

Making a DIY face mask has become the top stay-home activity during the novel coronavirus outbreak – whether it's for your own personal use or to donate to healthcare facilities. The CDC now recommends wearing a face covering any time you go out in public. On top of that, medical face masks for healthcare workers are running dangerously low due to the rapid increase of COVID-19 patients filling up hospitals *and* the fact that many consumers purchased personal protective equipment (PPE) to keep at home.

If you're looking for a mask for yourself or others that are not treating COVID-19 patients, the CDC says homemade cloth masks can help slow the spread of the coronavirus. **These fabric masks can help protect you in places like the grocery store or pharmacy where it's harder to keep a safe six-foot distance from other shoppers.** This works best if *everyone* wears them because people who don't have any symptoms can still be spreading the virus.

### Face mask procedure

- 1) Print pattern, see next page (If you don't have a printer, it's a 9x8-inch rectangle with 1-inch pleats)
- 2) Cut pattern out
- 3) Use pattern to cut 2 cotton fabric pieces
- 4) Use pattern to cut 2 interfacing pieces (**MUST** be nonwoven)
- 5) Place cut fabric with front sides together
- 6) Place both layers of the interfacing together on top of fabric (on the back side of fabric)
- 7) Sew top 9" seam (2.5-3 stitch length is best) with ¼" seam allowance
- 8) Flip open with front side of fabric up
- 9) Press seam flat to one side
- 10) Insert metal piece along seam between the 2 pieces of fabric
- 11) Stitch ½" rectangle that is indicated at top of pattern (with wrong sides together) to secure metal piece
- 12) Flip back to right sides together, stitch bottom 9" seam
- 13) Flip back to right side out and press bottom seam
- 14) Use pattern to help mark pleats. Pleat the 3 pleats all in the same direction, put a pin to keep them in place
- 15) Cut binding tape at 36" per side
- 16) Find the centre point of the binding and the centre point of the mask and pin the binding on the mask with the mask sandwiched between the binding
- 17) Sew binding
- 18) Repeat on the other side of the mask
- 19) Press pleats
- 20) Finally, pat yourself on the back, because you are making a difference!

A video of how to make this can be found by clicking the link below.

<https://www.goodhousekeeping.com/health/a31902442/how-to-make-medical-face-masks/>

