

# Homemade Cloth Face Coverings FAQs, Assembly Guide, and Patterns

**ProjectProtect**

*In partnership with Intermountain Healthcare,  
University of Utah Health and Latter-day Saint Charities*

## FAQs



### Will homemade cloth face coverings protect against disease?

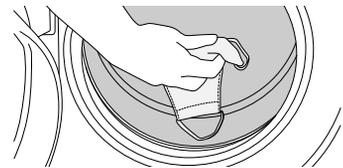
When combined with handwashing, physical distancing, and proper cleaning and use, homemade cloth face coverings may help slow the spread of COVID-19 in a community. These face coverings limit the spread of germs from the wearer to others by helping block large droplets from coughs and sneezes. Visit <https://www.latterdaysaintcharities.org/ppe-project/hygiene-and-safe-use-of-ppe> to learn more.

### Can I donate cloth face coverings?

Many healthcare facilities are accepting homemade cloth face covering donations. You may also wish to make them for family, friends, and neighbors. Ask local hospitals, governments, or community organizations who serve vulnerable populations if they would like to receive donations. Finished face coverings should be properly cleaned before use.

### How do I clean a cloth face covering?

Homemade cloth face coverings should be properly cleaned before they are used or reused. Launder the face covering in your washing machine in HOT water using soap or detergent that leaves no residue. Dry on HOT setting in your dryer.



### What should I consider when choosing a cloth face covering?

There are many styles of cloth face coverings. The most effective have these qualities:

- Covers mouth and nose fully.
- Fits smoothly to the side of the face.
- Does not restrict breathing.
- Secures with ear loops or ties.
- Is comfortable.
- Has more than one layer of fabric.
- Uses cotton or cotton blend, or T-shirt fabric<sup>1</sup>.
- Fabric is not too thin.
- Can be machine-washed and dried repeatedly.
- Stays adjusted without touching.

### What is the best pattern for a homemade cloth face covering?

Select a pattern that fits the qualities above and that you can make using materials and equipment you have available. Below are several options.

- Durable machine-sewn fitted face covering (Sewing instructions and pattern begin on the next page.)
- [Simple machine-sewn face covering.](#)
- [Simple hand-sewn face covering.](#)
- [No sew face covering, using a t-shirt.](#)
- [No sew face covering, using socks.](#)

1. Davies, Anna & Thompson, Katy-Anne & Giri, Karthika & Kafatos, George & Walker, James & Bennett, Allan (2013). Testing the Efficacy of Homemade Masks: Would They Protect in an Influenza Pandemic? Disaster medicine and public health preparedness. 7. 413-418. 10.1017/dmp.2013.43.

# Durable Fitted Face Covering Assembly Guide

## Preparation

### Fabric

This face covering has two layers—the inner layer (lining) touching the face and the outer layer. The two layers can be made of the same fabric or different fabrics. Use 100% cotton or a cotton blend for the best filtration and breathability.

It takes two pieces of fabric about 14.5 in. x 7.5 in. (36 cm. x 18 cm.) to make one adult face covering (see Figure 1).

There are three sizes: Large, Medium, and Small. The patterns are available at the end of these instructions.

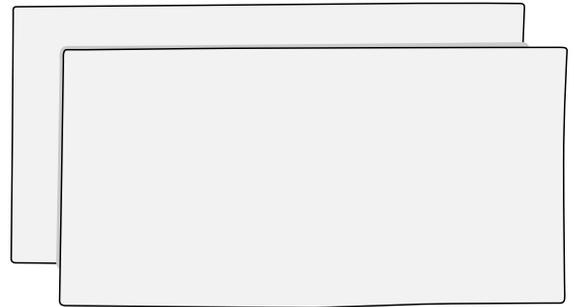


Figure 1

### Ear Loops

Each face covering needs two strips for ear loops. Ear loop material should be less than ½ inch (1.25 cm.) wide. Some options are elastic, elastic cord, string, ribbon, bias tape, clean shoelaces, strips of T-shirt fabric.

For elastic, a narrow (1/8 inch), soft, flexible type is recommended. Each piece should be 12-14 inches (35.5 cm.) long. For other materials, each piece should be 15 inches (38 cm.) long (see Figure 2).

