

## **Cloth Face Coverings: Using, Wearing, & Making**

Cloth face coverings can slow the spread of COVID-19 and help prevent people who are infected with the virus and do not know it from transmitting it to others.

### When to Wear

Face coverings should be worn **AT ALL TIMES** when **OUTSIDE** the **HOME** or **RESIDENCE**

### How to Wear

Cloth face coverings should:

- Fit snugly against the side of the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be machine washable and dryable without damage or change to shape

### Who Should Wear

All residents **EXCEPT**:

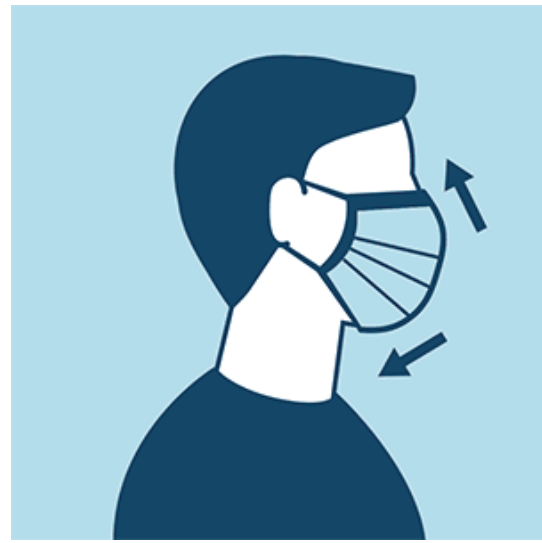
- Children under 2 years of age
- Anyone experiencing difficulty breathing
- Those unable to remove the mask without assistance

### How to Remove

Untie or remove ear loops **WITHOUT** touching the face, nose, mouth, or eyes

### How to Clean

Machine wash and dry routinely depending on frequency of use

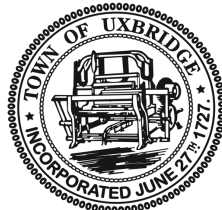


Ideal Conformation



Secure Over Top of Nose

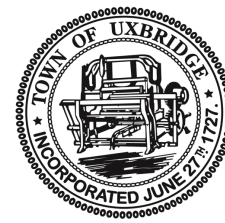
**Cloth face coverings are not a substitute for physical distancing measures.  
Continue to maintain 6-feet when outside the home.**



Uxbridge Board of Health  
508-278-8600 ext. 8  
boh@uxbridge-ma.gov

# Cloth Face Coverings: Using, Wearing, & Making

Uxbridge Board of Health  
508-278-8600 ext. 8  
boh@uxbridge-ma.gov



## Making a Sewn Cloth Face Covering

### Materials

- Two 10x6 inch pieces of cotton fabric
- Two 6 inch pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

## Steps

1. Cut out two 10x6 inch rectangles of cotton fabric. Use **tightly woven cotton**, such as quilting fabric or cotton sheets.
2. Stack the two pieces of fabric
3. Fold over the long sides of the double fabric 1/4 inch and hem
4. Fold over the short sides of the double fabric 1/2 inch and hem
5. Run a 6 inch length of 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 bobby pin to thread it through, and tie the ends tight
6. Gently pull on the elastic so that the knots are tucked inside the hem
7. Gather the sides of the cloth face covering on the elastic and adjust so that the cloth face covering fits your face, then securely stitch the elastic in place to keep it from slipping

