

Tool Box: **CLOTH FACE COVERINGS:** **CDC RECOMMENDED**

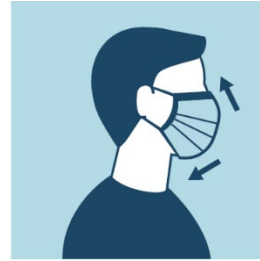
The CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain, especially in areas of significant community-based transmission. The CDC advises the use of cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.

USE OF CLOTH FACE COVERINGS

How to wear cloth face coverings

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?

Yes. They should be routinely washed depending on the frequency of use. A washing machine should suffice in properly washing a cloth 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 cloth face covering and wash hands immediately after removing.

DIY CLOTH FACE COVERINGS

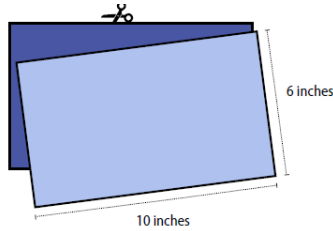
Sewn Cloth Face Covering

Materials:

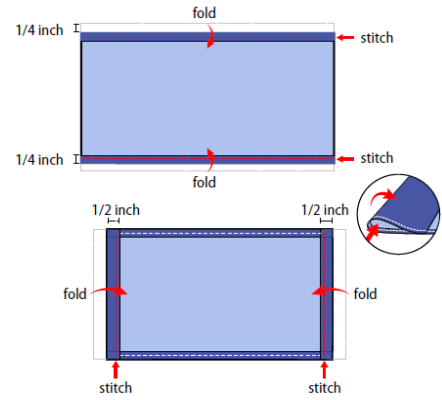
- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, strings, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

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.
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.

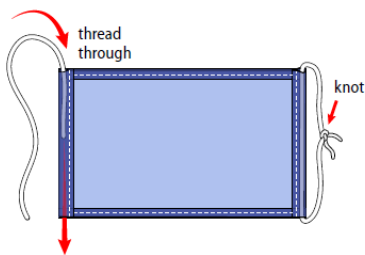
- Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the cloth face covering. These will be the ear loops. Use a large needle or bobby pin to thread it through. Tie the ends tight.
- Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the cloth face covering on the elastic and adjust so that the mask fit the face. Then securely stitch the elastic in place to keep it from slipping.



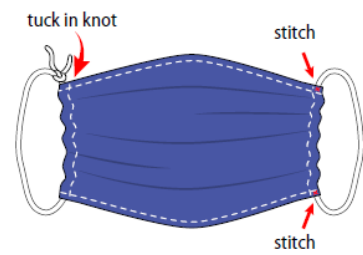
Step 1



Step 2



Step 3



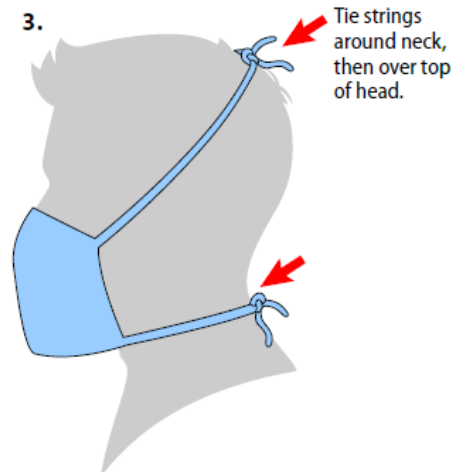
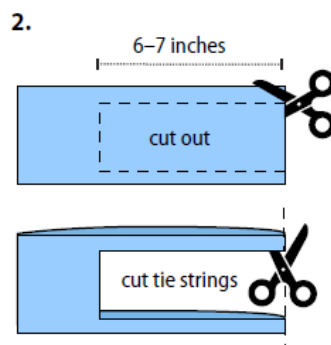
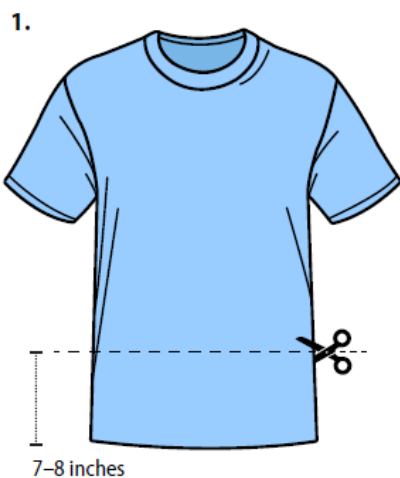
Step 4

Quick Cut T-Shirt Cloth Face Covering (no sew method)

Materials:

- T-shirt
- Scissors

Tutorial



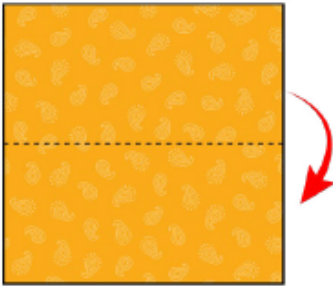
Bandana Cloth Face Covering (no sew method)

Materials:

- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors

Tutorial

1.



Fold bandana in half.

2.



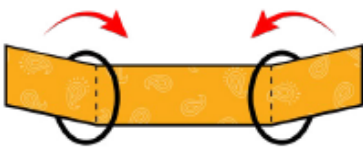
Fold top down. Fold bottom up.

3.



Place rubber bands or hair ties about 6 inches apart.

4.



Fold side to the middle and tuck.

5.



6.