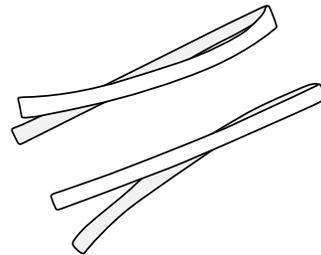


Figure 2

### Sewing Equipment

- Sewing machine
- Scissors or rotary cutter
- Thread
- Straight pins
- Safety pins

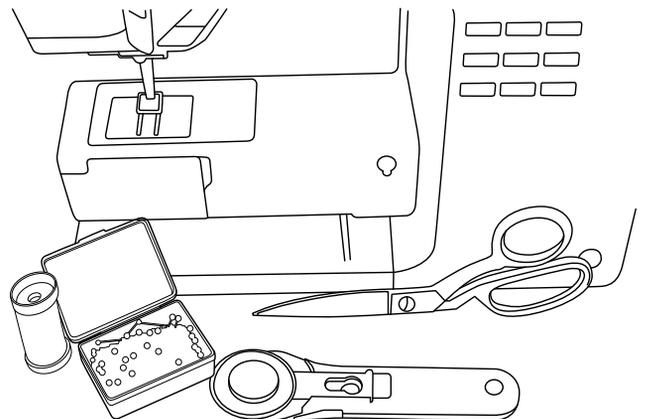


Figure 3

# Assembly Guide

## Sewing Instructions

### Step 1—Cut out the two main face covering pieces.

- Fold the fabric in half. On the folded edge of the fabric, place the pattern edge marked “place on fold” (see Figure 4).
- Pin the pattern on the fold of the fabric and cut it out.
- Repeat step 1 to cut the second piece.

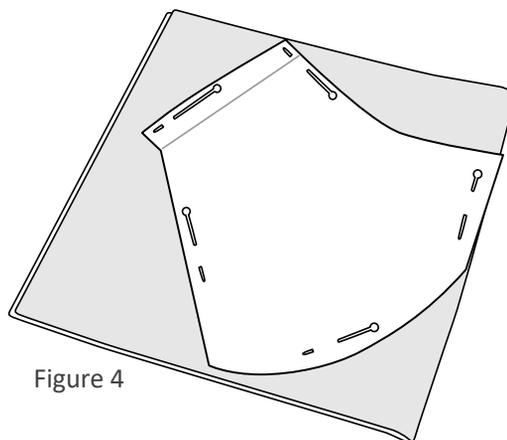


Figure 4

### Step 2—Make the chin part of the face covering.

- Open one of the cutout face covering pieces. Fold it in half on the fold line, with the right sides inside.
- Sew along the chin seam, stitching 1/4 in (0.7 cm.) from the edge (see Figure 5).
- If desired, press the seam to the side to help it lay flat.
- Fold and sew the second face covering piece in the same way.

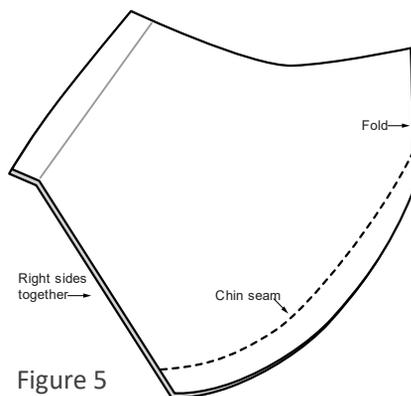


Figure 5

### Step 3—Join the inner and outer layers together.

- Lay the two face covering pieces on top of each other, with right sides of the fabric together (see Figure 6).
- Sew the two layers together across the top of the face covering, using a 1/4 in. (0.7 cm) seam.
- Sew the two layers together across the bottom of the face covering.

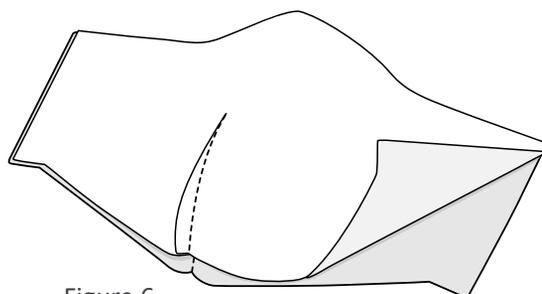


Figure 6

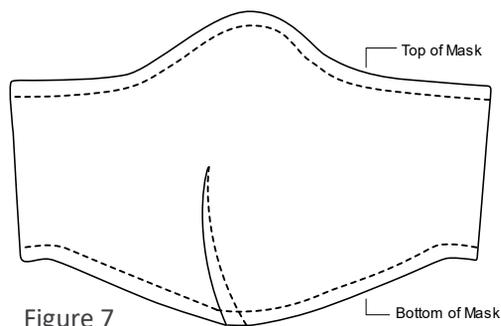


Figure 7

### Step 4—Turn the face covering right-side out.

- Press with an iron.

