

## How to Sew a 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 sewn face mask or covering.

### What You Will Need

- Two 10" x 6" rectangles of cotton fabric
- Two 6" pieces of elastic (such as rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- A sewing machine

### Directions

- Stack the two 10-by-6-inch rectangles. Sew the facemask as if it was a single piece of fabric.
- 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.
- Use a large needle to run a 6-inch length of  $\frac{1}{8}$ -inch wide elastic, elastic headbands, or hair ties through the wider hem on each side of the facemask to be used as ear loops. Tie the ends tightly. If you are using string, make the ties longer so that you can tie the facemask behind your head.
- Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Securely stitch the elastic in place to keep it from slipping.