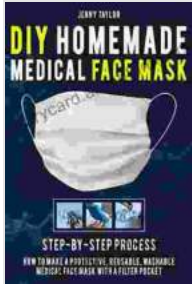


# DIY Homemade Medical Face Masks: A Comprehensive Guide to Protect Yourself and Others



**DIY HOMEMADE MEDICAL FACE MASK: Learn How to Make a Protective, Reusable, Washable Medical Face Mask with a Filter Pocket in a Few Easy Steps I**

**Including Pattern** by Jenny Taylor

★★★★☆ 4.6 out of 5

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As the COVID-19 pandemic continues to spread, face masks have become an essential protective measure to prevent the transmission of the virus. While medical-grade masks are recommended for healthcare professionals and those at high risk, individuals can create effective DIY homemade medical face masks to protect themselves and others.

This comprehensive guide provides step-by-step instructions, material recommendations, and safety precautions to help you create DIY homemade medical face masks that meet the Centers for Disease Control and Prevention (CDC) guidelines. By following these guidelines, you can

ensure your mask provides adequate protection and comfort while supporting the conservation of medical-grade masks for those who need them most.

## Materials You'll Need

To create a DIY homemade medical face mask, you will need the following materials:

- Two layers of 100% cotton fabric (such as quilting cotton, tightly woven cotton sheets, or cotton handkerchiefs)
- Two 6-inch pieces of elastic or fabric ties
- Sewing machine or needle and thread
- Scissors
- Iron and ironing board
- Ruler or measuring tape
- Optional: Nose wire (such as a pipe cleaner or twist tie)

## Step-by-Step Instructions

Follow these steps to create your DIY homemade medical face mask:

1. **Cut the fabric.** Cut two rectangles of fabric, each measuring 9 inches wide by 6 inches high. These will be the two layers of your mask.
2. **Sew the layers together.** Place the two layers of fabric right sides together and sew around the edges, leaving a 2-inch opening on one of the short sides.

3. **Turn the mask right side out.** Once you have sewn the layers together, turn the mask right side out through the opening you left. Make sure to smooth out the corners and edges.
4. **Press the mask.** Iron the mask to flatten it and create a more professional finish.
5. **Attach the elastic or fabric ties.** Fold the remaining edges of the mask over twice and sew down the sides to create a channel for the elastic or fabric ties. Insert the elastic or fabric ties and sew them securely in place.
6. **Optional: Add a nose wire.** If desired, insert a nose wire into the top hem of the mask to help it fit more snugly around your nose.

## **Safety Precautions**

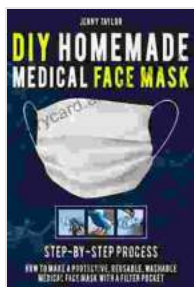
When using a DIY homemade medical face mask, it is important to follow these safety precautions:

- **Wash your hands before putting on or taking off your mask.**
- **Make sure your mask covers your nose and mouth completely.**
- **Do not touch your mask while wearing it.**
- **Replace your mask if it becomes wet or dirty.**
- **Wash your mask regularly in hot water and detergent.**

By creating your own DIY homemade medical face mask, you can protect yourself and others from the spread of COVID-19. By following the guidelines outlined in this article, you can ensure your mask meets CDC recommendations and provides adequate protection while also being

comfortable to wear. Remember to follow the safety precautions when using your mask to ensure its effectiveness.

Together, we can help slow the spread of COVID-19 and protect our communities.



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