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) 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.