

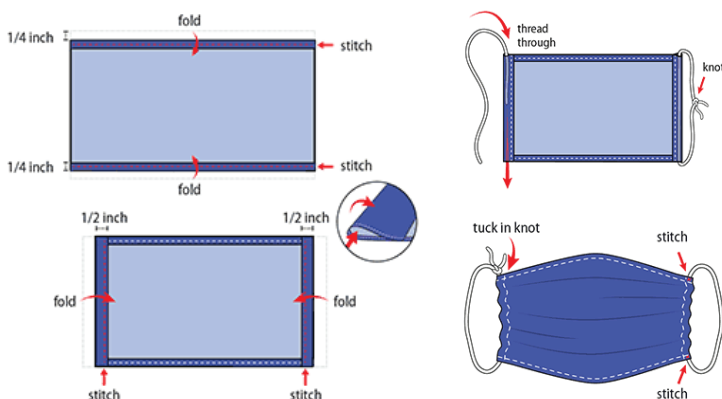
# CORONAVIRUS DISEASE (COVID-19) HELP SLOW THE SPREAD

## HOMEMADE CLOTH FACE COVERINGS

The CDC recommends **wearing cloth face coverings in public settings** where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission. They also advise the **use of simple cloth face coverings to slow the spread of the virus** and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance. They should be routinely washed depending on the frequency of use. A washing machine should suffice in properly washing a face covering.

### SEWN CLOTH FACE COVERING

1. Cut out two 10-by-6-inch rectangles of tightly woven cotton fabric. 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 piece of elastic through the 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.
3. 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.



### BANDANA FACE COVERING

1. Cut coffee filter.
2. Fold bandana in half.
3. Fold coffee filter in center of bandana. Fold top down and then the bottom up.
4. Place rubber bands or hair ties about 6 inches apart.
5. Fold sides to the middle and tuck.

