

# Use of Handmade Masks to Slow Bacterial and Viral Spread



**Lincoln University Cooperative Extension has made this guide sheet to help people** wishing to support the needs of local health providers. This information may also be helpful for fellow community members. This guide shows the best way to sew or make cloth facemasks from commonly available items. The following guide shows different ways for making cloth face covers. This information was taken from the Centers for Disease Control website: [www.cdc.gov](http://www.cdc.gov)



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LUCE GS#11-B-2020  
02/29020

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## Preventing or Slowing the Spread of Viruses and Bacteria in the Community

There is very little good information about how to slow the growth of viruses. Washing hands and good self-cleaning (personal hygiene) prevent or slow the spread of many bacteria and viruses. Many viruses and bacteria make people sick.

The use of a face mask, such as an N-95, helps prevent the virus from

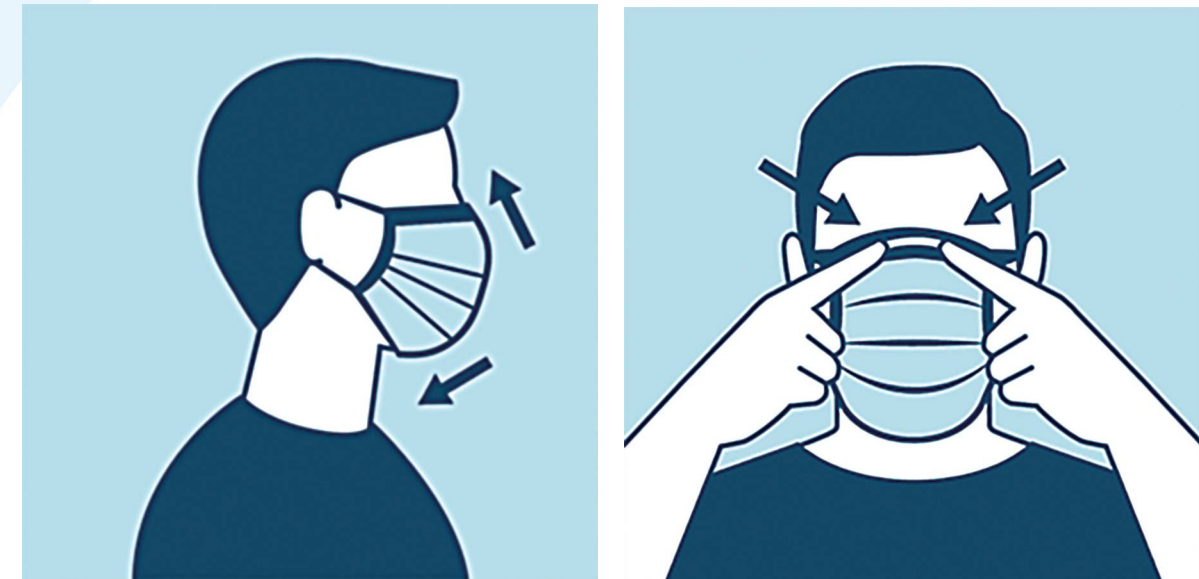
spreading. This level of filter is hard to find during this time. Health providers need these more than other people to keep them safe.

Several scientists have studied ways to stop viral spread. Very little evidence has proven that social distancing and homemade masks (or Do-It-Yourself (DIY) masks) alone, without good handwashing, stop viruses. Some research shows social distancing and masks MAY help, but only

if used at the same time as handwashing, regular bathing, showering, cleaning of clothes and home, and social isolation. **It is important to understand that the use of a DIY Mask by itself has not proven to be effective to prevent disease spread.**

**The Centers for Disease Control Says::**

- Wear a face mask in public when you cannot maintain social distancing, especially where there are many cases of the virus.
- Masks can be made from items found at home at no cost.
- Wearing masks is something people can do of their own free will.
- Masks should not be put on children under 2 years of age.
- Masks should not be on people who have trouble breathing.
- Masks should not be on people who are unconscious or unable to take off the mask on their own.
- Cloth face masks do not take the place of surgical masks or N-95 masks. Those are reserved for professional health care providers at this time. (CDC 4/2/20)



## How to Wear a Cloth Face Covering

Cloth face coverings should—

- Fit tightly against the side of the face.
- Loop around the ears with ties.
- Include multiple layers of cloth.
- Allow for easy breathing.
- Be cleaned and dried without damage.
- Keep their shape after washing or they may not work as well.

**Cleaning of Masks:**

- Do not touch eyes, nose, and mouth when taking off the face mask.
- Wash hands immediately after taking off the mask.
- Cloth face coverings should be washed after two hours of wear.
- Running through the washing machine will clean the mask.



