



# Creating & Reusing Masks

## During COVID-19



### Create

#### How should it fit?

Masks should fit snugly - try to eliminate gaps between the mask and your face. Make sure it is comfortable so you won't be tempted to touch and adjust it

#### What material should I use?

High thread count cotton material is best. Pillowcases, quilter's cotton, and dish towels are all good options.

#### How many layers?

Your mask should have at least two layers - more is better, but make sure you can still breathe.

#### Should I use a filter?

It's not necessary to use a filter. If you want to use one, make sure it is sandwiched between two layers of cloth, and discard the filter after every use. Don't use a filter unless you are sure the material is safe to breathe through.

**Check out instructions online** (we recommend these from CDC at [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html)) for creating masks with or without sewing.



### Reuse

- Always wear a clean mask.**
- You can wash cloth masks with your laundry** - make sure to use detergent and wash the mask on the hottest setting that is appropriate for the fabric.
- Make sure your cloth mask is fully dry** before you wear it again.
- Surgical masks are designed to be single-use.** They are hard to clean, and should be discarded after use. You should not reuse a surgical mask.