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# No Sew Face Mask in 10 Steps

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1 Works for me

[dx.doi.org/10.17504/protocols.io.be2jjgcn](https://dx.doi.org/10.17504/protocols.io.be2jjgcn)

Coronavirus Method Development Community

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## ABSTRACT

This protocol describes how to make a face mask out of a t-shirt in 10 easy steps, no sewing required!

## ATTACHMENTS

[Mask.pdf](#)

## MATERIALS TEXT

- T-shirt of any size, with an circular collar
- Scissors
- Ruler
- Pen or pencil

## Face Mask in 10 Steps

- 1 Lay out a clean t-shirt with a circular collar.





Cut off the tag, if there is one.

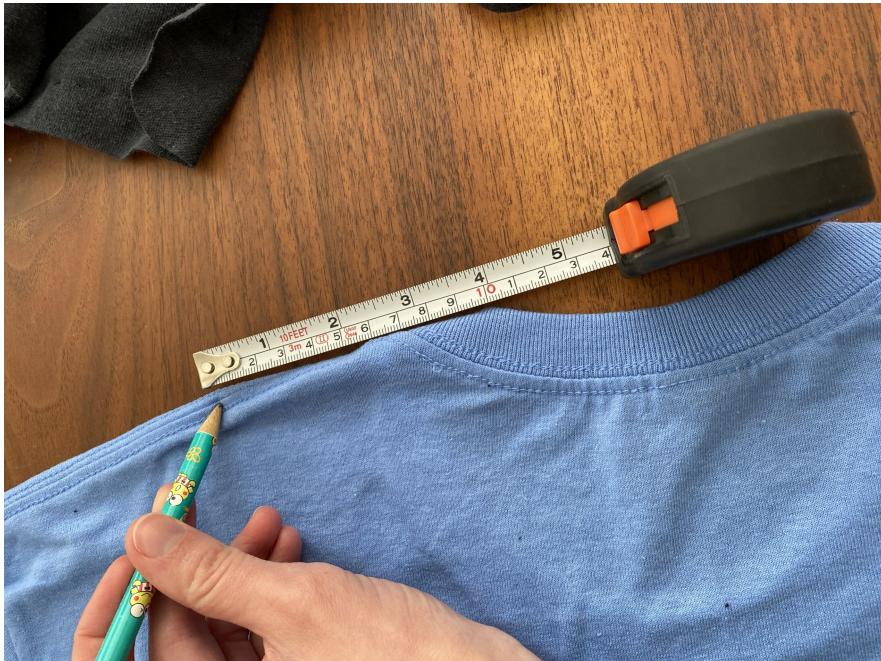
- 3 Flip over the shirt so the back is facing you. Measure ~6 inches from the center of the collar. This will cover from the top of your nose to your chin, so the length may vary for each person.



- 4 Draw a line at the 6 inch mark across the shirt and sleeves.



- 5 Measure out ~4 inches from the collar across the shoulder.



- 6 Draw a curved line from the 4-inch shoulder mark to about 1 inch from the top of the line on the sleeve from step 4.



- 7 Flip over the shirt so the front is facing you. Mark ~2 inches below the center of the collar.



- 8 Draw a curved line from the 2-inch mark to the 4-inch marks on the shoulders.

- 9 Cut along the marked lines.

10



You now have a finished mask!

## Optional Additions

- 11 Optional: Cut out a 4 inches x 5 inches piece of fabric and place it in the center of the facemask, with the top almost touching the



top of the collar.

- 12 Sew this pocket onto the facemask. You can now fill it with extra layers of fabric or filters.



## To Wear

- 13 Place the back collar over your nose, with the front collar hugging the back of your head. You may need to use a pin or rubber band to tightly secure the collar on the back of your head. Pull the two flaps tightly around your chin and secure on the top of your head with a knot.

## To Clean

- 14 Place in boiling water for 10 minutes to sterilize

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