



## Facemask Use and Mask Making

The Center for Disease Control (CDC) and the Minnesota Department of Health have provided their recommendations regarding wearing masks. The CDC has stated:

“It is critical to emphasize that maintaining 6-feet social distancing remains important to slowing the spread of the virus. The CDC is additionally advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it, from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.”

We are asking volunteers to make cloth masks. The hospitals are experiencing critical shortages of surgical and other medical masks. Cloth masks will be donated to local long-term care facilities and hospitals.

Please fill out the Headwaters [Volunteer Form](#)

### Design Principles and Examples:

1. Fabricating a mask that tightly encloses the area around the nose and mouth, from the bridge of the nose down to the chin and extending onto the cheek beyond the corners of the mouth, so that no gaps occur when talking or moving.
2. Use mask material that is tightly woven but breathable. Possibly double-layer the fabric. Masks must be made from washable material such as fabric.
3. The mask should be tolerant of expected amounts of moisture from breathing.
4. Suggested materials - outer layer tea cloth, inner layer of a microfleece to wick away moisture, and an inner tea cloth layer. Use an accordion fold to mimic a hospital mask as much as possible and use a fat woven shoelace type material to bind the sides (such as quilt binding). For straps, use elastic straps that loop behind the ears.

### Resources:

- [Face Mask Kit Video](#)
- [How to Sew a Simple Fabric Face Mask Video](#)
- [How to Make a Facemask Instructions](#)
- [Face Mask Directions](#)

