Community Cloth Face Covering Instructions
For the safety of all...

Please:

- Avoid making face coverings if you are sick or think you might be getting sick.

- Avoid making face coverings if you have been told you have a multi-drug resistant organism like MRSA or C. diff., or if you have any open or draining wounds.

- Keep all face covering materials away from household pets.

- Be sure the area in which you are working is clean (sanitize all surfaces with a disinfectant) before making face coverings.

- Be sure to perform hand hygiene before touching face covering materials.

- If you are sharing the community face coverings you are making with others, face coverings should be washed before wear.

Thank you.
Face Covering Materials and Tools

**Materials Needed**

- Instructions
- Fabric – ½ Yard
  1. One face covering body
     - 14 ½” x 7 ½”
  2. Two straps
     - 34” x ¾” each if fabric type doesn’t ravel on edge
     - OR
     - 34” x 1 ½” each if fabric does ravel on edge (form closed casing)
     - OR
     - 34” long, Bias Tape, Wide Single Fold

**Tools Needed**

- Sewing Machine
- Scissors
- Thread
- Pins
- Ruler

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PeaceHealth
Materials Preparation

Thank you for properly washing your hands before making this face covering.

Cutting the Fabric:

1. Using a rotary cutter or scissors and ruler, cut ONE piece of fabric to a rectangular size of 14 ½” x 7 ½”. This piece will become the body of the face covering.

2. Using a rotary cutter or scissors and ruler, cut TWO pieces of fabric to long rectangular size of 34” x 1 ½” for cotton fabric. These pieces will become the face covering straps.

Marking the Fabric for Folding

1. On each long side of the face body, make 12 small (less than ¼”) cuts with scissors at the measurement intervals indicated on the Face Covering Body Pattern on the following page. These cuts are perpendicular to the face covering edge and will be used to ensure proper folding or pleating.

2. Starting at the center fold line of the face covering body and going down, label or note the six scissor cuts as #1, #2, #3, #4, #5 and #6. Knowing these reference points will ease your way (see illustration on the following page).
Face Covering Piece Patterns

**Face Covering Body**

**Face Covering Straps**

- 2 Straps – each 34" x ¾" (fabric doesn’t ravel on edge)
  OR
- 2 Straps – each 34" x 1 ½" (fabric does ravel on edge like most cotton or quilting fabrics)
  OR
- 2 Straps – each 34" x 1 ½" Bias Tape or Wide single fold non-fraying material

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PeaceHealth
**Face Covering Instructions**

1. Wash your hands prior to beginning.

2. Fold face covering fabric piece in half at center line. Align edges so sides match on each side.

3. Stitch ¼” seam on non-folded, non-marked side.

4. Turn face covering piece inside out so that the seam is inside, and press seam to flatten. Place seamed edge on bottom, toward you.
5. Create pleats or folds:

A. Placing your thumb and index finger on the top fabric surface, and on either side of mark #1, gather fabric to create pleat and hand crease across.

B. While continuing to hold the fabric together, fold this layer on the line of mark #2, and then place the edge on the line of mark #3. This will result in a pleat at the top of the face covering of approximately 1 ½” from top to bottom.

C. Iron flat to ensure straight and pin in place.

D. Repeat steps A-C for second pleat (mark #4-6).

E. Face Covering should now have two uniform pleats. Along each short side, stitch pleats in place using a ¼” seam, remove pins.
6. Create Straps:

A. Take one strap piece and align the center of strap with the center of the short side of the face covering body.

B. Wrap strap piece front to back to equally cover the face covering raw edge (pleated side). If using fabric that ravels, turn over edge or use bias tape for finished look and longevity.

C. Stitch in place, lengthwise along the body of the face covering (may stitch full strap length if using self turned casing or Bias Tape.

D. Repeat Steps A-C for second strap.

7. Trim all threads.

Congratulations.
You’ve made a cloth face covering.
Thank you.