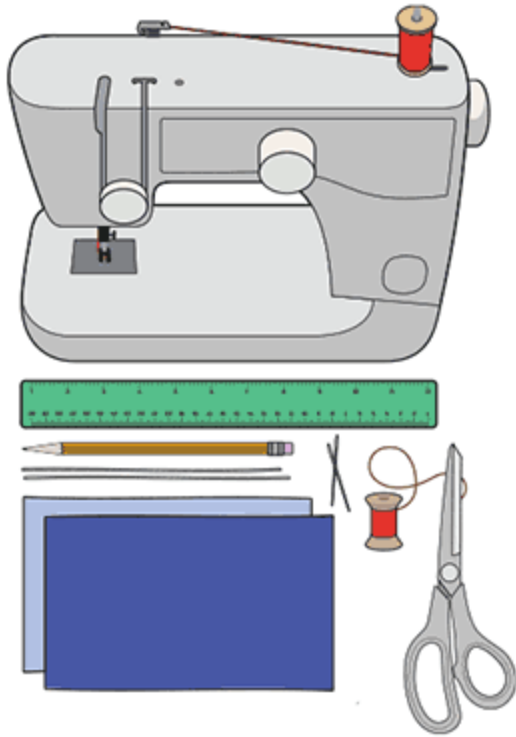


How to make a basic sewn cloth face covering

(source: [cdc.gov](https://www.cdc.gov))

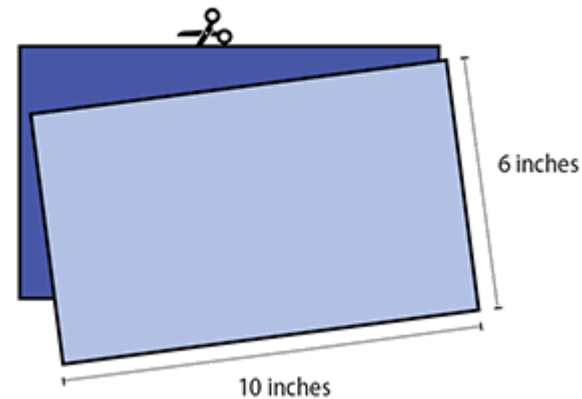


Materials

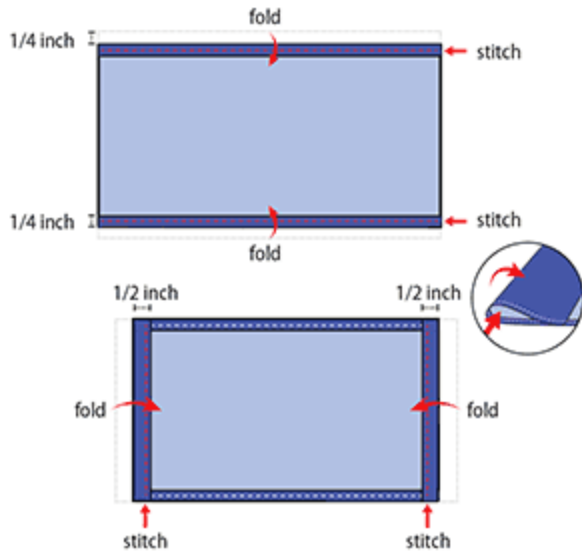
- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

Tutorial

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.

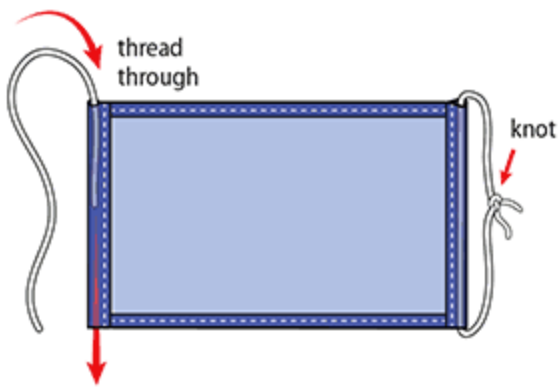


2. Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.



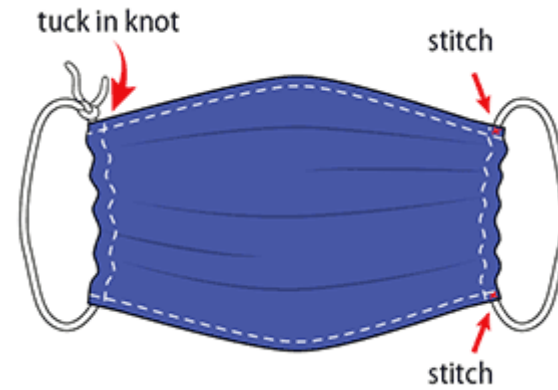
3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight.

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.



4. 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.



Tips for wearing

- It must be well-fitting over your mouth and nose
- Do not touch a mask while you're wearing it, or pull it under your chin for a break
- The mask must be changed as soon as it's damp and either safely disposed of or carefully placed in the washing machine
- Wash your hands thoroughly before and after handling your mask
- The mask will not protect you from coronavirus, but it may help protect others in case you are infected. (Remember, not everyone who has been infected experiences symptoms!)