

FACE MASK FACT SHEET

Why wear a face mask?

The Centers for Disease Control recommends that people wear a cloth face covering over their nose and mouth when in the community setting. This is for the protection of those around you if you are infected but do not have symptoms. Hand washing still remains a critical means of disease prevention.

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

It is important that people who choose to use these masks understand what type of protection they offer. Homemade cloth masks aren't as effective as clinical masks and offer limited protection from people in close contact with someone who is sick.

How to wear a fabric face covering:

It should:

- Fit snugly, but comfortably against the side of the face.
- Be secured with ties or ear loops.
- Include multiple layers of fabric.
- Allow for breathing.
- Be able to be laundered and dried without losing its shape.

Who should not wear a face mask?

Face masks should not be placed on young children under the age of 2, anyone who has trouble breathing, or anyone who is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

What materials can I use to make face masks?

To be effective, a mask needs to filter out particles and still be easy to breathe through. If medical grade polypropylene is unavailable, 100% cotton and cotton-blend fabrics are best. Quilter's cotton and fabric used in t-shirts and pillowcases are examples of this type of fabric.

Do not use vacuum filters as an extra layer of protection, as they contain fiberglass and are not safe. If another layer is needed, use a food-grade item such as a coffee filter or another layer of fabric.

How do I clean/sterilize a face mask?

Homemade cloth masks should be properly cleaned before they are used and reused. To wash, launder masks in hot water (160°) using soap or detergent that leaves no residue or smell. Rinse well with fresh water and hang to dry. Make sure your hands are clean when working with the masks.

You may also disinfect masks by soaking them for 5 minutes in a solution of 2 tablespoons of bleach per quart of water or 1/3 cup of bleach per gallon of water.

Do not try using other methods of sterilizing masks. (Such as putting in the microwave or oven.)

Can I make masks to donate?

Before you sew masks to donate, find a recipient who agrees to take them. Hospitals, for example, may not accept these masks due to their limitations. Ask community organizations who serve vulnerable populations if they want to receive and distribute homemade cloth face masks. Finished masks should be packaged in a paper bag and held for three days before delivering them to users.

How can I make homemade fabric masks?

Before you start sewing, ensure you are symptom free. Wash and sanitize your hands and your work area thoroughly with a disinfectant (it must indicate that it kills viruses) per the instructions on the label. Ensure there are no potential contaminants (e.g., pet hair, food, etc.) in the work area.

Prewash fabric to allow for shrinkage.

3 ways to make face masks:

1. Mask with dart: (<https://www.latterdaysaintcharities.org/blog/guidelines-on-homemade-cloth-face-masks?lang=eng>)



2. Pleated method:



3. No sew methods: (<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>)

Elastic may be unavailable or in short demand. Optional materials include:

- For ties - Fabric, shoe laces, grosgrain ribbon, twill tape etc.
- For elastic – hair ties or elastic headbands.

Because of the continuous use of masks by medical personnel and others, ears often become sore from the elastic rubbing on them. A headband with buttons enables these workers to pull the elastic around the buttons on the headband rather than around their ears.

Resources:

<https://www.churchofjesuschrist.org/bc/content/shared/english/charities/pdf/2020/Homemade-Cloth-Face-Masks.pdf?lang=eng>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

PLEATED FACE MASK PATTERN

EXTENSION 
UtahStateUniversity®



MATERIALS NEEDED:

Two pieces of cotton fabric 7" x 9". (Can use two colors of fabric to differentiate front and back.)

Two 7" pieces of elastic **or** four 20" pieces of fabric, grosgrain ribbon, shoelace, etc. for ties.

ASSEMBLY INSTRUCTIONS:

1

Pin elastic or ties on 7" side, 1/2" from the edge on right side of fabric.



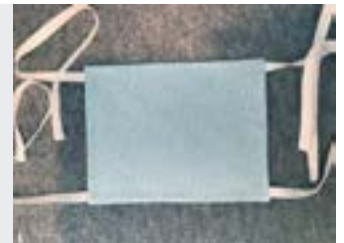
2

Place fabric pieces with right sides together. Sew along the two short edges and one long edge 1/4" from fabric edge. On the other long side, sew along the edge, leaving a 2" opening. Snip corners.



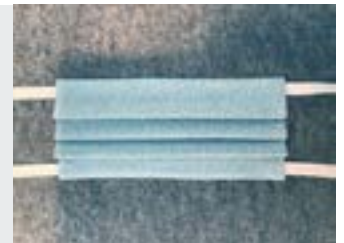
3

Turn out and press so all edges are even and flat.



