana or square cotton cloth approximately 20-by-20 inches
- Rubber bands or hair ties
- Scissors (if you're cutting your own cloth)

STEP 1
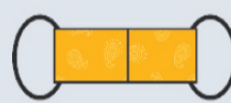Fold bandana in half.

STEP 2
Fold top down. Fold bottom up.

STEP 3
Place rubber bands or hair ties about 6 inches apart.

STEP 4
Fold each side toward the middle and tuck in.

STEP 5
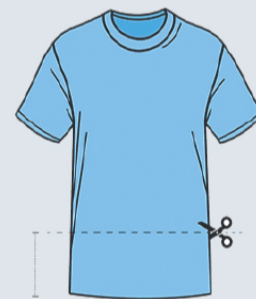Pull strings out to sides.

STEP 6
Place loops over ears.

QUICK CUT T-SHIRT NO-SEW COVERING

This method recommended by the CDC requires the least amount of materials/
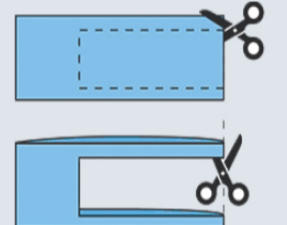
MATERIALS
- T-shirt
- Scissors

STEP 1
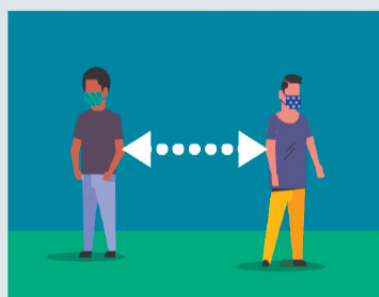Cut 7 to 8 inches off the bottom of a cotton T-shirt.

STEP 2
From one side, cut 6 to 7 inches into strip, leaving narrow strip at top and bottom. Cut end of strips to create ties.

STEP 3
Tie strings around neck, then over top of the head.

For more COVID-19 information, visit cdc.gov/coronavirus.

WEARING A CLOTH FACE COVERING IS NOT A SUBSTITUTE FOR SOCIAL DISTANCING!

Wearing cloth face coverings is an additional public health measure people should take to reduce the spread of COVID-19. The CDC still recommends that you stay at least 6 feet away from other people, along with frequent hand cleaning and other everyday preventative actions. Continue to stay home as much as possible. A cloth face covering is not intended to protect the wearer, but it may prevent the spread of the virus from the wearer to others. This would be especially important if someone is infected but does not have symptoms.

HEROES WORK HERE

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