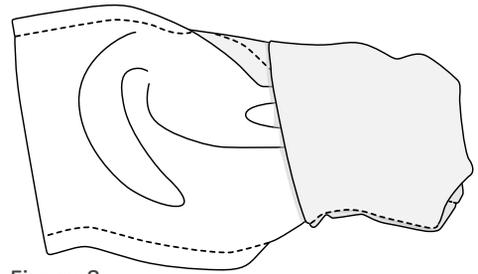


Figure 8

### Step 5—Topstitch along the top and bottom edges.

- Keep your stitching close to the edges.
- Do not stitch across the sides of the face covering.

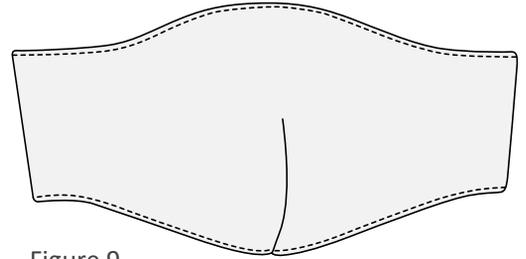


Figure 9

### Step 6—Make the casing (a hollow channel) for the ear loop to go through.

On each side:

- Fold the raw side edges toward the inside of the face covering about  $\frac{1}{4}$  in. (0.7 cm.) (See Figure 10).
- Then fold over again, about  $\frac{5}{8}$  in. (1.5 cm.)
- Pin in place and stitch as shown in Figure 11.

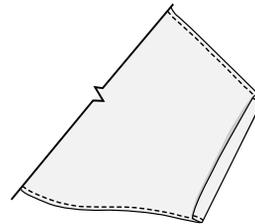


Figure 10

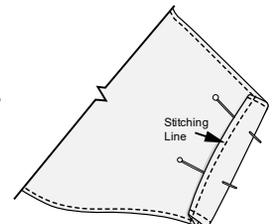


Figure 11

### Step 7—Thread the ear loop through the casing along the sides of the face covering.

- Use a large-eye plastic needle or attach the end of the elastic to a small safety pin. Push the elastic through the casing on both sides of the face covering (see Figure 12).

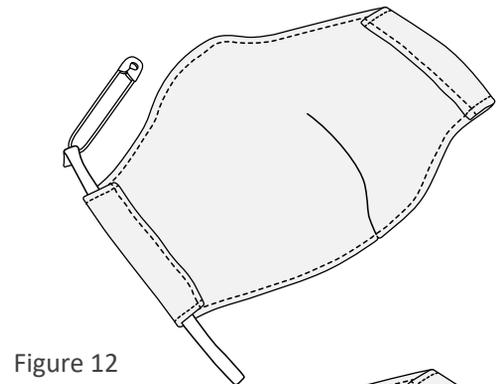


Figure 12

### Step 8—Make loops the right size.

- Tie the loop ends loosely. The wearer can adjust the length by tying a knot (see Figure 13).

