

How to make and wear a face mask

Now that Illinois is entering Phase Three of its recovery plan, more people will be venturing out of their homes. Some will even be returning to work. The COVID-19 virus is still extremely active, however. Because of this, the CDC and the state of Illinois requiring people wear face masks in public. While you can purchase these online, they are fairly expensive, and supplies sometimes run short. Fortunately, it is easy to make your own. It's important make and use a mask effectively. Here's how:

Make it right: Instructions on how to make mask are legion on the internet. It can be confusing to know which instructions to follow. It's important to follow CDC guidelines so that your face mask provides the protection you need. The CDC has provided a simple to use fact sheet. This [easy to read fact sheet](#) provides everything you need to know. It also provides simple instructions on how to make an effective face mask. Several options are shown including no-sew options.

Wear it right: How you wear your mask is as important as how you make it. Here's how the CDC says you should wear a mask:

Cloth face coverings should:

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

Finally, remember to not buy medical masks such as the N95. These are needed by health care professionals. Simple fabric masks, made and worn properly, can help people not spread COVID-19 inadvertently. And they provide some protection from catching the virus. You should still practice social distancing however - a mask is not a replacement for this critical practice.

For more info, visit this page: [Use of Cloth Face Coverings to Help Slow the Spread of COVID-19](#)