ABSTRACT
This protocol describes a very simple way to make a face mask at home using a cotton pillowcase, a (coffee) filter, 2 rubber bands, and a minute of your time.

Wearing a face mask helps stop the spread of the new coronavirus.

Useful additional resources:
1/ Video protocol for a related face mask alternative.
2/ More DIY face mask ideas via the Center for Disease Control and Prevention.
3/ Pillowcase alternatives and strategies to improve/modify (the effectiveness of) your DIY face mask.
4/ Discussion on sneeze/cough droplet ballistics and why wearing a mask, even a DIY cloth-based one without filters, matters.

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PROTOCOL CITATION
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KEYWORDS
coronavirus, SARS-CoV-2, COVID-19, pandemic, public health, face mask

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GUIDELINES
Wash your hands for at least 20 seconds with soap and water prior to touching your face mask. Alternatively use a disinfectant containing at least 60% alcohol.

Proper handwashing protocol [source].

MATERIALS TEXT

MATERIALS

- [x] cotton pillowcase Contributed by users
- [x] coffee filter Contributed by users
- [x] rubber bands Contributed by users

BEFORE STARTING
Cut a cotton pillowcase into 4 ~equally sized pieces.

1
Begin with a ~14 inch x ~20 inch (~36 cm x ~51 cm) pillowcase piece, a coffee filter, and 2 rubber bands.

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2

Fold twice along the longer edge; sandwich a coffee filter between layers of fabric.

Tip: alternative (more effective) DIY filter options (source):

1/ HEPA vacuum filters and bags (make sure they are free of fiberglass)
2/ air conditioner filters (make sure they are free of fiberglass)
3/ grocery store tote bags made with non-woven polypropylene

3

Insert both ends of the folded piece through a rubber band.

2 long twisted rubber bands as shown below were used above.
Fold both outer "flaps" back to the middle creating a total of 9 fabric protection layers.

Secure the mask behind your ears with "flaps"-containing side covering your face.

Tip: You can wrap a small piece of moist paper towel around rubber bands for increased wearing comfort.

Follow these steps to properly fit and wear your mask [source].

1. If using a coffee filter: discard it.
2. Disinfect the fabric by boiling it in water for 5 min. Dry it thoroughly before using it again. It is recommended to
discard the fabric after 10 wash cycles.

Cleaning alternatives for fabric face masks are described [here](#).