

- Use two layers of high grade, dense weave, cotton fabric, or one layer of basic cotton material with an inner layer of flannel
- If you have access to a local quilting shop or online store, they will know what is meant by high quality “quilter’s cotton”
- The light test is pretty good at determining if a given material is suitable. If held up to a bright light, it shouldn’t be easy to see light coming through.
- Tie-on is better than earloops for better fit, but many are using ear loop design for easier donning and doffing
- Don’t touch your face after positioning the mask!
- But don’t touch the mask face when removing! Touch by straps or loops when removing, then wash or sanitize your hands
- Let the mask dry after wearing; moisture from your breath makes them less effective. Wash them in a conventional way and air or machine dry. We are hoping to test the longevity of cloth masks after multiple washings but don’t have that data yet.
- No seams across the breathing area, but a pocket for insertion of additional filter material between the cloth layers is optional. We didn’t find these additional materials to help, and sometimes made it harder to breathe through, but others have had some success with these designs.
- No mask is as good as staying home, socially distancing, and using good hand hygiene.

DIY Face Mask



Supplies:

*Body of mask - 11" x 14.5" rectangle of a tightly woven fabric i.e. lawn, batik or twill seem to be the winners!

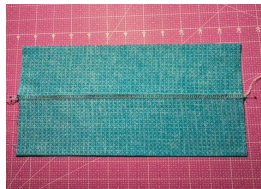
*To make ties: if you have a serger - cut 1 $\frac{1}{2}$ " by width of fabric. Fold in half & serge to $\frac{3}{8}$ " - OR - cut 2" by width of fabric - fold raw edges to center then fold in half again & edge stitch entire length. Ties should be about 30" long

*4" Twist tie (from bread or garbage bags) or coated wire i.e. floral wire or pipe cleaners

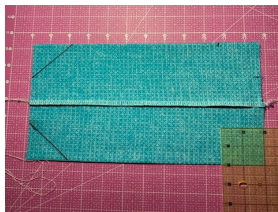
Fold rectangle in half, bringing short end together. Stitch or serge $\frac{3}{8}$ " seam. You have formed a tube. Mark with a pin, the fold on the opposite side. See below:



Still with right sides together, fold the tube so that the seam just stitched ends up in the middle of the tube & matches open or to one side if serged. See pic:



With seam still in the middle, draw a mark 2" in from each side and from the bottom & top; join the two angle across corner. Do Trim. See marks with a line that forms a 45* this in all 4 corners, stitch on Turn the mask right side out below:



Add wire to the around the entire



middle edge of



top of the mask and top stitch the mask.

Bring the bottom & top edges of mask to middle, overlapping the top over the bottom & press. Fold each of these sections in half & then manipulate the corners to form a 90° angle. Do this on all 4 corners. See below:



Fold each side inward twice to form a casing for the ties. Pin or clip then stitch through all layers, backstitching at edges. See below:



Insert ties into casing & secure at midpoint.