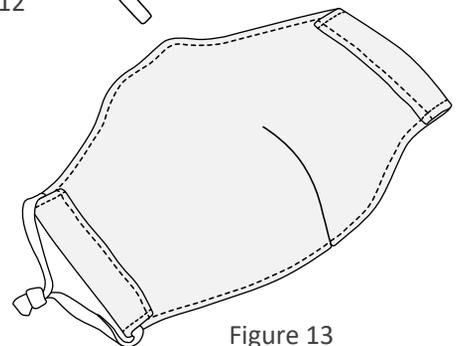
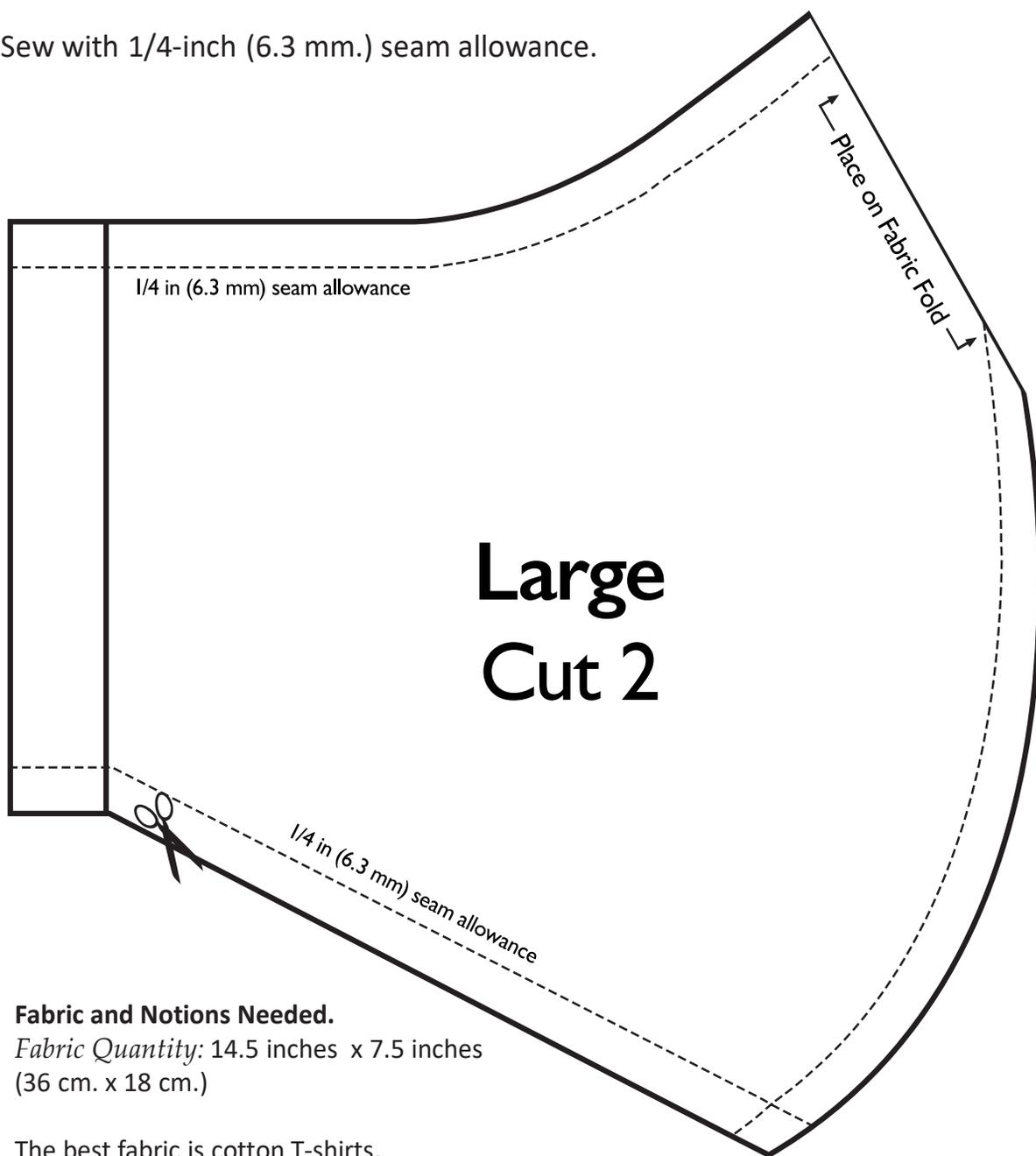


Figure 13

Sew with 1/4-inch (6.3 mm.) seam allowance.



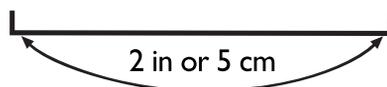
**Fabric and Notions Needed.**

*Fabric Quantity:* 14.5 inches x 7.5 inches (36 cm. x 18 cm.)

The best fabric is cotton T-shirts, pillowcases, or other cotton material.

