

claire's **DIY** Face Mask



SUPPLIES

18" x 18" handkerchief
2 hair ties

We've got an easy-peasy, no-sew, no cutting tutorial to make your own face mask!



Step 1. Fold the bottom seam of your handkerchief towards the center.



Step 2. Fold the top seam of your handkerchief towards the center, both seams should now be touching in the center.



Step 3. Carefully flip the handkerchief over and repeat steps 1 & 2.



Step 4. Thread your handkerchief through the hair ties, one on each side and slide them inward leaving excess fabric on each side.



Step 5. Fold the outside fabric inwards and tuck one end into the pocket of the other end.



Step 6. You have a pleated face mask!

The US Centers for Disease Control and Prevention (CDC) recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

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.

This tutorial is not meant to replace medical grade face masks... just a helpful reminder to not touch your face!

