

Home Made Cloth Face Coverings

(from the US Centre for Disease Control and Prevention)

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 breathing without restriction
- be able to be laundered without damage or changing shape

Cloth face coverings should **not** be used:

- on young children,
- on anyone who has trouble breathing or is unconscious or unable to remove the covering without assistance

Please note: *These are not surgical masks and are not items of Personal Protective Equipment (PPE)*

Cloth face coverings should be regularly washed in a washing machine.

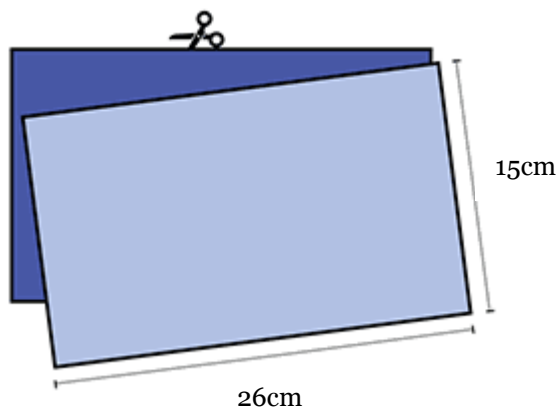
Materials

You will need:

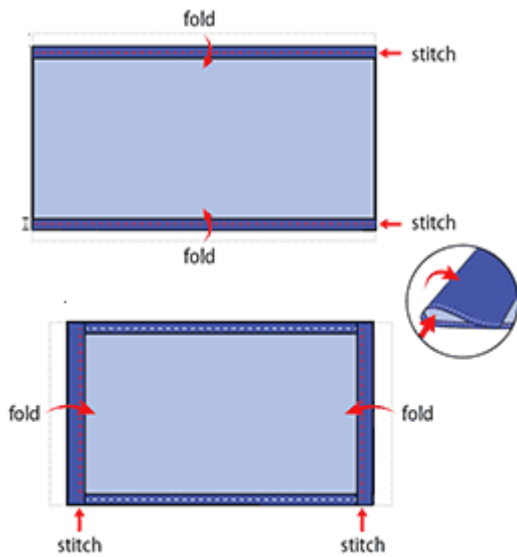
- Two 26cm x 15cm (10" x 6") rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets
- Two 15cm (6") pieces of elastic (or ribbon, cloth strips, hair ties)
- Sewing machine, needle and thread
- A bodkin or safety pin

Method

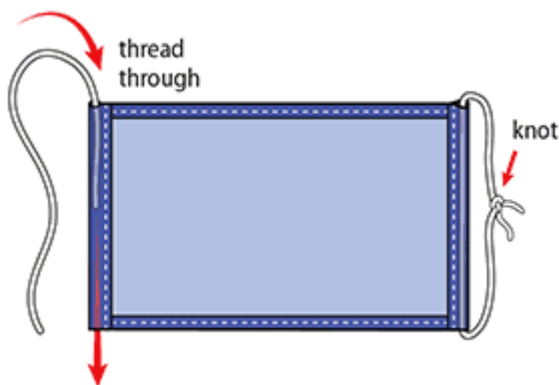
Put the two rectangles on top of each other. You will sew the face covering as if it was a single piece of fabric.



Fold over 1/2 cm (1/4") on both of the long sides and stitch down.
Then fold over 1 1/2 cm (5/8") along the short sides and stitch down.



Thread a 15cm (6") length of thin elastic through the wide hem on each side of the cloth face covering, using a bodkin or safety pin to thread it through. Firmly tie or stitch the ends and gently pull the elastic so the knots or stitching are tucked inside the hem. These will be the ear loops.



If you don't have elastic, you can use a longer length of ribbon, cloth strips, or tape, so the face covering can be tied behind your head.

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.

