VERSION 4

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Pillowcase & rubber band DIY face mask V.4

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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.

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We use this protocol and it's working

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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.

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.

Wet hands with water

apply enough soap to cover all hand surfaces.

Rub hands palm to palm

right palm over left dorsum with interlaced fingers and vice versa

palm to palm with fingers interlaced

backs of fingers to opposing palms with fingers interlocked

rotational rubbing of left thumb clasped in right palm and vice versa

rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.

Rinse hands with water

dry thoroughly with a single use towel

use towel to turn off faucet

...and your hands are safe.

Proper handwashing protocol ([source](#)).

MATERIALS

MATERIALS

☒ cotton pillowcase **Contributed by users**

☒ coffee filter **Contributed by users**

☒ rubber bands **Contributed by users**

BEFORE START INSTRUCTIONS

Cut a cotton pillowcase into 4 ~equally sized pieces.

Assemble

1m

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

- 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.

Wear

4

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.

Source: Ministry of Health

Bernama Infographics

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

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

Wash

5m

5 After each use:

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](#).