

## How to Make a Cloth Face Covering

CDC advises the use of simple cloth face coverings to slow the spread of the COVID-19 virus and to help prevent people who may have the virus and not know it from spreading it to others.

Cloth face coverings fashioned from household items or made at home from low-cost, common materials can be used as an additional, voluntary public health measure.

### To be considered:

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.

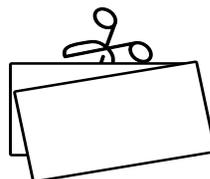
The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Cloth face coverings should be routinely washed depending on the frequency of use. A washing machine should suffice in properly washing.

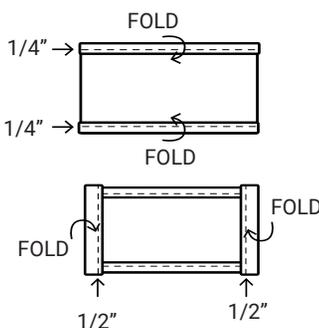
Individuals should be careful not to touch their eyes, nose, and/or mouth when removing their face covering and wash hands immediately after removing.

## Sewing Instructions

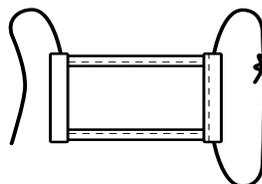
**Step 1:**



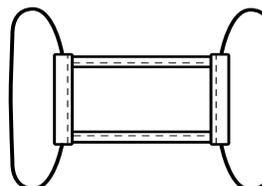
**Step 2:**



**Step 3:**



**Step 4:**



### Materials Needed:

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips or hair ties)
- Needle and thread
- Scissors
- Sewing machine

Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets.

Fold over the long sides  $\frac{1}{4}$  inch and hem. Then fold the double layer of fabric over  $\frac{1}{2}$  inch along the short sides and stitch down.

Run a 6-inch length of  $\frac{1}{8}$ -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.

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.

**Any cloth face covering worn at a Valmont facility must be approved by your site Safety Manager.**