

Compiled list of best practice recommendations:

1. The mask needs to cover the nose and mouth completely
2. 100% cotton fabrics are the best
 - a. Quilters cotton, muslin, and flannel are good mask materials.
3. Form the top of the mask to the face
 - a. This is crucial to making the masks effective.
 - b. Pipe cleaners are a great material to stitch in to the top that is widely available
 - c. Floral wire also works, but be sure to curl the edges around to protect wearers from sharp edges
4. Ties over elastic
 - a. Wearing elastic for long hours causes pain at the ears.
 - b. Elastic may degrade faster when repeatedly sterilized.
 - c. One suggestion for health care workers →
5. Use different materials for the front and the back
 - a. Health care workers want to know which side of the mask was touching their face and which side was facing the public when they take it off
6. Make a pocket for filter material
 - a. Getting filter material may be easier than getting N95 masks, so leaving a pocket may make these masks more useful.
 - b. It's easy to make any pattern a pattern with a pocket. Simply copy the front piece twice, then cut off the top third for the front and the bottom. This will leave you with two pieces that overlap for the backing.
7. Use interfacing, if you have it
 - a. This may help with filtration, but there is no study or evidence to support this.
 - b. It stiffens the mask for better coverage.
8. If you are currently confirmed infected or under quarantine because of close contact with an infected person, PLEASE DO NOT MAKE MASKS.