CLOTH FACE COVERINGS

Do it at home Cloth Face Coverings

The Centers for Disease Control and Prevention (CDC) advises the use of simple cloth based coverings to slow the spread of the COVID-19 virus and to help people who may have the virus and who do not know it from transmitting it to others. Wearing a cloth face covering is an additive protective measure and should not impact the need to continue social distancing and for individuals to follow hand washing guidance.

1. **Check out tutorials for making face coverings.** Coverings made for personal use should cover the mouth and nose and it’s recommended to also wear protective eye gear. Here are a couple great resources to help you create a cloth face covering using materials you already have at home.


2. **Share and Be Counted.** If you make mask coverings for you and your family share a picture on social media and tag @Marchofdimes. It may encourage others to make one using materials at their home. Let us know you've taken this action and give us feedback by [filling out this form](https://www.marchofdimes.com/campaigns/disability-awareness/cloth-face-coverings/).

Note: If you have any N95 masks or surgical masks, we encourage you to donate those to a local hospital in need.