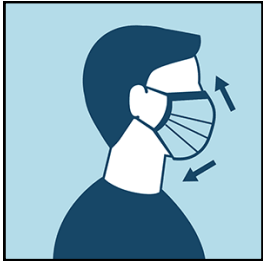


Coronavirus (COVID-19) DIY Face Mask



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Continue To:

Stay at least 6 feet away from others

Wash your hands with soap and water for 20 seconds

- Regularly
- Before putting mask on
- After taking mask off
- If mask is touched
- If you go into public
- Come into contact with anyone

The Centers for Disease Control (CDC) now recommends wearing cloth face coverings in public settings

Commercially-made masks are in limited supply. Use the following instructions to make your own with common household materials.

Materials

Fabric: 100% cotton, such as denim, percale, T-shirts, or pillow cases. The fabric should be wide enough to fold in two layers. You should not be able to see through it but should still be able to breathe through it.

Ties: elastic, clean shoe laces, rubber bands, string, cloth strips, or hair ties.

Click the links below for more information:

[CDC Sewing and Non-Sewing Instructions](#)

- [DIY Mask Tutorials](#)
- [How to Wear a Cloth Face Mask](#)
- [Can a Cloth Face Mask be Cleaned?](#)
- [How Can a Cloth Face Mask be Sterilized?](#)
- [What is the Proper Way to Remove a Face Mask?](#)

[Video instructions](#)

- [DIY Mask Tutorial](#)

*Remember: Wearing a face mask offers **limited** protection from COVID-19. Continue to practice social distancing, regular hand-washing and don't touch your face!*