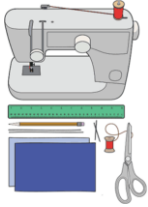


How to Make Cloth Masks at Home

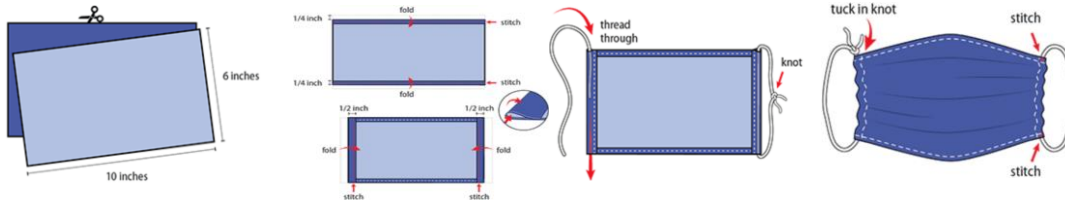
Sewing Instructions for a Cloth Mask

Materials:



- Two 10" x 6" rectangles of cotton fabric
- Two 6" pieces of 1/8-inch wide elastic (or rubber bands, string, cloth strips, or hair ties)
- Needles and thread (or bobby pin)
- Scissors
- Sewing machine

Steps:



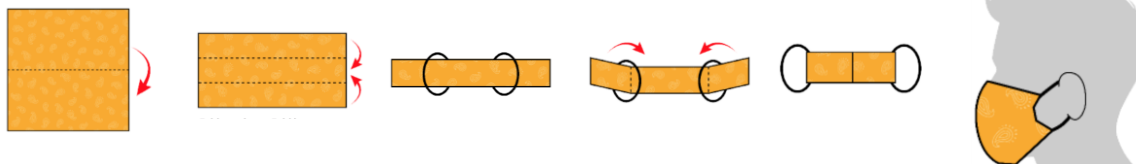
1. Cut out two, 10-inch x 6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets.
2. Fold the long sides over by a ¼ inch to create a hem. Then fold the two shorter sides over by a ½ inch and stitch down.
3. Run a 6-inch length of elastic through the wider 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 if using elastic.
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.

Quick, No-Sew Bandana Cloth Mask

Materials:

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

Steps:



1. Fold bandana in half
2. Fold top edge down to the center. Fold bottom edge up to the center.
3. Place rubber bands or hair ties about 6 inches apart.
4. Fold each side to the middle of the bandana and tuck.

Sources:

CDC - <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Updated May 6, 2020