# Face Masks and COVID-19: What Community Members Need to Know

**Wearing a face mask and keeping 6 feet of distance from others are essential to stopping the spread of COVID-19. Masks that cover the mouth and nose can stop germs from leaving and entering the body and keep someone from getting sick.**

**Follow these steps when using a mask:**

1. Clean hands with soap or hand sanitizer before putting on or taking off the mask.
2. Hold the mask up to the light. If light shines through the mask, do not wear. This means germs will be able to flow in and out of the mask.
3. Make sure the mask **completely covers the mouth and nose and fits tightly on the chin and the sides of the face.** Do not put masks on children under 2 years of age.
4. If using a cloth mask, make sure it is washed after each use. Do not reuse single-use medical masks.
5. Once the mask is on your face, do not touch it unless it is being removed. This can add germs to the mask.

**Fully covers the mouth and nose**

**Does not cover nose**

**Does not cover mouth or nose**

## Choosing the Best Mask to Protect Against COVID-19

**Good protection. These masks block most germs from getting into the air.**

**2-layer, Cotton Pleated Mask**

**Single-Use Medical Mask**

**2-layer, Cotton Olson-style Mask**

**Poor protection. These masks allow many germs to get into the air.**
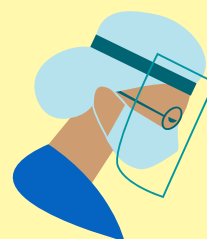
**Loose-fitting Bandana**

**1-Layer Neck Scarf**

**1-layer, Knitted or Beaded Mask**

**Masks for health workers**

**Fitted N95 Mask**

**Face shield.** A face shield is used to protect the eyes from germs. It should be worn with a mask that covers the nose and mouth.

# How To Make Your Own Non-Sewn Face Mask

Face masks should be worn every time someone will be around people who do not live in their household. Make sure to keep 6 feet of distance from others even when wearing a face mask.

Face masks that are best at trapping germs have at least 2 layers of fabric that cover the nose and mouth and fit tightly on the chin and sides of the face.

See below for instructions for making a simple, effective, non-sewn mask.

## MATERIALS

- Bandana, old shirt, or square cotton cloth (cut approximately 20" x 20"). These materials can make effective masks when folded into multiple layers and fitted tightly on the face.
- Rubber bands or hair ties
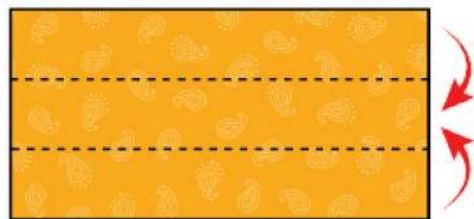- Scissors (if you are cutting your own cloth)

### STEP 1
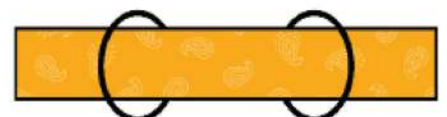
Fold the bandana, shirt, or cloth in half.
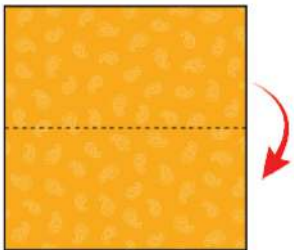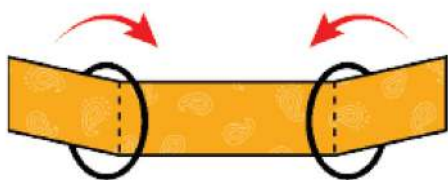
### STEP 2

Fold top down. Fold bottom up.

### STEP 3

Place rubber bands or hair ties about 6 inches apart.

### STEP 4

Fold sides to the middle and tuck.

### STEP 5

The finished product.