# Sew and No Sew Instructions

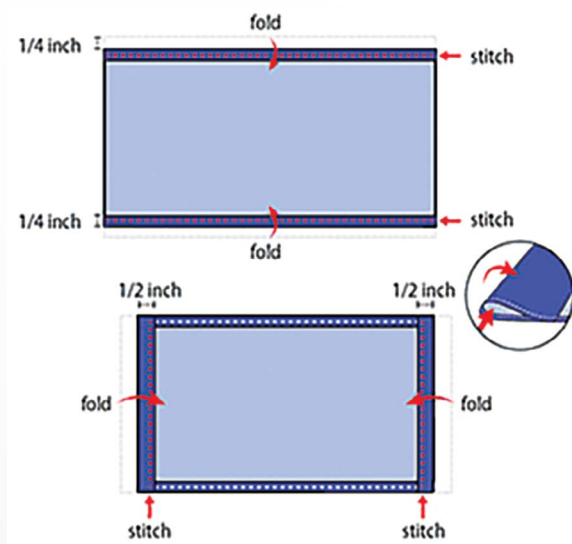
## Sewn Cloth Face Covering

### Materials

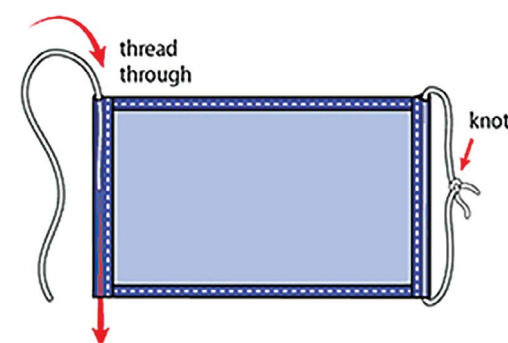
Two 10"x6" rectangles of cotton fabric • Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties) • Needle and thread (or bobby pin) • Scissors • Sewing machine

### How To

1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it were a single piece of fabric.

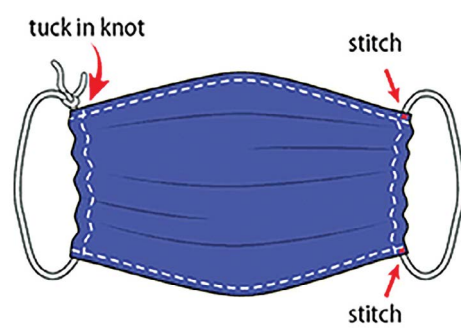


2. Fold over the long sides 1/4 inch and hem. Then fold the double-layer of fabric over 1/2 inch along the short sides and stitch down.



3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight.

Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.

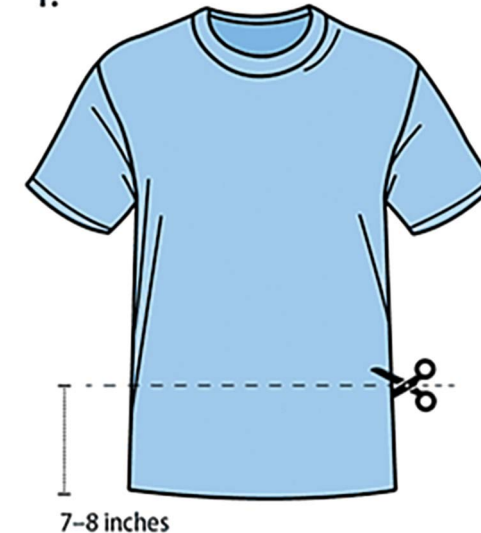
## Quick Cut T-shirt Face Covering (no sew method)

