

COVID-19

HOW TO WEAR AND MAKE 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 breathing without restriction.
- Be able to be laundered and machine dried without damage or change to shape.
- Should be made from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Why Wear Cloth Face Coverings

- In public settings where social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.
- To slow the spread of the virus.
- Keep people who have the virus and do not know it from transmitting it to others.

Cautions When Using Cloth Face Coverings

- Do not use on children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.
- The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.
- Doesn't replace social distancing of six feet away from others.

Wash Cloth Face Coverings Regularly

- Routinely wash depending on the frequency of use.
- A washing machine should suffice in properly washing a cloth face covering.

How to Safely Remove a Used Cloth Face Covering

- Do not touch your eyes, nose, and mouth when removing your cloth face covering. Wash hands immediately after removing.



Protect yourself and others

Stay home as much as possible.

If you must go out wear a mask AND practice social distancing.

A mask is not a substitution for social distancing.

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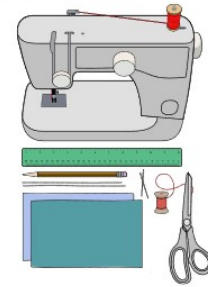
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Sew Your Own Face Coverings

Sewn Cloth Face Covering

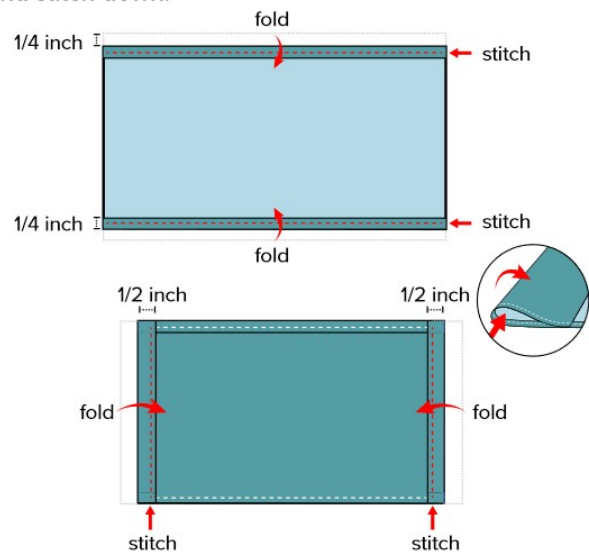
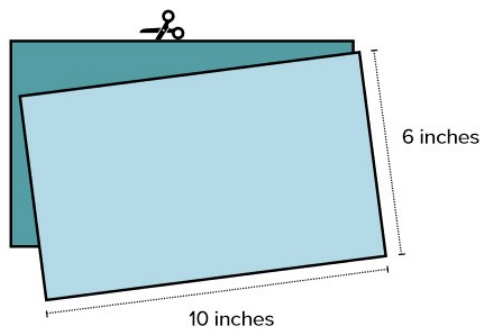
Materials

- 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



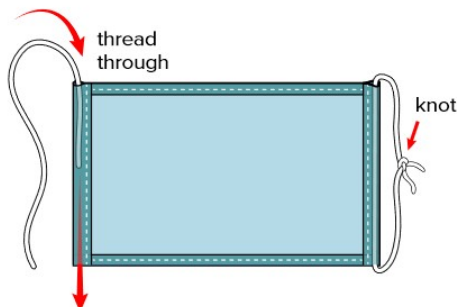
Tutorial

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 cloth face covering 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.



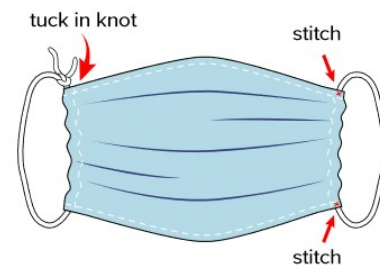
3. Run a 6-inch length of $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the cloth face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight.

Use hair ties or elastic head bands if you do not have elastic. If you only have string, you can make the ties longer and tie the cloth face covering behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem.

Gather the sides of the cloth face covering on the elastic and adjust so the cloth face covering fits your face. Then securely stitch the elastic in place to keep it from slipping.



