

Make Your Own Mask

COVID-19 spreads mainly from person to person through respiratory droplets. These droplets are produced when an infected person coughs, sneezes, or talks. It is therefore important for everyone to practice social distancing and wear cloth face masks when they step out of their homes. Simple cloth face masks can be made at home and may help prevent the spread of COVID-19.

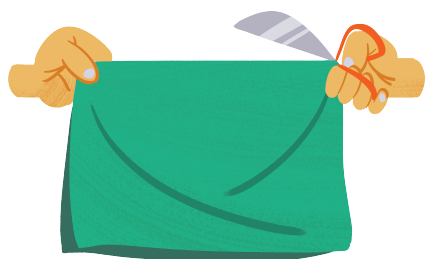


Steps for Making Your Own Mask

Option 1: Sewn Cloth Mask

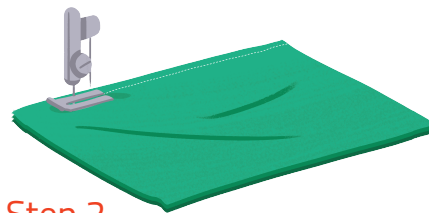
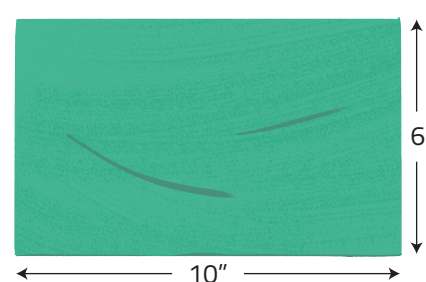
Materials required:

- Three 10 inches x 6 inches rectangles of cotton fabric
- Two 6 inch pieces of elastic (or rubber bands, string, cloth)
- Needle and thread
- Scissors
- Sewing machine



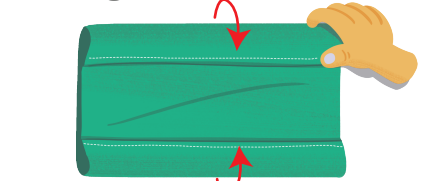
Step 1

Cut out three 10 inches x 6 inches rectangles of cotton fabric.



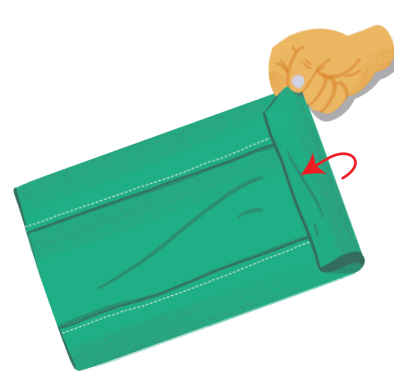
Step 2

Place the three rectangles one over the other and sew them together along the edges.



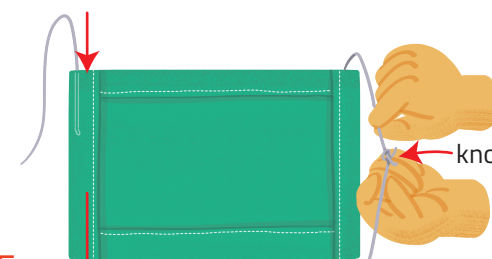
Step 3

Fold over the long sides by 1/4 inch and sew the edges.



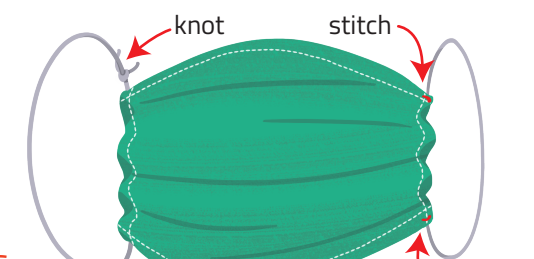
Step 4

Fold over the short sides by 1/2 inch and stitch along the folded edge, such that there is a gap to insert an elastic/rubber band/cloth strip.



Step 5

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. If elastic is not available, use hair ribbons or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.



Step 6

Gently pull on the elastic so that the knots are tucked inside the hem. Then securely stitch the elastic in place to keep it from slipping.



Option 2: Non-sewn Cloth Mask

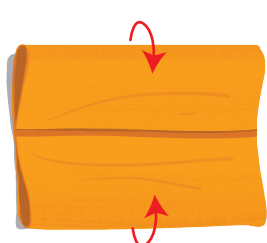
Materials required:

- Old t-shirt, or square cotton cloth (cut approximately 20 inches x 20 inches)
- Rubber bands (or hair ties)
- Scissors (if you are cutting the cloth)



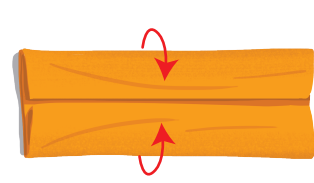
Step 1

Take the 20 inches x 20 inches cloth and fold the top edge into the middle.



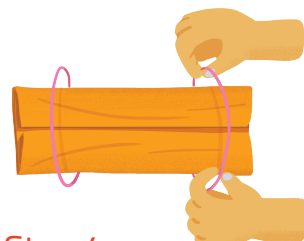
Step 2

Fold the bottom edge into the middle.



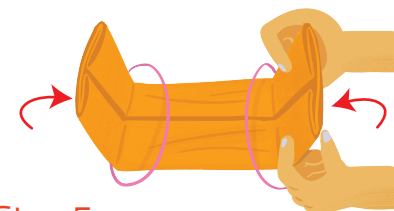
Step 3

Now, fold this one more time from the bottom to the middle and one more time from the top to the middle.



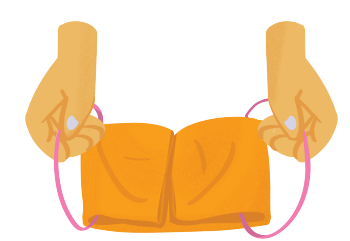
Step 4

Insert rubber bands/elastic on either ends of this folded cloth.



Step 5

Fold the right side of the cloth over the right rubber band/elastic to the middle. Similarly, fold the left side of the cloth over the left rubber band/elastic to the middle.



Step 6

Wear this by tucking the rubber bands/hair ties into each ear and stretching the strip to cover your nose and mouth.



Dos:

- Do ensure that your mask completely covers the nose and mouth.
- Do use a fabric similar to those in cotton t-shirts, cotton towels, cotton bedsheets. The fabric should be absorbent and breathable.
- Do change a mask if wet or visibly soiled.
- Do wash your cloth masks frequently with soap/detergent at room temperature water.
- Do wash your hands with soap/use a hand sanitizer before wearing a mask and after removing a mask.
- Do ensure that your mask fits snugly but comfortably against the side of the face.
- Do ensure that your mask allows for breathing without restriction.
- Do ensure that your mask can be washed and dried without damage or change to shape.

Don'ts:

- Do not use silk and synthetic fabrics for the mask
- Do not use any stretchy fabrics as they are too thin and porous.
- Do not share masks with others. Each mask should only be used by one person.
- Do not wear a wet mask for an extended period of time.

Who should wear

- People older than 5 years of age (or as per guidance from your local authorities).

Who should not wear

- Children under 5 years of age.
- Anyone who has trouble breathing.
- Anyone who is unconscious.
- Anyone who is unable to remove the mask without assistance.