



CDC GUIDELINES - WHO NEEDS PERSONAL PROTECTIVE EQUIPMENT (PPE):

- Patients with confirmed or possible SARS-CoV-2 infection should wear a facemask when being evaluated medically.
- Healthcare personnel should adhere to Standard and Transmission-based Precautions when caring for patients with SARS-CoV-2 infection.
- Recommended PPE is described in the Interim Infection Prevention and Control Recommendations for Patients with Confirmed Coronavirus Disease 2019 (COVID-19) or Persons Under Investigation for COVID-19 in Healthcare Settings.

HOW TO MAKE A FACEMASK

WHAT YOU WILL NEED:

- Cotton fabric, a pretty print is best. Be sure any fabric design is placed horizontally.
- Rope Elastic, beading cord elastic will work (you may also use 1/8" flat elastic)
- Cut the elastic 7" long and tie a knot at each end (DO NOT knot the ends of the flat)
- You can make two sizes: Adult or Child. Put right sides of cotton fabric together and cut 9x6 inches (Adult) or 7.5 x 5 inches (Child)

Starting at the center of the bottom edge, sew to the first corner, stop. Sew the elastic with the edge out into the corner. A few stitches forward and back will hold this. Sew to the next corner, stop, and bring the other end of the same elastic to the corner and sew a few stitches forward and back. Now sew across that top of the mask to the next corner. Again put an elastic with the edge out. Sew to the next corner and sew in the other end of the same elastic. Sew across the bottom leaving about 1.5" to 2" open. Stop, cut the thread. Turn inside out. Pin 3 tucks on each side of the mask. Make sure the tucks are the same direction. Sew around the edge of the mask twice. **It is so easy to make this! You** can watch a video for instruction at <https://youtu.be/VNvRI5AXt8I>



If you have masks to donate, contact:

moneal@unitedwaycwv.org

If you need masks at your facility, contact:

moneal@unitedwaycwv.org

Additional Support Provided by these organizations:



United Ways of West Virginia



Additional Organizations Joining Us Daily

Need help? Dial 2-1-1 or text your Zip Code to 898-211 today. We're available 24/7.

2-1-1

West Virginia