

## NO-SEW, MAKE-YOUR-OWN FACE MASK

Surgical style masks like this one aren't ideal for hospital use with COVID-19, but they're helpful for venturing out to the grocery store. Blended cotton T-shirts and cotton pillowcases are the best at-home materials for making DIY face masks, based on their ability to capture particles yet remain breathable. Use masks in combination with frequent and proper hand-washing. And after use, when the mask becomes damp, remove it from behind, don't touch the front, and throw it away. If you can get a hold of a melt blown filter sheet or vacuum cleaner bag paper and place it inside the folded fabric you will have even more protection.

### WHAT YOU WILL NEED



FABRIC GLUE GUN



SCISSORS



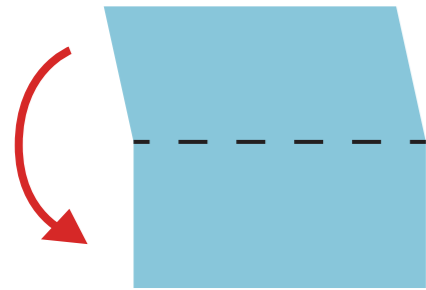
IRON



FABRIC



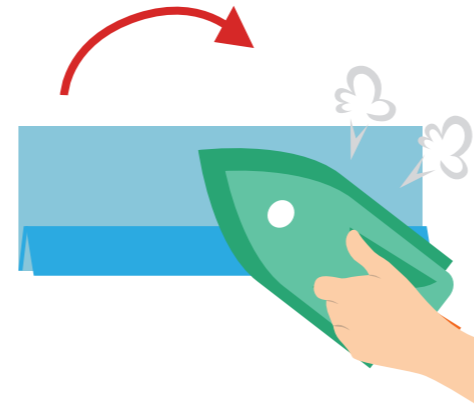
RUBBER BANDS



- 1** Lay out fabric flat about 20 x 20 inches and fold it in half.



- 2** Make pleats by folding over one inch and ironing.



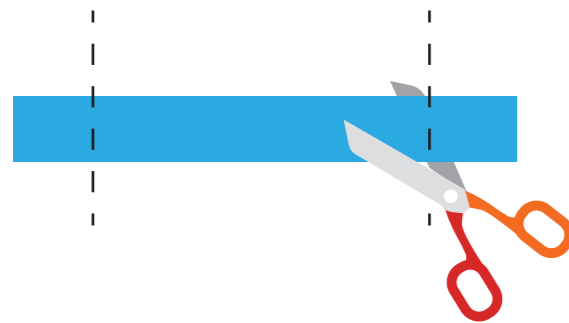
- 3** Turn over the fabric and create another pleat, then iron that.



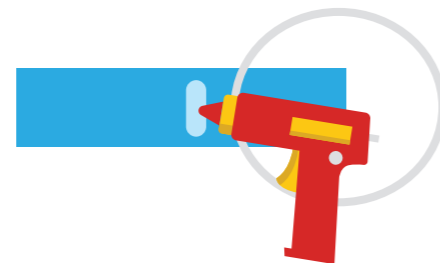
- 4** Take the same steps until you get to the end of the fabric and iron the pleats flat.



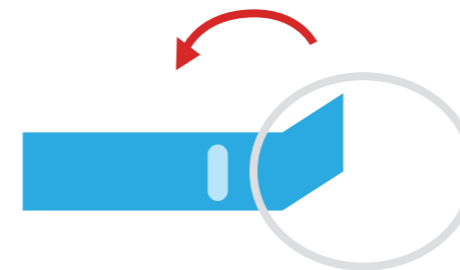
- 5** Take one end of the fabric and loop it through a rubber band or elastic hair tie. Do the same thing to the other end.



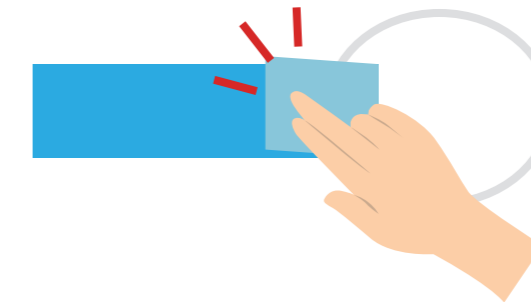
- 6** Measure enough fabric to go from the back of one ear to the back of the other ear and cut the fabric to that size.



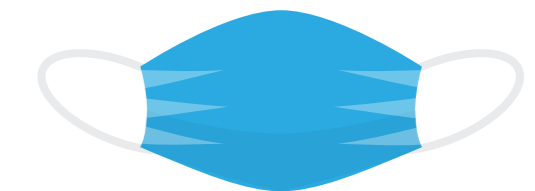
- 7** Add hot fabric glue to the area just inside the hair tie with a hot glue gun. Add some in the same spot between each pleat.



- 8** Fold the fabric around the rubber band.



- 9** Press down hard. And glue the other side the same way.



- 10** Open your mask. You can hand wash and air dry before use.