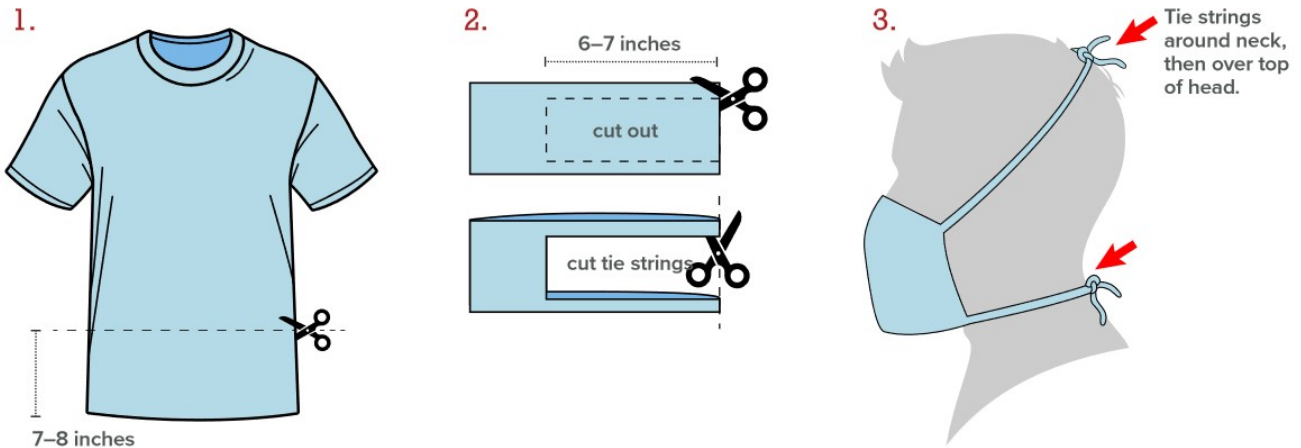
No Sew Face Coverings

Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial

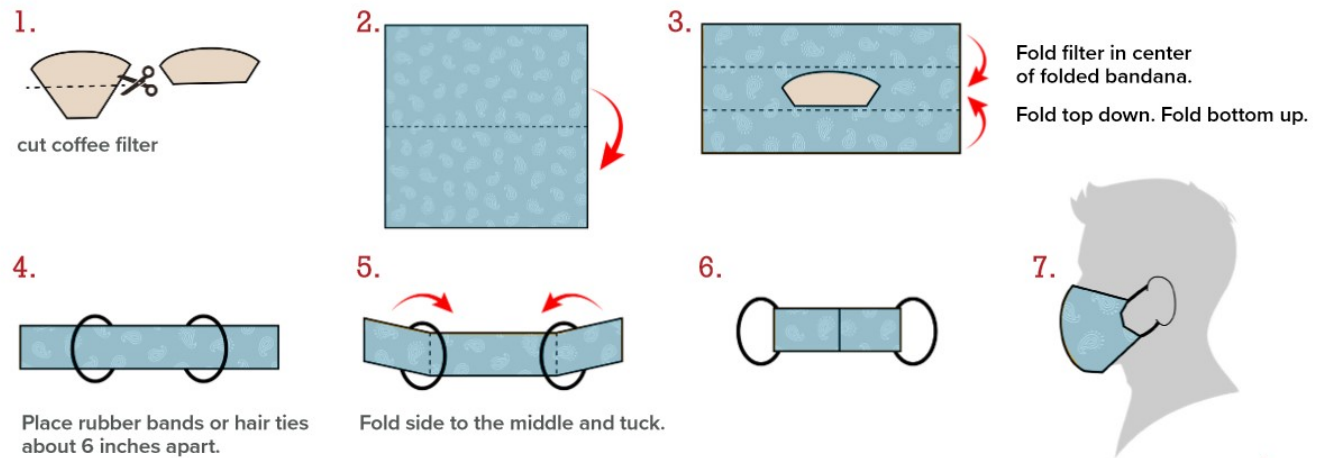


Bandana Cloth Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Coffee filter
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial



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1-833-4-ASK-ODH

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