

How to make your own face mask to help stop the spread of the coronavirus

The CDC recommends you cover your mouth to protect yourself and others from the coronavirus. Here's a pattern and instructions to make a face mask.

It's difficult to keep your distance in a grocery store or pharmacy, so now the CDC says we should wear a homemade mask in public to slow the spread of the coronavirus — particularly in areas with high community transmission.

Officials don't want healthy people using medical masks because of fears they would buy them all (kind of like toilet paper) and not leave them for health care workers.

We have the answer: Make your own.

The masks don't need to be professional-grade to help fight against COVID-19. According to recent studies, the virus can spread between people in proximity by coughing, sneezing or even speaking.

It is important to note that covering your face with a piece of cloth won't protect you. But, it could help you from spreading the virus if you're like some people who lack symptoms and don't know they have it.

Materials you need to make a cloth face mask

Cloth fabric

Interfacing (not necessary to use iron on type)

¼” elastic (Can use ribbon, bias tape, or ½ inch fabric strips sewn into a tie. Another option is using potholder loops.)

thread

[PDF of adult mask pattern](#)

Note: Make sure your printer is set up to print at "actual size."

Cut material and interfacing to 12 x 9 inches

Iron interfacing to material (adhesive side to back of material)

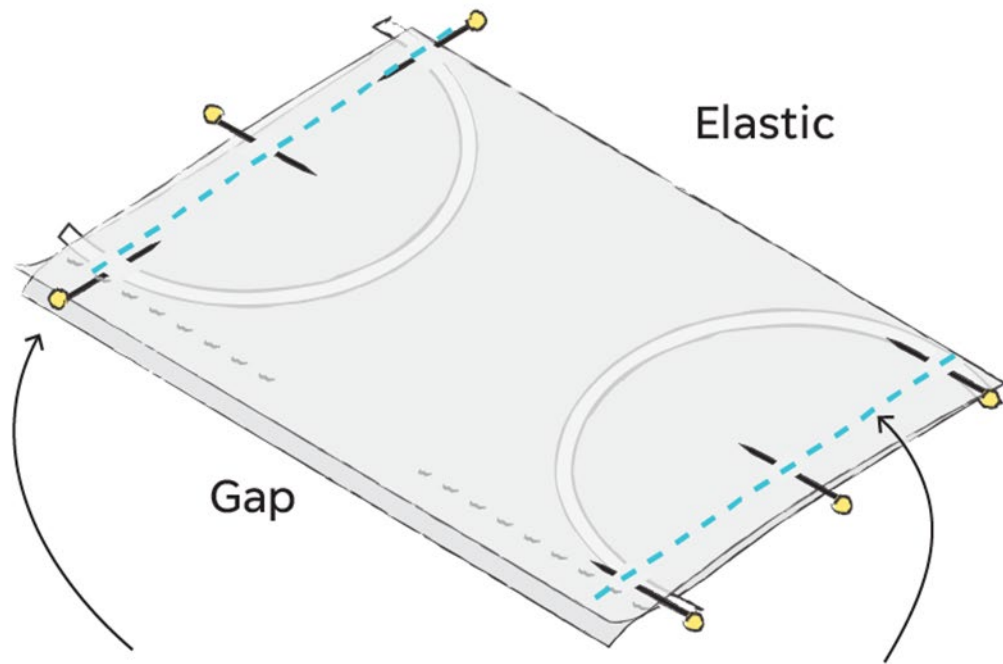
Once ironed, fold fabric in half with interfacing on the outside (not necessary to use iron on style of interfacing)

Cut two pieces of elastic — each 7-inches long

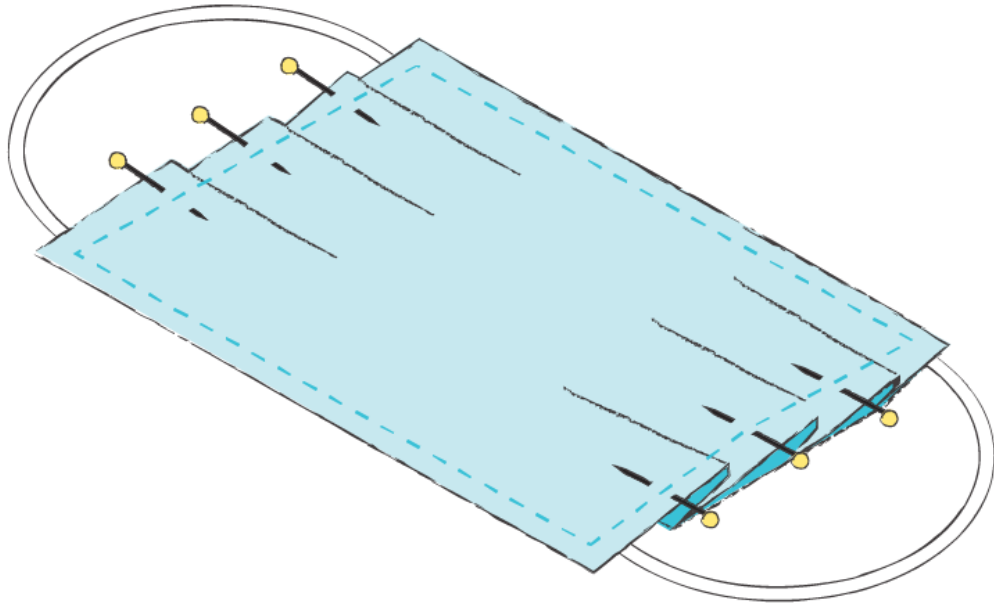
Can use ribbon, bias tape, or ½ inch fabric strips sewn into a tie.

Another option is using potholder loops that can be sewn on after the mask is put together.

Put elastic band on each corner, inside the material $\frac{1}{4}$ inch from the top and bottom and pin to keep in place, making sure the elastic is not twisted.



Sew $\frac{1}{4}$ -inch from edge on each side leaving the whole bottom open to flip right side out (do not make a gap as shown since it makes turning the fabric more difficult). Make sure to sew extra stitches on the elastic. Turn fabric right side out and press flat. Fold in bottom of mask and pin.



Fold and pin 3 pleats. Sew around the entire perimeter of the mask, this holds the pleats in place, and closes the bottom of the mask.