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# Pillowcase & rubber band DIY face mask<sup>v.2</sup>

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Works for me

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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, a (coffee) filter, 2 rubber bands, and a minute of your time.

Useful additional resources:

- 1/ [Video protocol](#) for a related alternative.
- 2/ [More DIY face mask ideas](#) provided by 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

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



Proper handwashing protocol. [Source.](#)

#### MATERIALS

**NAME** ▾

**CATALOG #** ▾

**VENDOR** ▾

cotton pillowcase

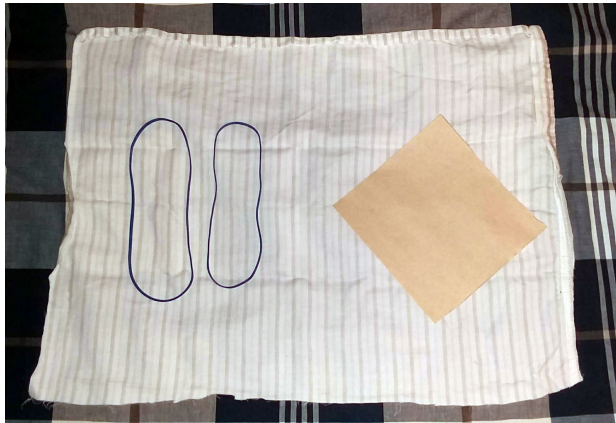
coffee filter

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:** additional (more effective) DIY filter options:

- 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

[Source.](#)

- 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.

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

- 5 After each use:

1/ If using a coffee filter: discard it.

2/ Wash the fabric by boiling it in salty water for 5 min. Dry it thoroughly before using it again.



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