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Pillowcase & rubber band DIY face mask [↗](#)

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1 Works for me dx.doi.org/10.17504/protocols.io.bemjic4n

Coronavirus Method Development Community



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ABSTRACT

Wearing a face mask helps stop the spread of the new coronavirus. This protocol describes a very simple way to make one at home using a cotton pillowcase, 2 rubber bands, and a minute of your time.

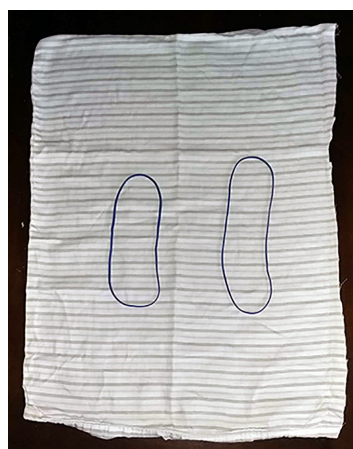
EXTERNAL LINK

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

BEFORE STARTING

Cut a cotton pillowcase into 4 ~equally sized pieces.

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



- 2 Fold the fabric twice along the longer edge.



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



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



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



Secure the mask behind your ears.

- 5 Wash the fabric by boiling it in salty water for 5 min after each use. Dry it thoroughly before using it again.



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