

## Cloth Face Coverings

### *To help slow the spread of disease*

*This handout, adapted from materials from Centers for Disease Control and Prevention (CDC), explains how to make and wear cloth face coverings.*

### Homemade Cloth Face Coverings

CDC advises wearing cloth face coverings in public places where social distancing is hard to maintain. This includes places like grocery stores and drugstores, and other areas where it would be easy to transmit viruses.

Using simple cloth face coverings can slow the spread of a virus. They can also keep people who have a virus from transmitting it to others, even if they don't know that they have it.

Do **not** place cloth face coverings on:

- Young children under age 2
- Anyone who has trouble breathing
- Anyone who is unconscious, is incapacitated, or cannot remove the cloth face covering by themselves

### How to Wear Cloth Face Coverings

Cloth face coverings should:

- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for easy breathing
- Be able to be machine washed and dried without damage or change to shape



*The mask should cover from below the eyes to under the chin.*



*The mask should fit snugly against the skin.*

## When should cloth face coverings be washed?

If you can, wash your cloth face covering after each use, or at least once a day. Use detergent and hot water. Use a hot cycle for drying.

## Can I wear a cloth face covering more than once before I wash it?

It is best to wash your cloth face covering between wearings. If you will need to wear the face covering again before you wash it:

- Store it in a Tupperware container or plastic bag.
- Wash your hands **right after** you put it back on.
- Avoid touching the cloth face covering until you remove it.

## How do I safely remove a cloth face covering?

When you remove your cloth face covering:

- Be careful not to touch your eyes, nose, and mouth
- Place the cloth face covering in the laundry. Wash your hands **right away**.

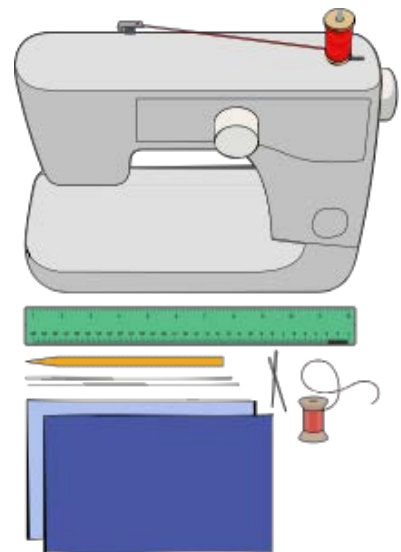
## How do I make a cloth face covering?

You can make a cloth face covering using cotton fabric or cutting up a cotton T-shirt. You can use a sewing machine (see below and on page 3), or a no-sew method (see page 4).

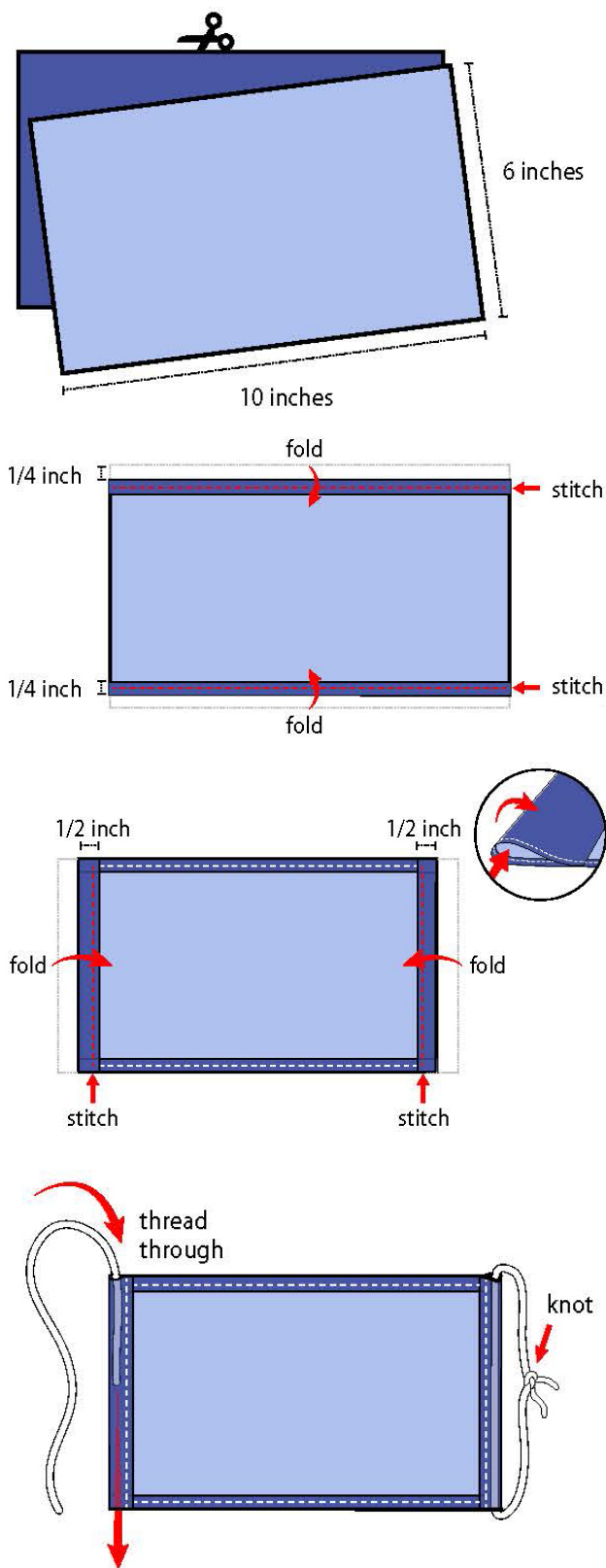
### Sewn Face Covering

You will need:

