

There are many versions of simple folded fabric masks; this is one. In just minutes, you'll have something that covers your nose and mouth and will help you keep from touching your face. Make sure you can breathe comfortably when wearing, and wash after every use.



Instructions

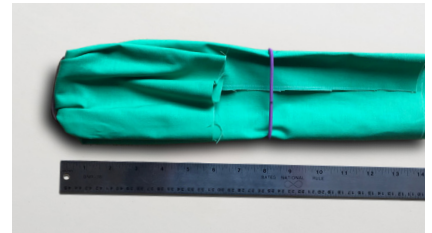
STEP 1

Starting from the bottom of the square of fabric, fold the fabric up a few times, until you have a couple of inches remaining at the top; fold that area down.



STEP 3

Fold the left end in, and then the right, tucking the right end into the left end. If desired, use the safety pin to pin through the layers of the two ends to secure.



Supplies

- Clean cotton bandanna, napkin, scarf, or square of fabric, about 20" x 20" or larger. Be sure you can breathe through the fabric.
- Two elastic hair ties (this is a great opportunity to use ties that may have stretched out a little, for comfort). Large rubber bands could be substituted; test for comfort.

STEP 2

Loop the hair ties over each end of the folded fabric, centering them with about 7" - 8" between the ties.



If you choose to use a safety pin, be sure it's securely fastened and adjust the pin so it's away from your mouth.

STEP 4

Place the mask, loop the elastic hair ties over your ears, and adjust for comfort.

OPTIONAL

- Safety pin
- Scissors if needed to cut fabric

Homemade face masks are not medical grade. There is no guarantee that a homemade face mask and materials mentioned in this pattern will protect a user or others around them from COVID-19 or other hazards. Anyone who uses a homemade face mask and materials mentioned in this pattern does so at their own risk.

