PREVENT THE SPREAD OF COVID-19

DIY CLOTH FACE MASK

#TakeResponsibility
#COVID19Nigeria
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1. SEWING METHOD

(ITEMS YOU NEED)
DIY CLOTH FACE MASK

1. Two 10”x6” rectangles of cotton fabric

2. Two 6” pieces of elastic (or rubber bands, string, cloth strips, or hair ties)

3. Needle and thread

4. Scissors

5. Sewing machine

SEWING METHOD

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Cut out two 10-by-6-inch rectangles of tightly woven cotton fabric or t-shirt fabric. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.
DIY CLOTH FACE MASK

Fold over the long sides ¼ inch and hem. Then fold the double layer of fabric over ½ inch along the short sides and stitch down.

SEWING METHOD

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Run a 6-inch length of 2-inch wide elastic (or hair bands or long strings) through the wider hem on each side of the mask to form the ear loops. Use a large needle or a bobby pin to thread it through.
DIY CLOTH FACE MASK

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.

SEWING METHOD
Create your own cloth face mask, follow us and tag us @Ncddgov on Instagram, Twitter and Facebook.

For more information on COVID-19, visit covid19.ncdc.gov.ng

NCDC Toll free number: 080097000010
DIY CLOTH FACE MASK

2. NO SEW METHOD

ITEMS YOU NEED
DIY CLOTH FACE MASK

1. T-Shirt

2. Scissors

NO SEW METHOD

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Cut straight horizontally across 7-8 inches from the bottom of a T-shirt.
DIY CLOTH FACE MASK

Lay the material out flat and fold it over.

Mark out about 6-7 inches from the fold and cut out, leaving excess material on each side.

NO SEW METHOD

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DIY CLOTH FACE MASK

Cut the excess material where it folds. This will form your tie string.

Tie each band on head and neck, making sure the material is fit snugly to your face.

NO SEW METHOD
DIY CLOTH FACE MASK

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3. NO SEW METHOD USING BANDANA

(ITEMS YOU NEED)
DIY CLOTH FACE MASK

1. Bandana (or square cotton cloth approximately 20” x 20”)

2. Elastic or hair band

3. Scissors

NO SEW METHOD USING BANDANA

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DIY CLOTH FACE MASK

- Fold bandana in half
- Fold both sides to meet in the middle (shapes like a rectangle)
DIY CLOTH FACE MASK

Put material through two elastic or hair band and space the bands 6 inches apart.

NO SEW METHOD USING BANDANA
DIY CLOTH FACE MASK

Fold the sides over the band so they meet in the middle and tuck them together.

NO SEW METHOD USING BANDANA
DIY CLOTH FACE MASK

Put a band over each ear, making sure the material is fit snugly to your face.

NO SEW METHOD USING BANDANA

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How to Remove Face Mask
HOW TO REMOVE FACE MASK

When removing your mask, do so from behind the head or ears. For masks made using strings, untie the bottom string first and the top string next.

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HOW TO REMOVE FACE MASK

Be careful not to touch your eyes, nose, and mouth. Ensure you wash your hands immediately after removing the face mask.
HOW TO WASH CLOTH FACE MASK

Depending on the frequency of use, masks should be washed regularly by:
- Using a washing machine; OR
- Handwashing with detergent or soap and clean warm water
WHEN SHOULD I REPLACE MY FACE MASK?

This depends on the frequency of use however, masks should be replaced before they wear thin, lose shape, fade or have holes. Ensure old masks are properly discarded in a closed bin.
- Please wash reusable face masks after each use before reusing

- Wash thoroughly with soap or detergent and allow to dry completely under the sun

- Iron the mask before use

Note: Face masks are to be worn when exercising physical distancing and should be used alongside regular handwashing and avoiding touching of the face.

Should not be worn by children under 2 years of age.