



CLOTH FACE COVERINGS

Do it at home Cloth Face Coverings

The Centers for Disease Control and Prevention (CDC) recommends that you wear a cloth face coverings in public settings when around people that don't live in your household, especially when other social distancing measures are difficult to maintain ([CDC](#)).

Cloth face coverings are most likely to reduce the spread of COVID-19 when they are widely used by people in public settings ([CDC](#)).

Simple cloth face coverings can be made at home and may help prevent the spread of COVID-19 ([CDC](#)).

THE NEED

March of Dimes works with NICU's, Hospital partners, community organizations, and Indigenous communities in the fight for the health of all moms and babies and as COVID-19 continues to spread, these cloth face coverings are in high demand.

To meet the need, March of Dimes is asking volunteers to mobilize and make 5000 cloth face coverings.



HOW YOU CAN HELP

- 1. COMMIT.** Let us know how many masks you can make. [Sign up here.](#)
- 2. MAKE.** Use the sew and no sew tutorials to create cloth face coverings. It's important that the masks be made with care and be of a quality that you would wear yourself. Bonus points for using purple fabric to raise awareness about the fight for healthy moms and strong babies.
 - If you do not have any fabric or materials at home, March of Dimes has a small inventory of old-branded t-shirts, and other material that you can request. Please reach out to Patty Gentry at pgentry@marchofdimes.org to request.
- 4. DONATE YOUR CLOTH FACE COVERINGS.**
 - Send them to March of Dimes Fulfillment Center at 9384 Main Street, Dansville, NY 14437 for us to distribute.
- 5. BE COUNTED.** Once made, we know plans don't always work out, so please let us know how many you made and when you sent them to the fulfillment center [here.](#)
- 6. SHARE** Please share a picture on social media and tag @Marchofdimes #MFBStepUp.

SEW AND NO SEW INSTRUCTIONS

These instructions have been sourced by The Centers for Disease Control and Prevention (CDC). Learn more [here](#).

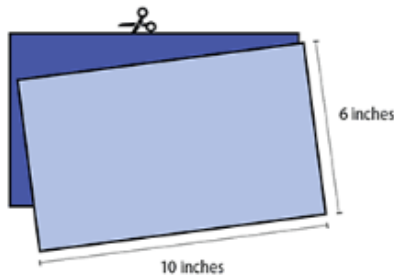


SEWN CLOTH FACE COVERING

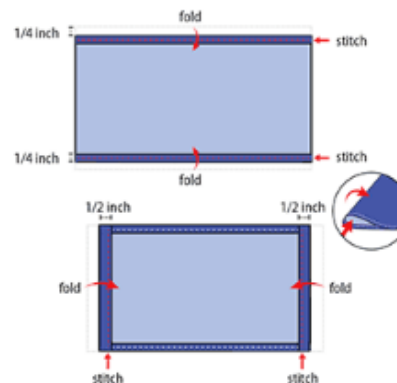
Materials

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

1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.

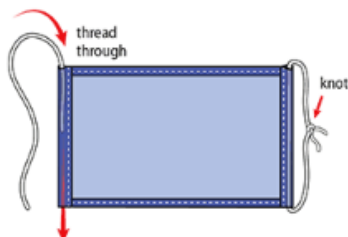


2. Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.

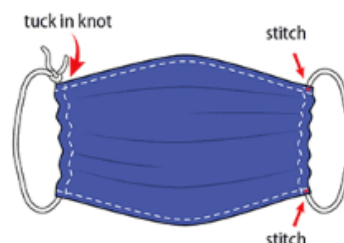


3. Run a 6-inch length of $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight.

Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.





SEW AND NO SEW INSTRUCTIONS

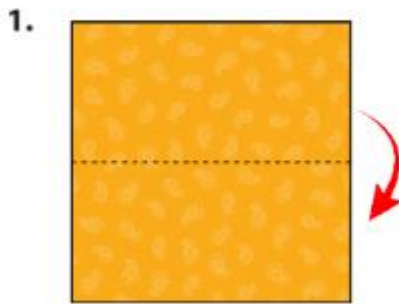
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NON SEWN FACE COVERING

Materials

- Bandana, old t-shirt, or square cotton cloth (cut approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

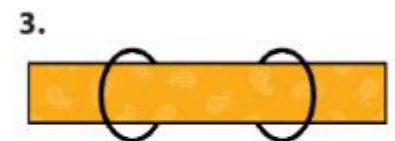
Tutorial



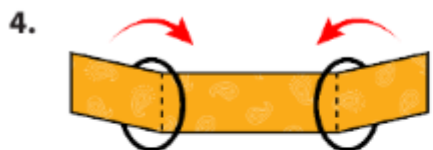
Fold bandana in half.



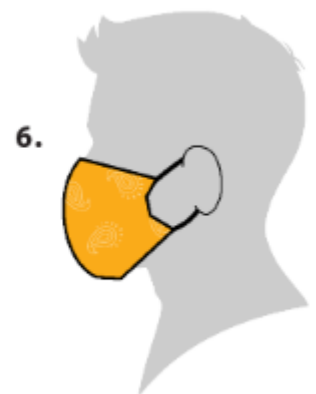
Fold top down. Fold bottom up.



Place rubber bands or hair ties about 6 inches apart.



Fold side to the middle and tuck.



Help March of Dimes take immediate action and protect moms and babies during this COVID-19 global pandemic.

[Give today](#)