Masks to reduce risk of spreading coronavirus

Here’s what we know:

* Based on information from countries where masks were used widely, masks help reduce droplets and vapor from those who may be shedding virus, even if they don’t feel sick. They can help “Stop the Spread.”

* There are trade-offs between highly effective materials and breathability. 100% cotton cloth is good. A dish towel might be more effective, but is harder to breath through. If you have lung disease, you will probably need something lighter weight.

* Making a mask will depend on what we have for material, sewing skills, and our creativity.

BOTTOM LINE: use of any mask is better than not wearing one. “Some barrier is better than none.”

WEARING A MASK: COVER BOTH NOSE AND MOUTH. Avoid touching the inside and outside surfaces of the mask. Handle by the edges. WASH HANDS before putting mask on and after taking it off.

How to make your own mask

This webpage explains why masks are now recommended. It has a short video on how to make a cloth mask:

Cloth masks can be made from a square piece of cotton T-shirt or a large bandana. Here’s a slower video that shows how to make one: https://youtu.be/EAj12GKuAEk

How to make and care for your mask: This webpage has “no sew” designs and other ones that require sewing:

Cut T-shirt mask

1. Cut out, leaving about 6-7 inches from end.
2. Cut out scraps can be used for greater filtration.
3. Tie top strings around neck. Then bottom strings over head.

Want to sew a mask? Easy to read instructions

Here are videos that show you how to make a mask from a variety of materials: