DIY FACE COVERING

Times are tough. Masks are scarce. Instead of trying to order a mask online, make your own! It’s easy, uses materials you likely already have, and keeps surgical & N95 masks in the hands of healthcare providers.
WARNING

This face covering is by no means as effective as surgical & N95 masks. That being said- we are facing a shortage of those masks. In order to help keep those masks in the hand of frontline healthcare providers- you can make your own. Even a simple face covering is better than none. Remember that homemade masks are more about protecting others from you than you from others. You may be asymptomatic- so wear a mask anytime you are out in public even if you are feeling fine. Finally- it is best to stay at home as much as possible. We know, it’s hard. But the better we do at physically distancing ourselves, the sooner this is over.
YOU WILL NEED:

FABRIC (see additional resources page below for help on deciding what to use)
A SEWING NEEDLE
THREAD
SCISSORS
A SAFETY PIN (optional)
MEASURING TAPE (optional)
ADDITIONAL RESOURCES:

YOUTUBE VIDEO ON HAND SEWING BASICS: [HTTPS://BIT.LY/2WPX0PI](HTTPS://BIT.LY/2WPX0PI)

CDC FACE COVERING FAQ: [HTTPS://BIT.LY/3A9YK5U](HTTPS://BIT.LY/3A9YK5U)

NY TIMES ARTICLE ON CHOOSING MASK MATERIAL: [HTTPS://NYT.I.MS/2XQL352](HTTPS://NYT.I.MS/2XQL352)

JOHNS HOPKINS CORONAVIRUS FAQ: [HTTPS://BIT.LY/2XZZJIA](HTTPS://BIT.LY/2XZZJIA)

INFORMATION FOR UCF STUDENTS, FACULTY AND STAFF ABOUT COVID-19: [HTTPS://WWW.UCF.EDU/CORONAVIRUS/](HTTPS://WWW.UCF.EDU/CORONAVIRUS/)

STAY SAFE
STEP 1

CUT OUT TWO 10-BY-6-INCH RECTANGLES OF FABRIC
STEP 2

STACK YOUR TWO RECTANGLES. YOUR FIRST HEM (TO FOLD BACK AND SEW DOWN THE EDGE OF CLOTH) WILL BE ALONG ONE OF THE LONG SIDES. FOLD OVER THE TWO PIECES OF CLOTH ABOUT 1/4 INCH AND SEW ACROSS.
STEP 3

REPEAT STEP 2 ON THE OTHER SIDE
STEP 4

Next you’ll be hemming over the shorter sides. Your band of choice will go through here, so leave enough space for the band to fit in between the stitches and end of fabric.

STEP 5  Repeat on the other side
STEP 6

PULL THROUGH YOUR BAND. I FIND IT EASIEST TO ATTACH ONE END OF THE BAND TO A SAFETY PIN AND SHOVE THE SAFETY PIN THROUGH THE SHORT SIDE HEMS.
Step 7

Repeat on the other side and voilà, a basic mask.

But wait! There’s more...
STEP 8

If you’d like to add an additional filter, create a small slit to insert it. Be sure you are only cutting through one of the layers of cloth. Please do your own research as to which additional filter is right for you. See the resources page for more info.
Wear your mask anytime you are in public.

Wash your mask regularly and be careful when removing it. Do not touch your eyes, nose, or mouth when removing your mask and wash hands immediately after use.

Per the CDC—your face covering should...

- Fit snugly but comfortably against the side of your face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be laundered and machine dried without damage or change to shape
NO SEW OPTIONS TAKEN FROM THE CDC WEBSITE:

THESE OPTIONS MAY BE LESS EFFECTIVE, BUT ARE STILL BETTER THAN HAVING NO FORM OF FACE COVERING

Quick Cut T-shirt Face Covering (no sew method)

Materials
- T-shirt
- Scissors

Tutorial

Bandana Face Covering (no sew method)

Materials
- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial
FINALLY,
STAY HOME AND
STAY SAFE!