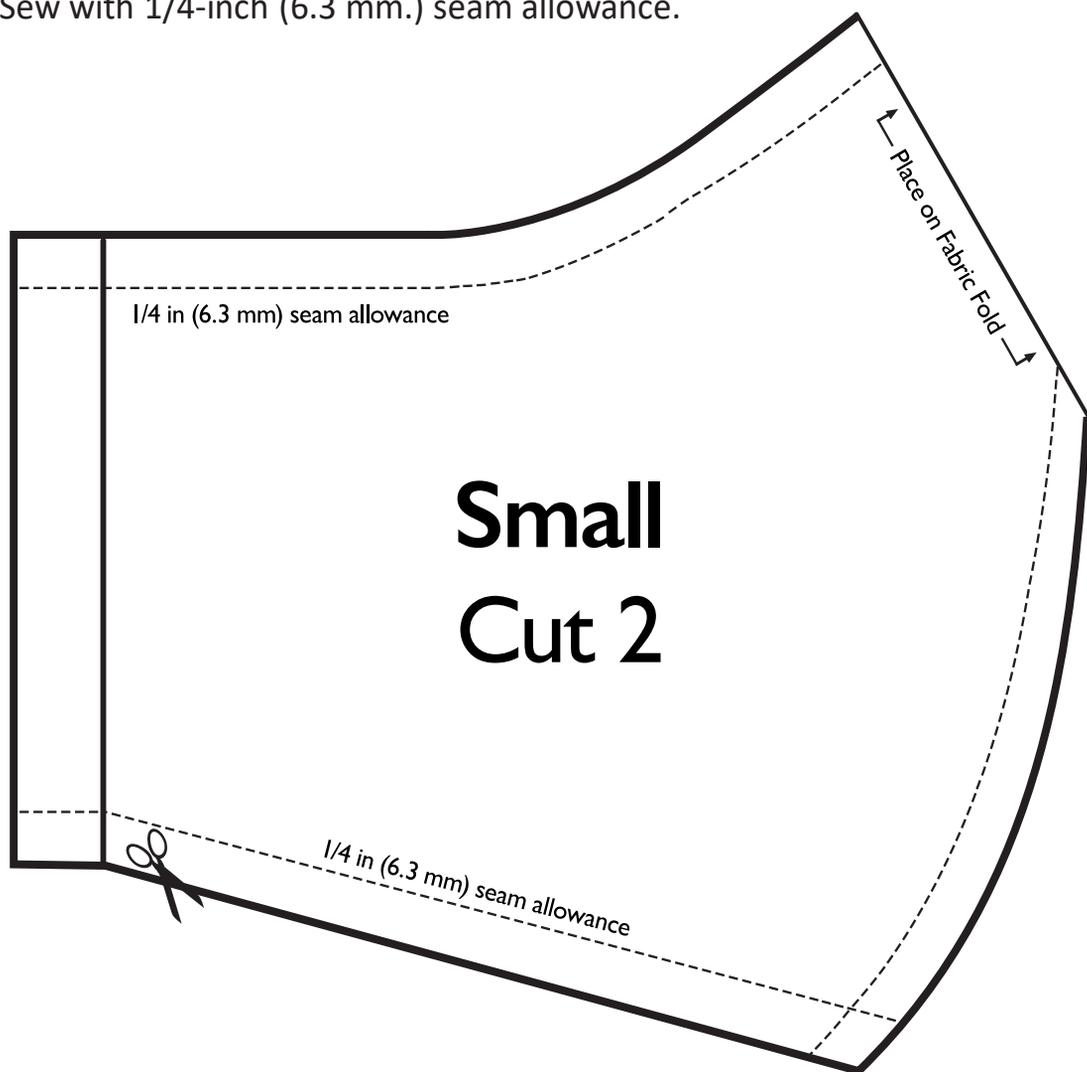
Notions: Elastic, elastic cord, string, or ribbon. Loop material must be less than 1/2 inch (1.25 cm.) wide.

When printed, this line should be 2 in. (5 cm.) Enlarge or reduce as necessary to ensure your pattern is accurate.





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Notions: Elastic, elastic cord, string, or ribbon. Ear-loop material must be less than 1/2 inch (1.25 cm.) wide.

**When printed, this line should be 2 in. (5 cm.) Enlarge or reduce as necessary to ensure your pattern is accurate.**