### Materials

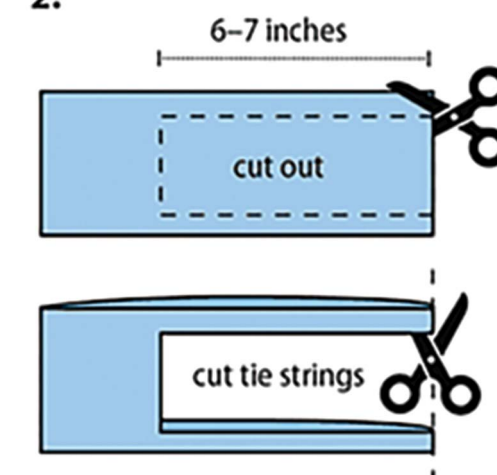
T-shirt • Scissors

### How To

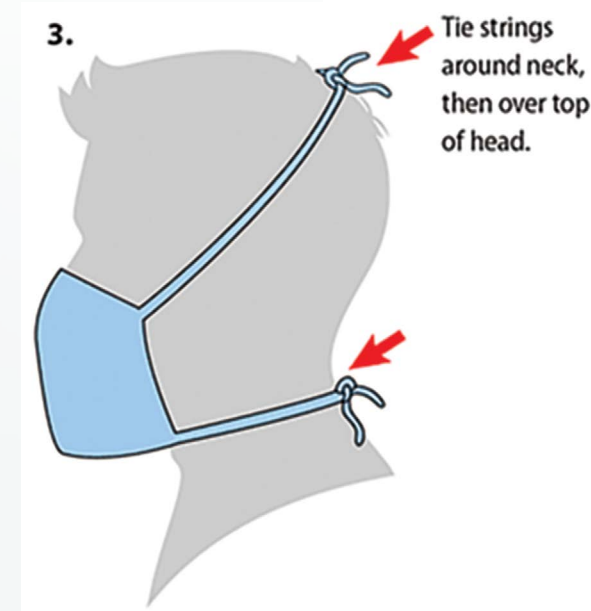
- 1.



- 2.



- 3.





## Bandana Face Covering (no sew method)

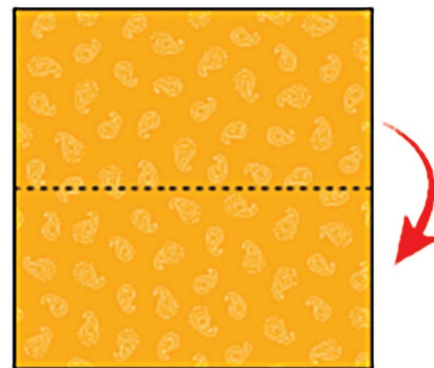
### Materials

Bandana (or square cotton cloth approximately 20"x20") • Coffee filter • Rubber bands (or hair ties) Scissors (if you are cutting your own cloth)

1.



2.



Fold bandana in half.

3.



Fold filter in center  
of folded bandanna.

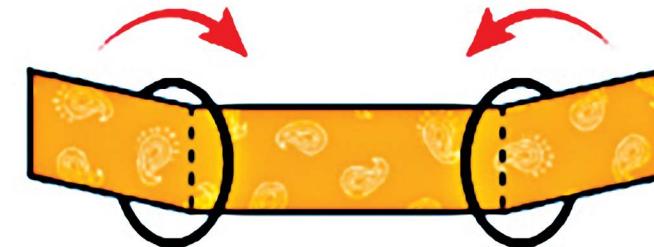
Fold top down. Fold bottom up.

4.



Place rubber bands or hair ties  
about 6 inches apart.

5.



Fold side to the middle and tuck.

6.



7.



# Key Points to Remember

Lincoln University Cooperative Extension strongly supports and recommends the following points to remember:

- ▶ Wash hands before and after using the bathroom, shopping, being out in public, touching the face.
- ▶ Wash hands before, after and while making food.
- ▶ Wash hands after putting clothes in the washer.
- ▶ Use good self-cleaning practices such as routine bathing, washing of clothes, and routine cleaning and disinfecting of the home, including car steering wheels.
- ▶ Stay home if sick.
- ▶ During flu season and other times of known viral spread, go out only for necessary functions to ensure food, supplies, and necessary visits to family or community members in need, as recommended by local public health providers.
- ▶ Stay six feet away from other people when out.
- ▶ Rest and eat a healthy diet.
- ▶ Drink plenty of water and exercise.
- ▶ Talk to your health care provider if you run a temperature, have trouble breathing, or have other serious health concerns.
- ▶ Use face covering especially if you have a fever, cough, sneezing, and running nose.
- ▶ Wash and dry cloth face masks daily. Wash more often as needed.
- ▶ Keep mouth, nose, and chin covered at all times.
- ▶ Put used masks in a baggie until time to wash (not in a purse or pocket).
- ▶ Change face masks every 2-3 hours if wearing all the time.

Lincoln University Cooperative Extension recommends including the following statement be given when masks are produced for other than personal use:

This complimentary mask was made by hand by \_\_\_\_\_. These masks should be worn for personal, non-medical use only. This mask has not been tested nor certified for disease prevention or medical use and is not a respirator.

<https://www.nature.com/articles/s41591-020-0843-2.pdf>

<https://www.bmj.com/content/350/bmj.h694.abstract>

Jefferson T, Del Mar CB, Dooley L, Ferroni E, Al Ansary LA, Bawazeer GA, van Driel ML, Nair NS, Jones MA, Thorning S, Conly JM. Physical interventions to interrupt or reduce the spread of respiratory viruses. Cochrane Database of Systematic Reviews 2011, Issue 7. Art. No.: CD006207. DOI: 10.1002/14651858.CD006207.pub4. <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD006207.pub4/abstract>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3442616/>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>