4

Make three pleats on each side, about 1/2" wide and press.



5

Stitch 1/8" from edge around all four sides.

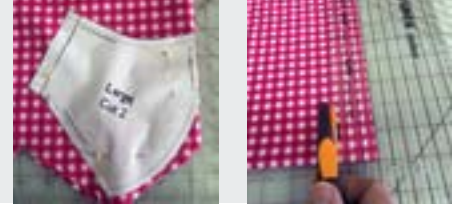


SEWING MASK INSTRUCTIONS

1

Step 1: Cut fabric

- Cut out two mask pieces on fold.
- Cut two strips of 1 1/2" X 42" for ties or use heavy ribbon, shoe laces, etc.



2

Step 2: Make ties

- If making fabric ties, finish short ends of each tie by folding over ends and stitching 1/4" in.
- Press 1/4" in from each long edge toward center.
- Fold tie in half and topstitch along open edge.



3

Step 3: Sew chin part of mask

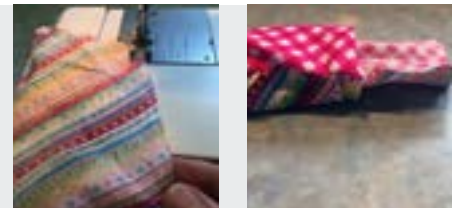
- Fold each mask piece on fold line with right sides together.
- Stitch along chin seam, 1/4" from edge.



4

Step 4: Join inner and outer layers together

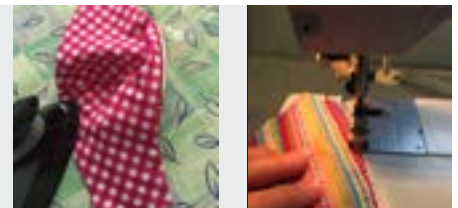
- Lay the two mask pieces on top of each other with right sides together.
- Sew the two layers together across the top and bottom of mask using 1/4" seam.
- Turn the mask right-side out.



5

Step 5: Topstitch mask

- Press edges with iron.
- Topstitch along top and bottom edges close to the edge.



6

Step 6: Make the casing for ties

- On each side, fold the raw-side edges toward the inside of the mask about 1/4", then fold over again about 5/8".
- Then stitch inner edge of the casing.



7

Step 7: Thread ties through casing

- Using a safety pin, push the tie, ribbon, or shoe lace through the casing on both sides of the mask.



DIRECTIONS FOR HEADBANDS WITH BUTTONS

Adrie Roberts, USU Extension – Cache County

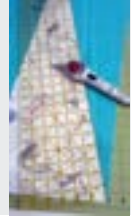
Fabric Needed: 10" by at least 44" wide cotton fabric.

Notions Needed: Thread, two large buttons.

Fabric Layout: Fabric is folded in half lengthwise with selvages together.

1

The headband is 10" wide at the fold and descends down to approximately 3" wide near the selvages. This can be achieved by placing the ruler on the top at the fold of the fabric and running it at a slanted angle to the bottom of the fabric.



2

Make a pattern from scrap fabric to use for future headbands. Cutting rulers and cutters will help you keep your edges straight. Final size should be 22" long, 10" wide at the top and 2.5 to 4" at the narrow bottom. Do not cut along the fold.



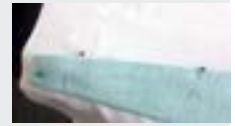
3

Fold the headband in half lengthwise and press. Right sides are together. Wrong sides are on the outside.



4

Pin the raw edges together. Leave an opening to turn the fabric right-side out after sewing. For the opening, mark where you stop and start sewing by using two pins.



5

Sew the ends shut and along the cut edges using a $\frac{3}{8}$ " seam allowance. Do not sew on the fold. Don't forget to leave about 3" un-sewn!

6

Trim the rough edges of the sewn headband with pinking shears to avoid unraveling. There should be about $\frac{1}{4}$ " of seam allowance remaining.



7

Turn the headband right-side out, making sure to carefully push the ends out to the stitching.

8

Press the headband flat including the opening where the fabric was turned right-side out. Tuck the open seam allowance inside the headband and press.



9

Top stitch along the entire edge of the headband, including the folded side. A decorative stitch is great for this purpose! The top stitch will also close the hole left open.

10

Press entire headband one more time after topstitching.



11

Sew buttons onto the headband near the ears in the location that is best for the headband wearer. This will vary from person to person.

12

This headband is tied in a knot and usually worn with the knot at the nape of the neck. However, creativity on knot placement is encouraged!

