



Created for Crisis T-Shirt Mask

CLOTH FACE COVERING BASICS

Cloth face coverings made of t-shirts are better than nothing but should not be the first choice. This design is for those without access to a sewing machine or other materials.

The Centers for Disease Control and Prevention (CDC) recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

Cover your mouth and nose with a cloth face cover when around others

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face cover when they have to go out in public.
- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.
- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

USE

Cloth face coverings should fit snugly but comfortably against the side of the face. The cloth should cover the nose and mouth completely. Wash hands before putting on a face covering. While wearing, be careful not to touch the covering or face. Try not to adjust the face covering unless absolutely necessary. Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.

CARE

Face coverings should be washed after every use, or as frequently as possible. If the face covering must be reused before washing, pay attention to front and back sides and wear it the same way every time. If the cloth is moist or visibly soiled, it must be cleaned. It may be convenient to have multiple face coverings so they can be cleaned between uses.

Wash the cloth face covering on a HIGH temperature standard wash cycle using standard laundry detergent. Dry on high temperature. If no laundry facilities are available, cloth face coverings can be cleaned with dish soap in very hot water. If possible, hang them in the sun to dry.

IMPORTANT NOTE ON MASK FRONT VS. BACK

For safety reasons, the wearer **MUST** be able to identify the front and back of the face covering at a glance. We suggest using two distinct colors for the front and back layers or marking the front of the completed mask in permanent marker.



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DISCLAIMER

- These cloth face coverings are not surgical masks, N-95 respirators, or Filtering Facepiece Respirators (FFRs). Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.
- These face coverings have not been tested for fluid resistance, particulate or bacteria filtration efficiency, differential pressure, or flammability.

WARNINGS

- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.

RECOMMENDATIONS

- Monitor the CDC website below for the latest updates regarding how to use a face cover to slow the spread of coronavirus in your community:

cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html

See www.createdforcrisis.org/labelingandsafety for more information.



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SUPPLIES

- T-Shirts: 2 different colors preferred. Shirts without printed graphics preferred.
Instructions based on unisex medium.
- All-purpose thread (polyester)

EQUIPMENT

- ruler
- paper & pencil
- scissors
- needle
- pattern piece & pleat guide
- something to hold the fabric (pins, hair clips, paper clips)

DIRECTIONS

{ Watch a tutorial video here: <https://youtu.be/-AsGTLs6YkQ> }

1. Cut off the bottom hem of the t-shirt and discard. Then cut around the bottom of the t-shirt 1 ½" from the bottom edge. Repeat. There should be two loops of fabric.
2. Cut once on each of the loops to end up with two long flat strips. On each strip, use your pencil to mark the center lengthwise. These are the ties.
3. Cut two pieces from the shirt using the mask pattern. (If using two different colors, cut one piece from each.) Mark the cut fabric at each circle mark on the pattern. These will mark the top and bottom of the mask.
4. Place the two mask pieces together, matching up all edges.
5. Line up the center mark on one tie over the center mark on the top of the mask.
6. Fold the width of the tie over so it sandwiches the top of the mask and is even on the front and back. The tie acts as binding to hold the mask layers together. Pin the tie to the mask. The rest of the tie will remain open.
7. Repeat step 6 with the remaining tie on the bottom of the mask.
8. Hand sew the tie binding along the top and bottom of the mask, making sure your stitching is catching the tie on both the front and back of the mask.
9. Align the pleat template with the top edge of the mask. Using a pencil, mark each line on both sides of the template.
10. Make the pleats by pinching the fabric to match lines up. Fold the first line down to the second, and pin. Fold the third line down to the fourth, and pin. Fold the fifth line down to the sixth, and pin.
11. Tack each pleat in place with hand stitches, stitching on the side edges of each pleat at least 3 or 4 times to secure it. Make sure the stitching keeps the pleats folded down at the edges.
12. Tie the finished mask to your face. Cut off any excess tie length if necessary.



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TIP

If you are having trouble visualizing how to form the pleats,

fold the pleat template as directed by the arrows on the pattern piece. The pleats should open towards the bottom of the mask, and the bulk of the pleat on the back should be folded towards the top of the mask.

To check that your pleats are facing the right way, run a finger from the bottom of the template to the top, if it slides under a pleat, you have folded correctly. You can do the same to double check the pleats on your mask in step 10.



Created for Crisis T-Shirt Mask (Med / Large)

- { Cut 1 }
From T-Shirt fabric color 1*
- { Cut 1 }
From T-Shirt fabric color 2*

* Use whatever T-Shirt you have. Any blend of cotton is OK.
Try to avoid shirts with painted on graphics.
Different color fabrics are recommended to easily distinguish which side goes to face.

