

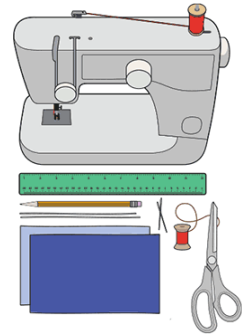
# How to Make Cloth Face Coverings

adapted from <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-make-cloth-face-covering.html>

## Sewn Cloth Face Covering / Fabric Face Mask

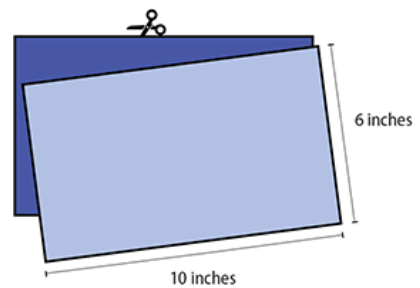
### Materials

- Two 10 inch by 6 inch rectangles of cotton fabric
- Two 6 inch to 7 inch pieces of 1/8" flat elastic
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

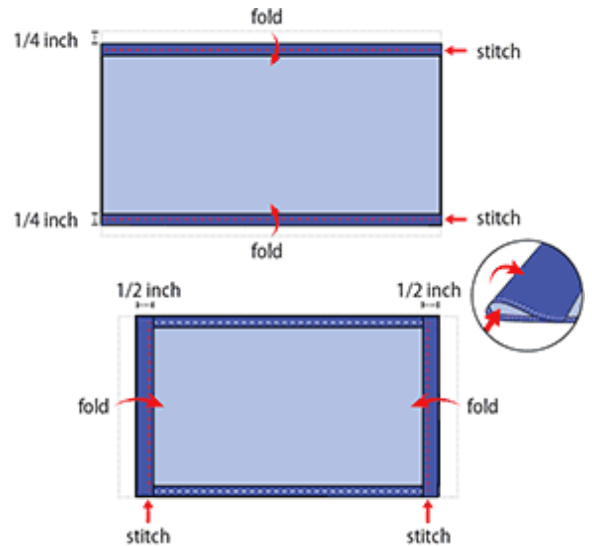


### Tutorial

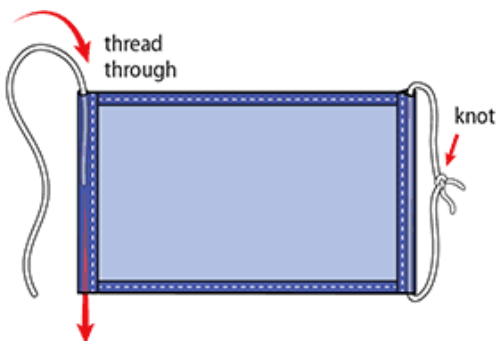
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. 100% cotton, tightly woven fabric is preferred. Cotton flannel for the backing is preferred, though a different print of standard cotton is accepted. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.



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.



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.



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.