- Two 10”x 6” rectangles of cotton fabric
- Two 6” pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine



*Materials you will need for sewing a cloth face covering.*



## Steps

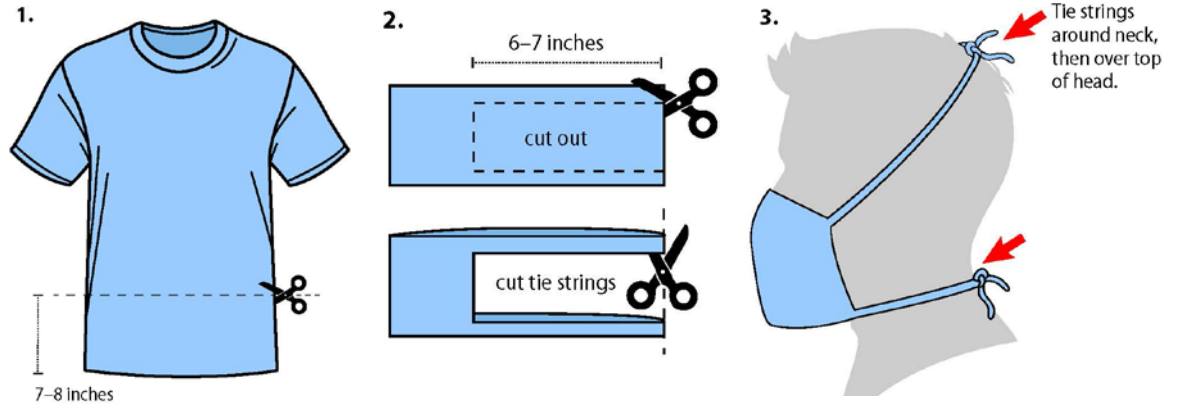
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will also work (see page 4).
2. Stack the two rectangles. You will sew the cloth face covering as if it was a single piece of fabric.
3. Fold over the long sides  $\frac{1}{4}$  inch and hem. Then fold the double layer of fabric over  $\frac{1}{2}$  inch along the short sides
4. Run a 6-inch length of  $\frac{1}{8}$ -inch-wide elastic through the wider hem on each side of the cloth face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight.
5. If you do not have elastic, you can use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the cloth face covering behind your head.
6. Gently pull on the elastic so that the knots are tucked inside the hem.
7. Gather the sides of the cloth face covering on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.

## No-Sew Methods

### Using a T-shirt

You will need:

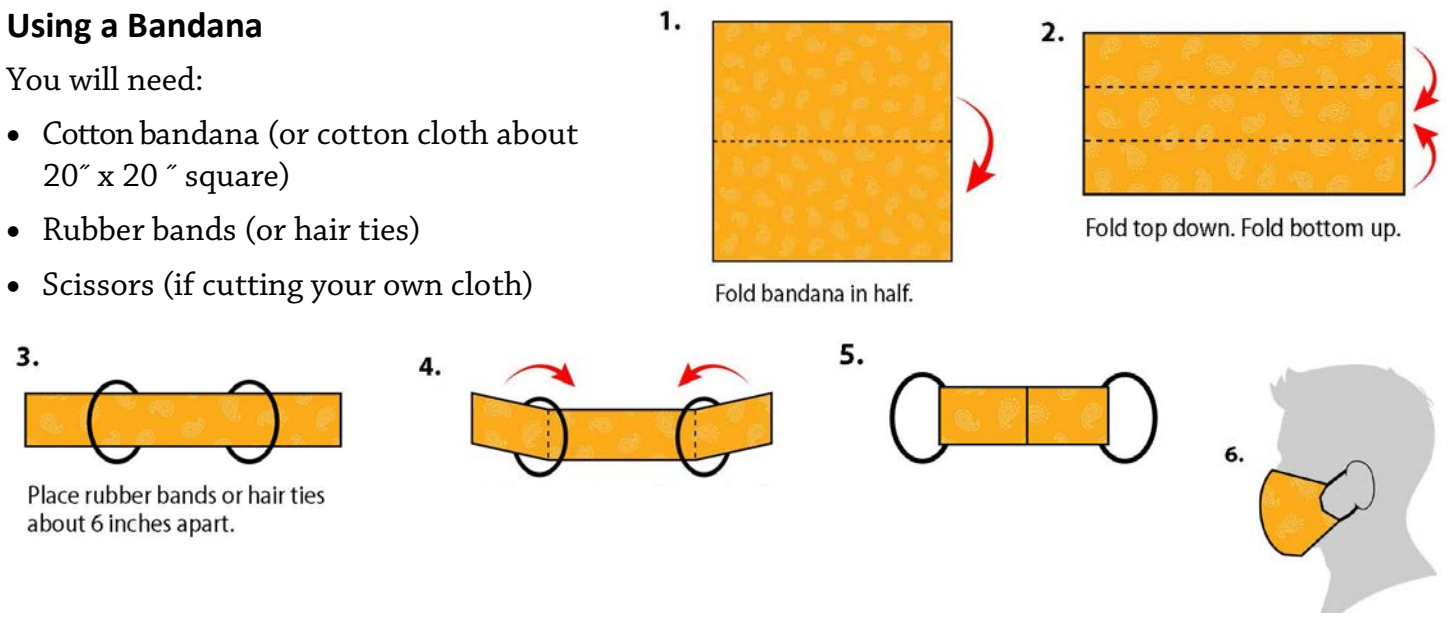
- Cotton T-shirt (you will cut 7 to 8 inches off the bottom)
- Ruler
- Scissors



### Using a Bandana

You will need:

- Cotton bandana (or cotton cloth about 20" x 20" square)
- Rubber bands (or hair ties)
- Scissors (if cutting your own cloth)



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