

How to Make a Non-Sewn Cloth Face Mask/Covering Checklist

The Centers for Disease Control and Prevention has released guidelines for the use of cloth face coverings or masks to help slow the spread of coronavirus (COVID-19) in public settings where social distancing measures may be difficult to maintain. Use this checklist below to make your own non-sewn face mask or covering using either a t-shirt or a bandana.

What You Will Need (T-Shirt Method)

- A t-shirt
- Scissors

Directions

- Measure 7 to 8 inches from the base of the cotton t-shirt and cut through both sides horizontally.
- Measure 6 to 7 inches from the right side of the rectangle created from the base of the t-shirt. Cut out an inner rectangle leaving a little bit of fabric at the top and bottom of the rectangle. Cut the ends on the right side to create the strings.
- When you're ready to wear the mask, tie the strings around the back or your neck, and then over the top of your head.

What You Will Need (Bandana Method)

- A bandana (or square cotton cloth approximately 20"x20")
- Coffee filter
- Rubber bands (or hair ties)

Directions

- Cut a cone-shaped coffee filter down the middle horizontally
- Lay the bandana or 20"x20" cotton fabric square out flat. Fold the bandana in half.
- Place the top, rounded half of the coffee filter in the middle of the folded bandana.
- Fold the top of the bandana down to cover the filter and fold the bottom of the bandana up.
- Slide two rubber bands or hair ties on to the folded bandana about 6" apart.
- Fold both sides of the bandana to the middle and tuck.
- When you are ready to wear the facemask, place the elastics over your ears.