

Cloth face coverings to help prevent COVID-19

Where social distancing – six feet between individuals – is not possible, public health authorities have advised that cloth facial coverings may be worn to reduce the risk of transmission of COVID-19.

Cloth face coverings do not replace N-95 respirators or other respiratory protection where required by task or legislation.

Cloth face coverings are designed to prevent the transmission of COVID-19 from the wearer to others.

Cloth face covering does not alleviate the requirements set by public health authorities regarding:

- Screening the health condition of employees
- Physical/social distancing
- Good personal & equipment hygiene practices.

Here is a list of safe work procedures for the use of cloth face coverings to help prevent the spread of COVID-19.

WHAT IS CONSIDERED A CLOTH FACE COVERING?

A cloth face covering is a material that covers the nose and mouth. It can be factory made, sewn by hand or improvised from materials such as:

- Bandanas
- Cotton t-shirts
- Linen fabric



HOW TO WEAR A CLOTH FACE COVERING

Cloth face covering 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 without restriction
- Must not pose a hazard to the wearer
- When removing do not touch eyes, nose, and mouth, wash hands immediately, and launder cloth face covering.
- If a cloth face cover becomes damaged from washing or wear it must be replaced.

WASHING AND SANITIZING CLOTH FACE COVERINGS

Cloth face coverings need to be treated as though they are contaminated and therefore should be washed daily in hot water and detergent in a washing machine and machine dried.

Bandana Face Covering (no sew method)

Materials

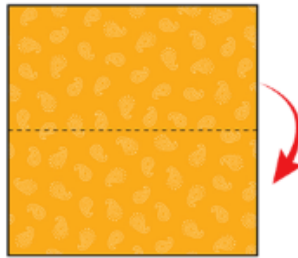
- Bandana (or square cotton cloth approximately 20"x20")
- Coffee filter
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial

1.



2.



3.



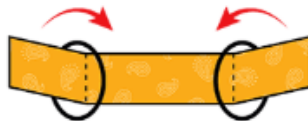
Fold filter in center of folded bandanna.
Fold top down. Fold bottom up.

4.



Place rubber bands or hair ties about 6 inches apart.

5.



Fold side to the middle and tuck.

6.



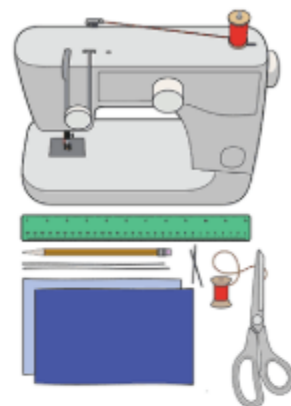
7.



Sewn Cloth Face Covering

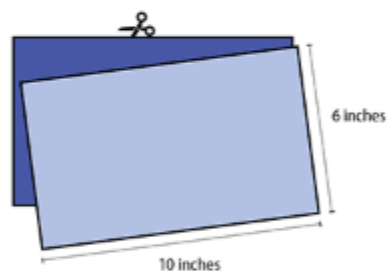
Materials

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

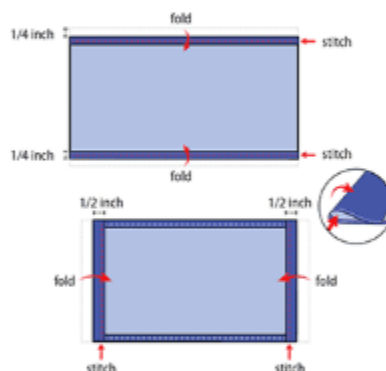


Tutorial

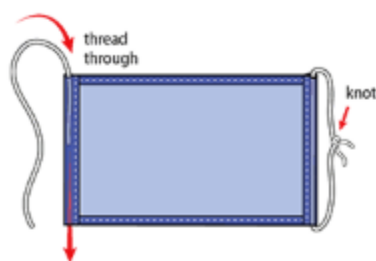
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.



2. 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.



3. 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.



4. 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.

