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Pillowcase & rubber band DIY face mask^{v.4}

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Works for me

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ABSTRACT

This protocol describes a very simple way to make a face mask at home using a cotton pillowcase, a (coffee) filter, 2 rubber bands, and a minute of your time.

Wearing a face mask helps stop the spread of the new coronavirus.

Useful additional resources:

1/ [Video protocol](#) for a related face mask alternative.

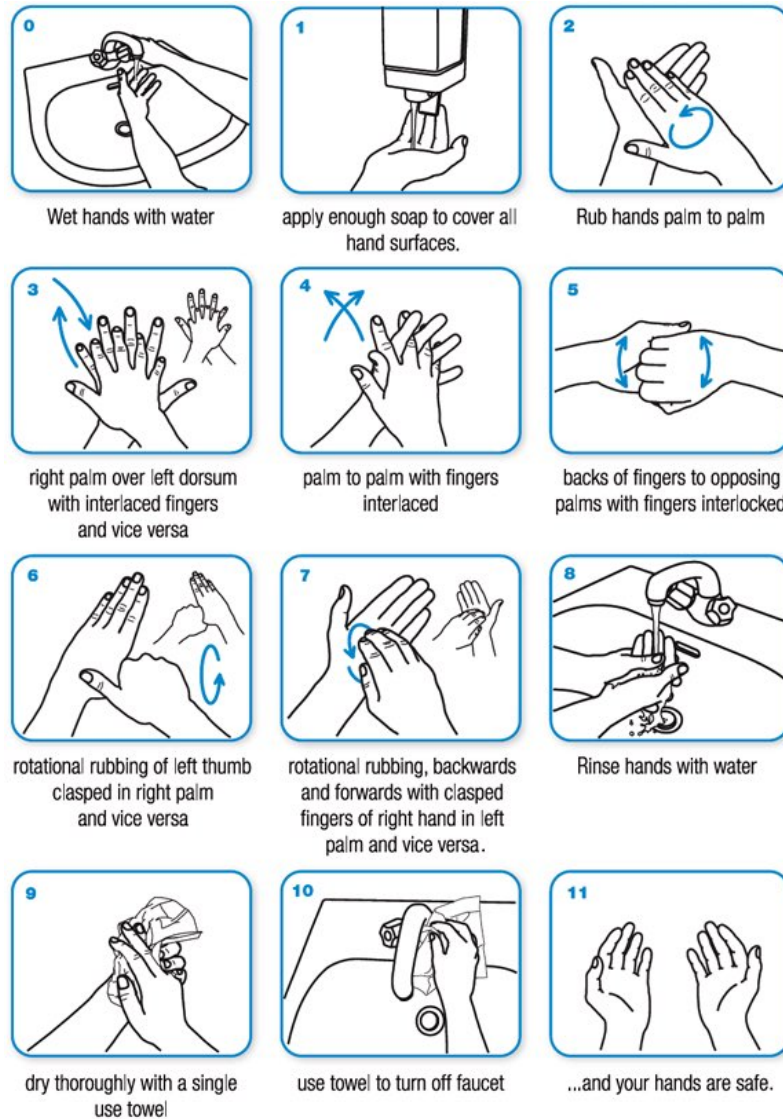
2/ [More DIY face mask ideas](#) via the Center for Disease Control and Prevention.

3/ [Pillowcase alternatives](#) and strategies to improve/modify (the effectiveness of) your DIY face mask.

4/ [Discussion on sneeze/cough droplet ballistics](#) and why wearing a mask, even a DIY cloth-based one without filters, matters.

GUIDELINES

Wash your hands for at least 20 seconds with soap and water prior to touching your face mask. Alternatively use a disinfectant containing at least 60% alcohol.



Proper handwashing protocol ([source](#)).

MATERIALS

NAME ▾

CATALOG # ▾

VENDOR ▾

cotton pillowcase

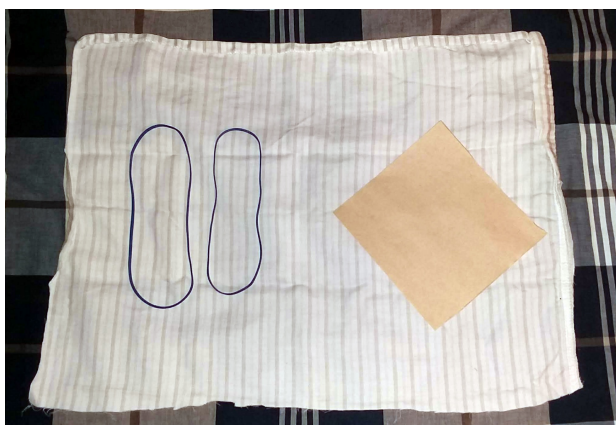
coffee filter

rubber bands

BEFORE STARTING

Cut a cotton pillowcase into 4 ~equally sized pieces.

- 1 Begin with a ~14 inch x ~20 inch (~36 cm x ~51 cm) pillowcase piece, a coffee filter, and 2 rubber bands.



- 2 Fold twice along the longer edge; sandwich a coffee filter between layers of fabric.



Tip: alternative (more effective) DIY filter options ([source](#)):

- 1/ HEPA vacuum filters and bags (make sure they are free of fiberglass)
- 2/ air conditioner filters (make sure they are free of fiberglass)
- 3/ grocery store tote bags made with non-woven polypropylene

3

Insert both ends of the folded piece through a rubber band.



2 long twisted rubber bands as shown below were used above.



Wear

4

Fold both outer "flaps" back to the middle creating a total of 9 fabric protection layers.



Secure the mask behind your ears with "flaps"-containing side covering your face.



Follow these steps to properly fit and wear your mask ([source](#)).

Tip: You can wrap a small piece of moist paper towel around rubber bands for increased wearing comfort.


Wash 5m

5 After each use:

1/ If using a coffee filter: discard it.

2/ Disinfect the fabric by boiling it in water for 5 min. Dry it thoroughly before using it again. It is recommended to discard the fabric after 10 wash cycles.

Cleaning alternatives for fabric face masks are described [here](#).

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