Face Masks: What You Need to Know

During the coronavirus outbreak, the Centers for Disease Control and Prevention (CDC) recommends wearing cloth face coverings in public settings, especially in areas of significant community-based transmission.

Officials are urging non-medical personnel to use non-medical grade cloth face coverings (for example, a scarf or bandana) due to a worldwide shortage of medical equipment impacting frontline clinical responders.

The Importance of Face Masks

COVID-19 is thought to spread mainly through close person-to-person contact via respiratory droplets from someone who is infected. People who are infected often have symptoms of illness, but some people without symptoms may be able to spread the virus. Wearing fabric face coverings helps curb the spread of COVID-19 by preventing the transmission of respiratory droplets that contain the virus. In community settings, this protects people around you if you are infected but don't know it yet, or don't have symptoms.

Face Mask Do's and Don'ts

Do

1. Make sure you can breathe comfortably.

2. Make sure the face mask covers your nose and mouth.

3. Wear whenever going out in public.

4. Wash after using.

5. Still maintain recommended 6 feet of distance from others.

6. Wash your hands immediately after removing the mask.

Don't

1. Don't use a face mask if under 2 years old.

2. Don't use surgical masks or other personal protective equipment (PPE) intended for clinical healthcare workers.

3. Don't touch your eyes, nose, or mouth when removing the mask.

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DIY Face Mask Pattern

If you're up for a creative solution, DIY cloth face coverings can be made cheaply and easily even if you don't know how to sew. Here is an example of a no-sew option for making your own DIY cloth face mask. All you will need is a t-shirt and some scissors.

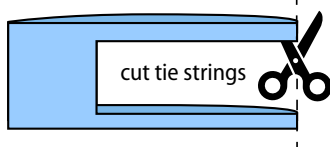## Quick Cut T-Shirt Cloth Face Covering (No-Sew Method)

Materials: T-shirt, scissors
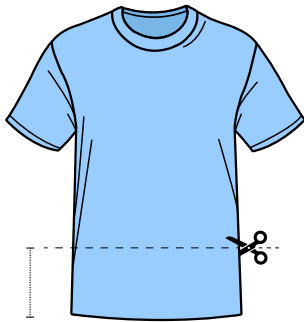
Cut 7-8 inches of fabric off the bottom of the t-shirt.
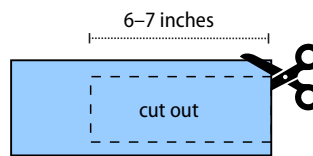
6–7 inches

cut out

Lay the cut piece of fabric flat. Starting from the right edge of the fabric, cut out a 6-7 inch rectangle, leaving about an inch of fabric on the top and bottom for the straps.

cut tie strings

Cut the loops at the ends of the straps to make two separate strings on both the top and bottom.
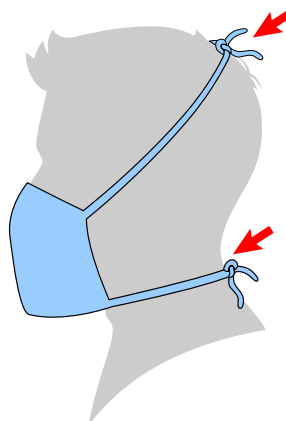
Place mask over your nose and mouth. Tie the strings around the back of your neck and top of your head to reach desired fit.

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