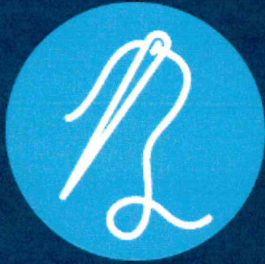


# HOW TO MAKE A HOMEMADE MASK OUT OF FABRIC OR CLOTH



## MATERIALS NEEDED:

- Fabric (100% cotton is most effective)
- Fabric ties
- Scissors
- Sewing machine or a needle and thread



## INSTRUCTIONS:

- Measure and cut two pieces of fabric in a rectangle pattern to fit snugly around the face (size 12 inches by 6 inches is standard for adults)
- Tightly sew both layers together on all edges
- Cut fabric ties to fit around the ears
- Sew the ties to the insides of the mask on the smaller edge, repeat on both sides
- Resew the sides to ensure a tight seal between both pieces of fabric and the earpiece

FOR MORE RESOURCES, VISIT: [HEALTH.PA.GOV](https://www.health.pa.gov)

