



Coronavirus Disease 2019 (COVID-19)

How to Make Cloth Face Coverings

CDC on Homemade Cloth Face Coverings

- **Who should NOT use cloth face coverings:** children under age 2, or anyone who has trouble breathing, is unconscious, incapacitated or otherwise unable to remove the mask without assistance
- **Cloth face coverings are NOT surgical masks or N-95 respirators.** Surgical masks and N-95 respirators must be reserved for healthcare workers and other medical first responders, as recommended in CDC guidance.

CDC recommends wearing cloth face coverings in public settings where other **social distancing** measures are difficult to maintain, like, grocery stores and pharmacies.

Simple cloth face coverings can be made at home and may help prevent the spread of COVID-19.

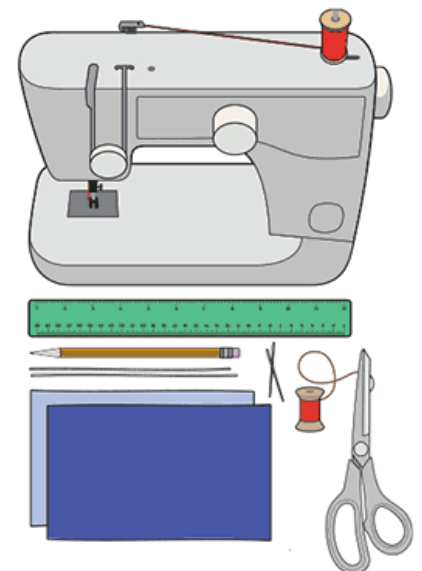
Sew and No Sew Instructions

Sewn Cloth Face Covering

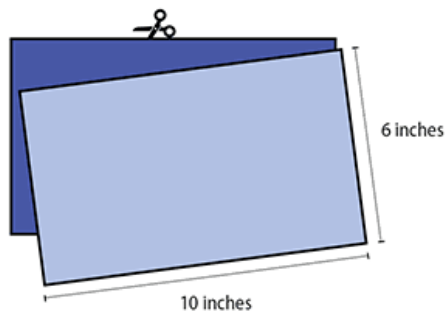
Materials

- 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

Tutorial

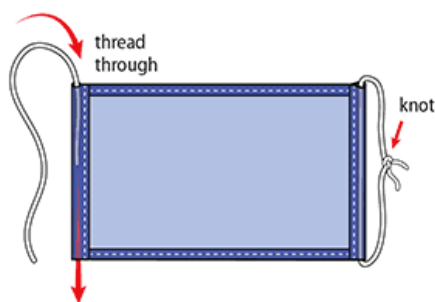


1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.

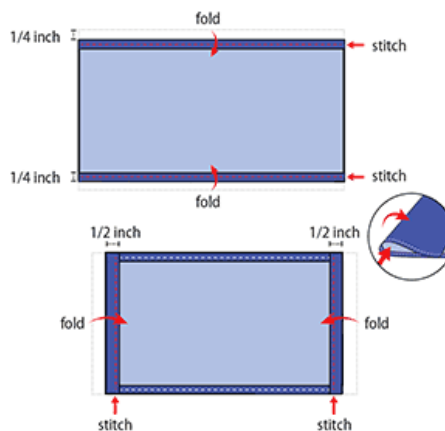


3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight.

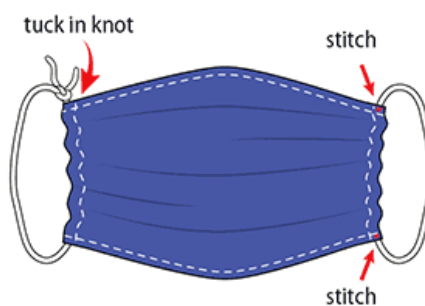
Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.



2. Fold over the long sides 1/4 inch and hem. Then fold the double layer of fabric over 1/2 inch along the short sides and stitch down.



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.

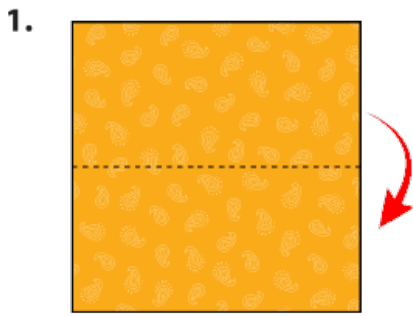


Non-sewn Face Covering

Materials

- Bandana, old t-shirt, or square cotton cloth (cut approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

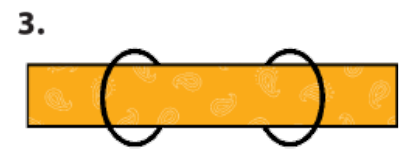
Tutorial



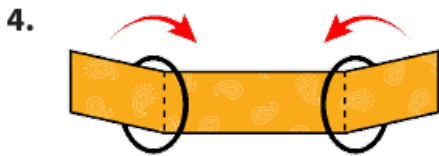
Fold bandana in half.



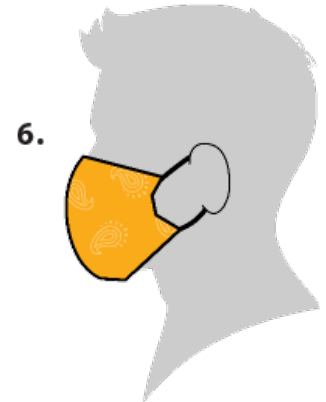
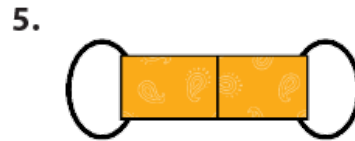
Fold top down. Fold bottom up.



Place rubber bands or hair ties about 6 inches apart.



Fold side to the middle and tuck.



Make sure your cloth face covering:

- fits snugly but comfortably against the side of the face
- completely covers the nose and mouth
- is secured with ties or ear loops
- includes multiple layers of fabric
- allows for breathing without restriction
- can be laundered and machine dried without damage or change to shape

See more about how to [wear](#) and [wash](#) your cloth face covering.

More Information

[Recommendation Regarding the Use of Cloth Face Coverings](#)

[About Cloth Face Coverings](#)

[How to Wear Your Cloth Face Covering](#)

[How to Wash Your Cloth Face Covering](#)

[Video: U.S. Surgeon General, Dr. Jerome Adams- How to Make Your own Face Covering](#)

[Important Information About Your Cloth Face Coverings](#) 

[ASL Video Series: Easy DIY Cloth Face Covering](#)

[How To Make Your Own Face Covering Video](#)

Page last reviewed: May 21, 2020

Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases