

This document provides guidance on the use of non-medical disposable masks and/or cloth face coverings (also known as homemade masks). The products described in this document are **not** the same as surgical masks or N95 respirators that **should** be reserved for the use of frontline health workers, such as doctors, nurses, paramedics, ambulance workers, and other staff who provide care to those who are sick.

Disposable & Homemade Masks

Guidance to AKDN Agencies, National Task Forces & National Councils

All individuals should:

- **wear disposable masks or cloth face coverings in public when it is not possible to maintain a minimum physical distance of 1.5 meter from others** (for example, in grocery stores)
- remember that **wearing a mask will not protect you from contracting COVID-19**, but it may prevent you from infecting others
- remember that a **mask is not a substitute for frequent hand washing using soap and water, physical distancing, and limiting how much you touch your face** (as a large portion of the face still remains uncovered, such as the eyes)
- **follow the guidance below** to limit your risk of exposure and to properly use a mask

● HOW SHOULD I WEAR MY DISPOSABLE MASK?

- Select a mask that covers your nose and chin, and that can be secured tightly on your face.
- Make sure the mask is clean before you put it on.
- Wash your hands with soap and water.
- If your mask has ear loops: Hold the mask using the ear loops. Place a loop around each ear.
- If your mask has ties: Bring the mask in level with your nose and securely tie the straps around your head and neck.
- Pull the bottom of the mask over your mouth and chin.
- Do not leave your mask hanging around your neck.
- Do not share masks between family members or friends.



● HOW SHOULD I REMOVE MY DISPOSABLE MASK?

- Wash your hands with soap and water.
- If your mask has ear loops: Hold both of the ear loops to gently lift and remove the mask.
- If your mask has ties: Untie the bottom strap, then untie the top strap. Using the straps release the mask from your face. Do not touch the front of the mask.
- Dispose the mask in a covered wastebasket.
- If you are using a homemade mask (cloth face covering): Be careful not to touch your eyes, nose, and mouth when removing your mask.
- Wash your hands with soap and water.



● WHEN SHOULD I DISPOSE MY DISPOSABLE MASK?

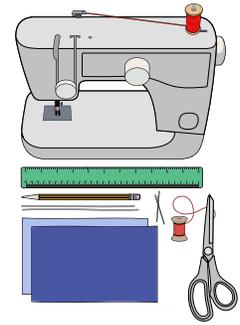
- Dispose your mask when it is damp or visibly soiled.
- Dispose your mask after wearing for a maximum of 12 hours.
- Do not reverse the mask to reuse it again.
- If you are using a homemade mask (cloth face covering): Wash the mask using soap and water. Make sure you wash your homemade mask regularly.

To make your own cloth face coverings at home, refer to the attached guide from the U.S. Centers for Disease Control and Prevention.

Sewn Cloth Face Covering

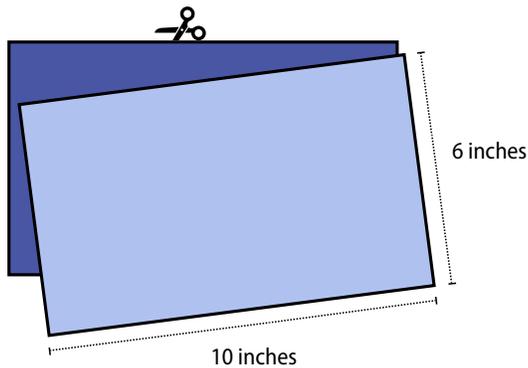
Materials

- 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

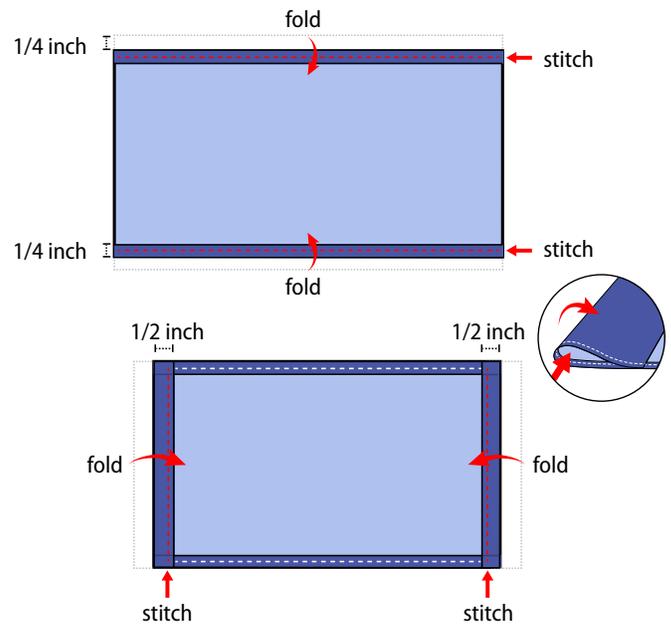


Tutorial

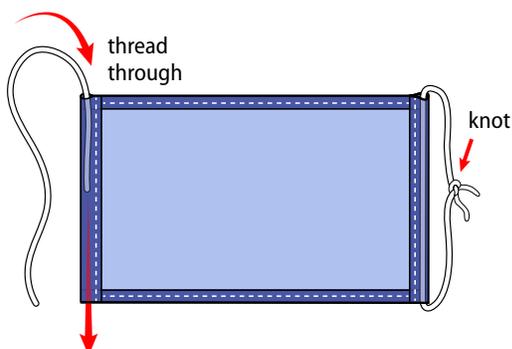
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the cloth face covering as if it was a single piece of fabric.



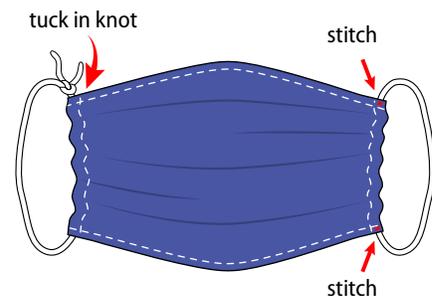
2. Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.



3. Run a 6-inch length of $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the cloth face covering. 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 cloth face covering behind your head.



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

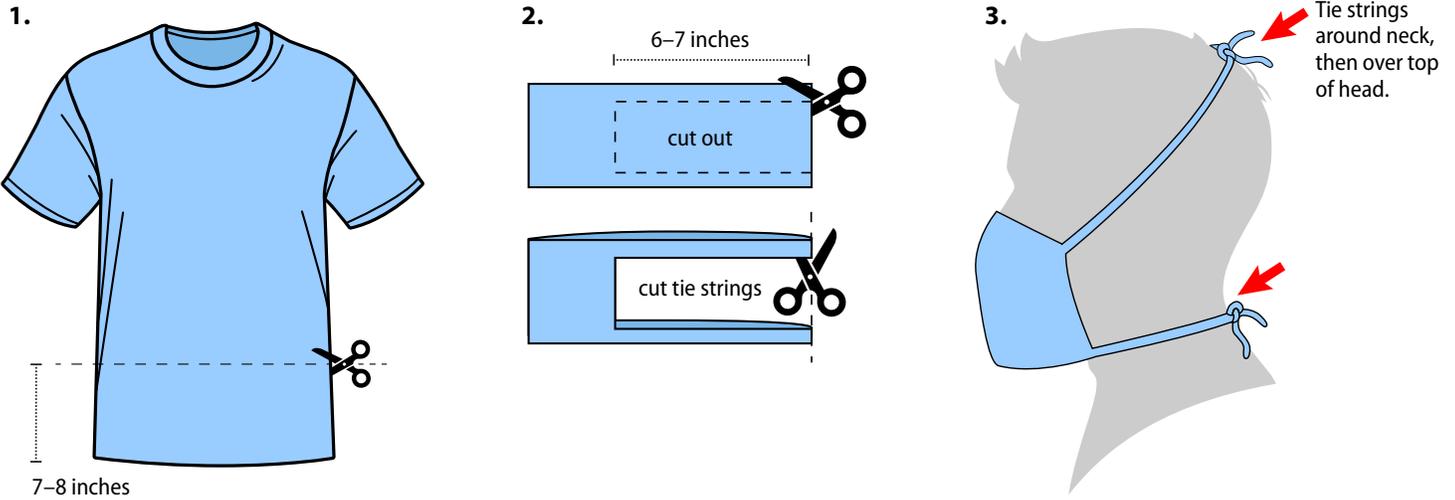


Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial



Bandana Cloth 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)

Tutorial

