

## How to Wear a Cloth Face Covering

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 cloth face coverings be washed or otherwise cleaned regularly? How regularly?

Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.



# Sew and No Sew Instructions

## Sewn Cloth Face Covering

### Materials

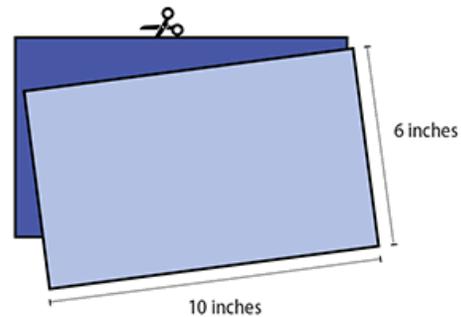
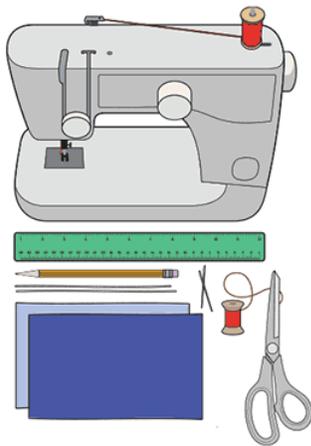
Two 10"x6" rectangles of cotton fabric

Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)

Needle and thread (or bobby pin)

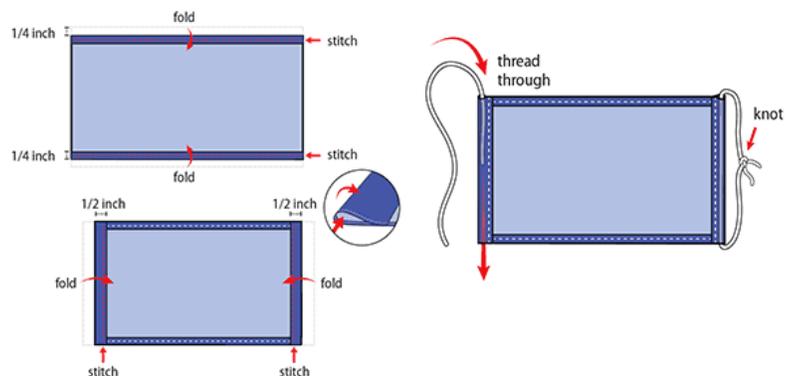
Scissors

Sewing machine



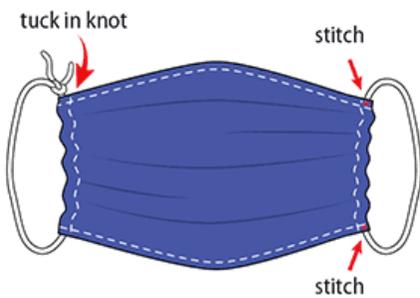
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.

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 1/8-inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight.

Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.



4. 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. Then securely stitch the elastic in place to keep it from slipping.

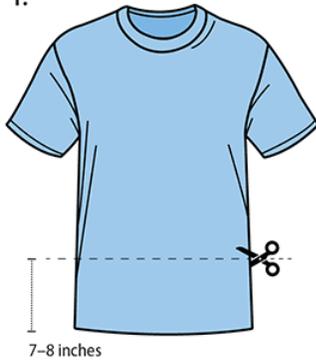
# Quick Cut T-shirt Face Covering (no sew method)

Materials:

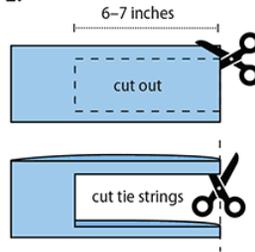
T-shirt

Scissors

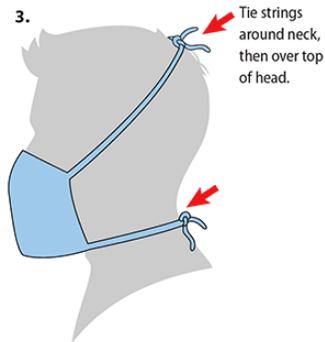
1.



2.



3.

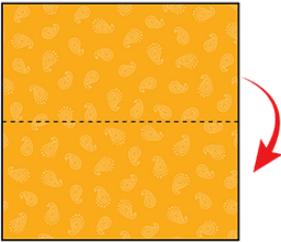


# Bandana Face Covering (no sew method)

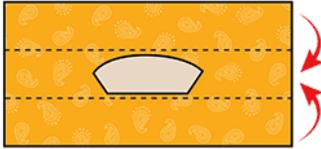
1.



2.



3.



Fold filter in center of folded bandanna.

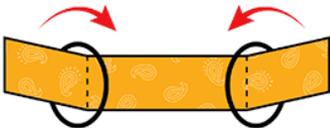
Fold top down. Fold bottom up.

4.



Place rubber bands or hair ties about 6 inches apart.

5.



Fold side to the middle and tuck.

6.



7.