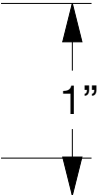
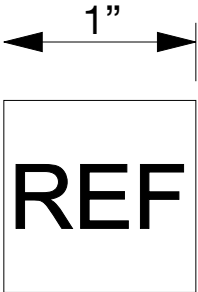
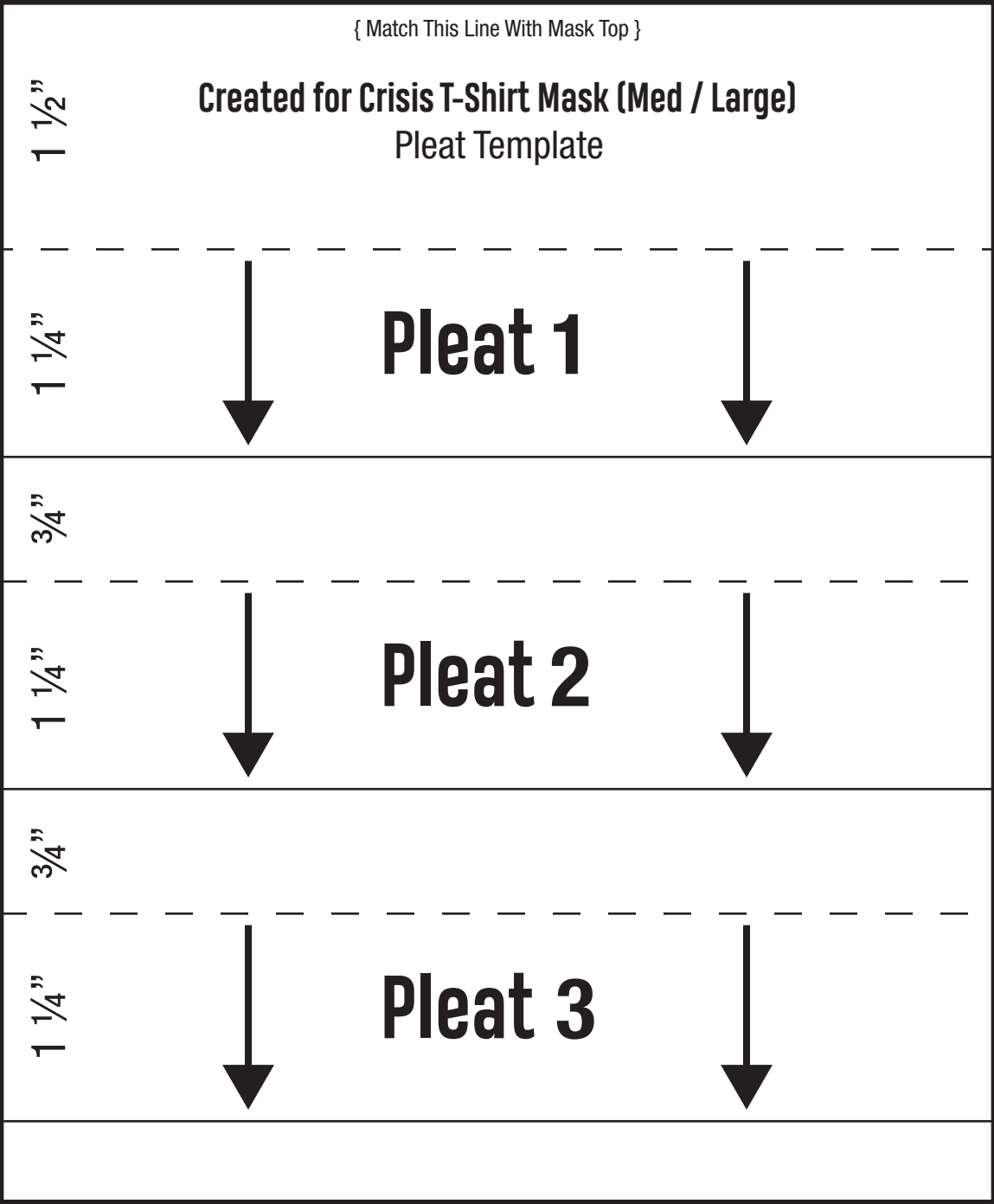
Seams are not used in construction so seam allowance is not needed.

WARNING: These homemade facemasks are not surgical masks or Filtering Facepiece Respirators (FFRs). These facemasks have not been tested for fluid resistance, particulate or bacteria filtration efficiency, differential pressure, or flammability.

Pattern by Created for Crisis with special thanks to Professor Pincushion



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IMPORTANT:
Print at 100% scale.
Check that this box measures
1" x 1" before proceeding.

IF THIS BOX IS NOT 1" X 1":
Make sure "Fit to page" is
not selected in print dialogue.

Created for Crisis T-Shirt Mask (Small / X-Small)



Mask Top



Match This Dot To Tie Center

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{ Cut 1 }

From T-Shirt fabric color 1*

{ Cut 1 }

From T-Shirt fabric color 2*

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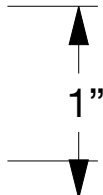
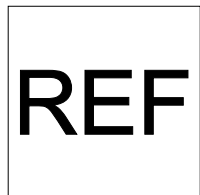
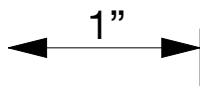
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