How To Make A Face Mask

While fabric masks are not to be used in the care of COVID-19 patients, according to the CDC, fabric masks are a crisis response option when other supplies have been exhausted. Fabric masks can also be helpful in other areas of patient care as supplies of PPE are depleted.

Which material is best?

Looking at the data, the dish towel and vacuum cleaner bag were the top-performing materials. However, the researchers didn't choose these as the best materials for DIY masks. Instead, they concluded the pillowcase and the 100% cotton t-shirt are the best materials for DIY masks. Why? The answer lies in breathability. How easy it is to breathe through your mask is an important factor that will affect how comfortable it is. And comfort isn't merely a luxury. Comfort will influence how long you can wear your mask.

What you will need
- Cotton fabric, a pretty print is best.
- Rope Elastic, beading cord elastic will work (you may also us 1/8" flat elastic)
- Cut the elastic 7" long and tie a knot at each end (DO NOT knot the ends of the flat)
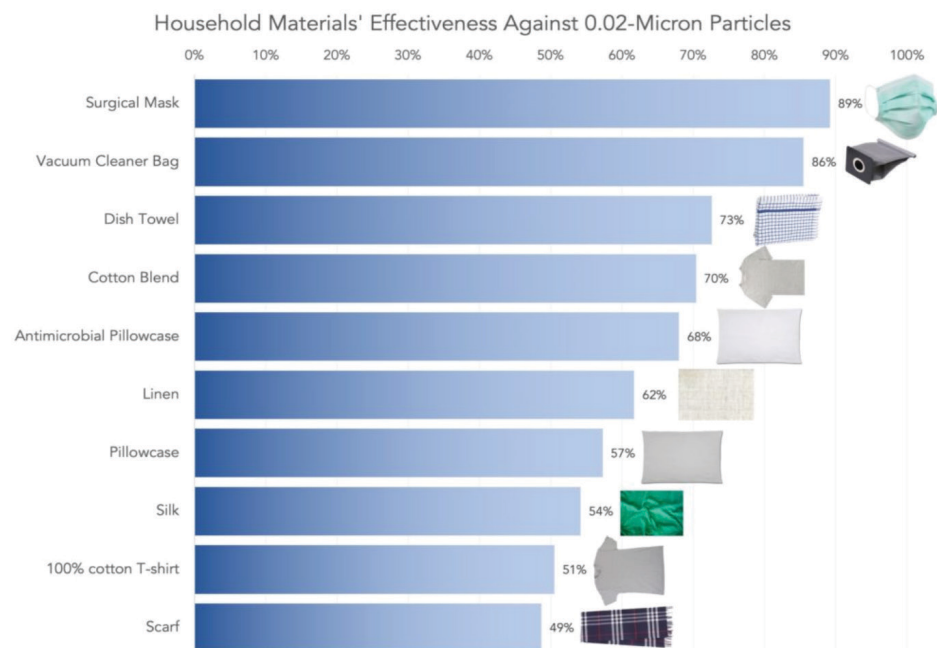
You can make two sizes: Adult or Child
1. Put right sides of cotton fabric together and cut 9x6 (Adult) or 7.5 x 5 (Child)
2. Starting at the center of the bottom edge, sew to the first corner, stop. Sew the elastic with the edge out into the corner. A few stitches forward and back will hold this.
3. Sew to the next corner, stop, and bring the other end of the same elastic to the corner and sew a few stitches forward and back.
4. Now sew across that top of the mask to the next corner. Again put an elastic with the edge out.
5. Sew to the next corner and sew in the other end of the same elastic.
6. Sew across the bottom leaving about 1.5" to 2" open. Stop, cut the thread. Turn inside out.
7. Pin 3 tucks on each side of the mask. Make sure the tucks are the same direction
8. Sew around the edge of the mask twice.

It is so easy to make this. Be sure any fabric design is placed horizontally/landscape orientation.

For a video tutorial go to: **bit.ly/MASKvideo**
For instructions on how to make a mask with ties instead of elastic, go to: **bit.ly/TIEmask**

Household Materials' Effectiveness Against 0.02-Micron Particles

Material	% Particles Captured
Surgical Mask	89%
Vacuum Cleaner Bag	86%
Dish Towel	73%
Cotton Blend	70%
Antimicrobial Pillowcase	68%
Linen	62%
Pillowcase	57%
Silk	54%
100% cotton T-shirt	51%
Scarf	49%

Open-data tests: Smart Air smartairfilters.com

% Particles Captured

Davies et al., (2013) Disaster Medicine and Public Health Preparedness