Learn about Homemade Face Covers

WCT COVID-19 Update
Preventive Measures
Use of Homemade Face Covers

1. Suggested as a good method for maintaining personal hygiene as well as overall hygienic health conditions, IN ADDITION TO FOLLOWING SOCIAL DISTANCING AND HAND HYGIENE.

2. Recommended for people living in densely populated areas; especially in situations where they may find themselves in close proximity to other people, eg. grocery stores, pharmacies, etc.
1. WHO MAY USE HANDMADE REUSABLE FACE COVERS?

People who are not suffering from medical conditions or breathing difficulties.

2. WHO MUST NOT USE HANDMADE FACE COVERS?

- Health workers
- COVID-19 patients
- Those caring for COVID 19 patients
- Young children (<2 years of age)
- Anyone who has trouble breathing
- Unconscious, incapacitated people or ones who are unable to remove the cover without assistance
Homemade mask/face covers

01 Cotton Cloth or Men’s cotton handkerchief
02 With T-shirts
03 With Bandana
04 Helmet
Option 1
Homemade mask/face covers

Things you will need –

- Cloth made of 100% cotton eg. men’s cotton handkerchief
- Two rubber bands
Steps to follow

STEP 1
Fold the handkerchief from one side to little above the middle of the cloth.

STEP 2
Now fold over the other edge to go above the first fold.

STEP 3
Fold this again evenly from the middle as shown.

STEP 4
Take the rubberband and tie it to the left side of the cloth and repeat the same on the other side, ensuring the area in the middle is big enough to cover your mouth and nose.

STEP 5
Take one edge of the cloth on the side of the rubber band and fold over it. Do this for both sides.

STEP 6
Now take one fold and insert it into the other fold.
1. Your face cover is now ready

2. Please ensure that the face cover fits around your mouth and nose comfortably but that there is no gap left between the face cover and the mouth.

3. To wear this face cover just wrap each rubber band around your ears

4. You must follow all precautions and instructions outlined above when using the face cover.

Manual on DIY Face Covers_India_9
Option 2
Homemade mask/face covers
Material Required:
• T-shirt
• Scissors

Tutorial

STEP 1

STEP 2

STEP 3
Option 3
Homemade mask/face covers

Material Required:
• Bandana (or square cotton cloth approx. 20 inch x 20 inch)
• Coffee filter
• Rubber bands (or hair ties)
• Scissors

1. Cut coffee filter
2. Fold filter in center of folded bandanna. Fold top down. Fold bottom up.
3. Place rubber bands or hair ties about 6 inches apart.
4. Fold side to the middle and tuck.
Option 4

**Motorcycle helmet with visor:**

- Added cover or as an alternative
- Covers the face fully
- Easy to see and hear with it on
- Easy to clean after each use with soap and water, or alcohol-based cleanser
- Easy to store safely and re-use
How to use homemade face covers?

Make sure the face cover fits your face well and there are no gaps on the sides...

1. Hold the mask by one corner with both hands. Let one side of the mask drop down.
2. Cover the nose with one side of the mask and tug it towards your chin.
3. Pull the other side of the mask up and position it over your mouth.
4. Fold the corner of the mask that is not tugged downwards.
5. Tie the ends of the mask behind your ears.
6. Pull the corners of the mask to shape it over your nose.
7. Fold the other corner of the mask into your ears.
8. Remember to still maintain up to 2 meter distance from others at all times, wash your hands thoroughly when back home and do not touch your face or eyes!
<table>
<thead>
<tr>
<th>Things to keep in mind</th>
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<tbody>
<tr>
<td>Keep at least two sets of face covers per individual</td>
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<tr>
<td>Wash your hands thoroughly before wearing the face cover</td>
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<tr>
<td>Wash and clean the face cover thoroughly after each use, and never re-use without cleaning</td>
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<tr>
<td>Never share your face cover with anyone</td>
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<tr>
<td>As soon as the face cover becomes damp or humid, switch to another face cover and wash the used one</td>
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How to remove the face cover

1. Do not touch the front or any other surface of the face cover. Handle only the supporting strings or rubber bands that go behind your ears or head.

2. After removal, immediately clean your hands with 65% alcohol-based hand sanitizer or with soap and water for at least 40 seconds.

3. Drop the face cover directly into a soap solution or boiling water containing salt (remove the rubber-band before putting the mask in boiling water, dispose the rubber-band immediately).
WAYS to clean/sanitize face covers

OR

- Wash face cover thoroughly with soap and warm water and leave it to dry in hot sun for at least 5 hours.

OR

- Boil the cloth portion of the face cover in hot water for 15 minutes; you may add salt to the water.

OR

- Wash with soap and water and apply heat to the face-cover using a clothing iron for up to 5 minutes.
How to Store a Clean Face Cover

It is recommended that you make two face covers so you can wear one, while the other is washed and dried.

1. Take any plastic bag at home.
2. Clean it thoroughly with soap and water.
3. Let it dry well on both sides.
4. Keep your extra clean face cover in this clean bag.
5. Keep it sealed well.
6. Now you can rotate your face covers for daily use.
References

For guidance on various types of homemade face covers and their use, visit following links:

https://www.mohfw.gov.in/pdf/Advisory&ManualonuseofHomemadeProtectiveCoverforFace&Mouth.pdf
https://www.youtube.com/watch?v=Q-Iy7ccCpS4&feature=youtu.be