Calgary

Make your own face-covering

Wearing a cloth mask is an extra precaution that can help keep others safe from COVID-19. The Public Health Agency of Canada recommends wearing a face covering when it is not possible to maintain a two-metre physical distance from others, particularly in crowded public settings like:

- Stores
- Shopping areas
- Public transportation

As a reminder, to prevent the spread the best actions to take are:

- Wash our hands regularly
- Stay home when we're feeling unwell
- Keep physical distance of two metres between ourselves and others
- Wear a face covering if you are unable to keep two metres away from others

Getting started

Before you start to make you own homemade face covering, make sure you have an adult to help out. You'll also need the right materials.

Materials needed
- Clean t-shirt
- Scissors
- Non-toxic fabric paint

Before starting, remember to wash your hands.

Now that you're ready to start, create your own face covering with the instructions on the next page.

Step-by-step

1. Cut the bottom off a t-shirt (front and back), measuring about 18 to 20 cm, or 7 to 8 inches from the bottom. The front and back of the t-shirt fabric should be thick enough that you cannot see daylight through it.

   Note: For this step and the next steps, you may need to adjust your cut measurements based on the size of the t-shirt you're using.

   18-20 cm
   7-8 inches
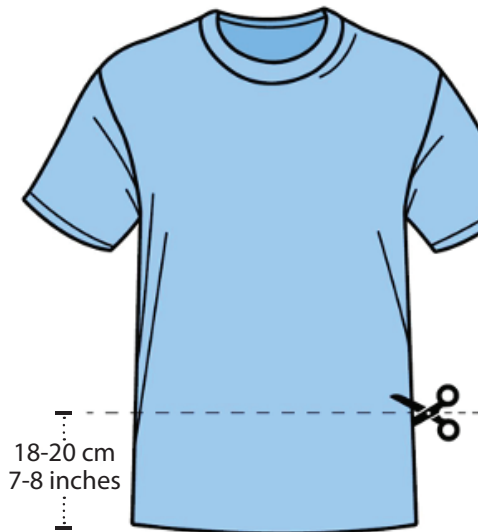
2. With this fabric, make two horizontal cuts of 20 cm or 8 inches, on the top and bottom. Keep at least a 1 cm or 0.4 inches width between your cuts and the top and bottom edges of the fabric.
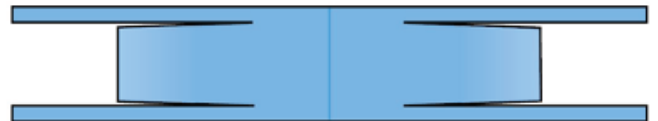
   20 cm
   8 in
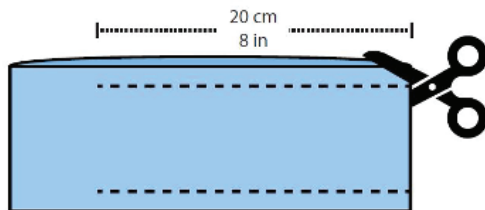
3. Cut out a panel of 5 cm or 2 inches from the larger piece of fabric by making a vertical cut. Discard the cut fabric. This will leave you with a C-shape.

   5 cm
   2 in

   Cut out.
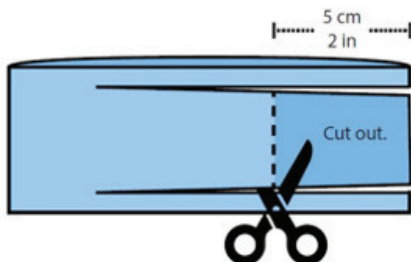
4. Snip the two pieces of fabric at the crease. This will give you a top and bottom set of tie strings. Now you have four strings.
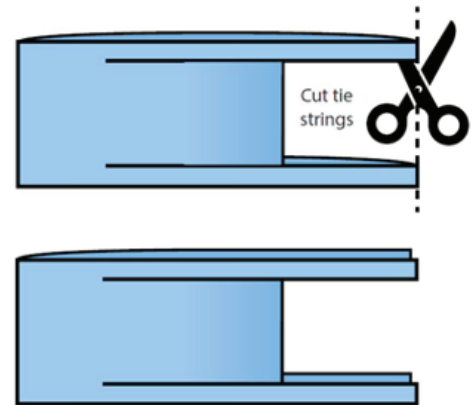
   Cut tie strings
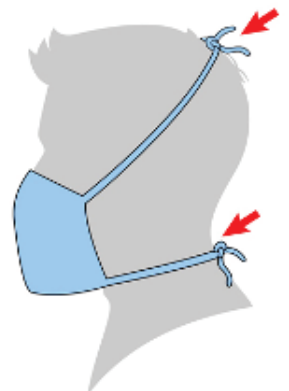
5. Open your fabric up, so that it lies flat.

6. Fold the right-hand flap created between the tie strings in half horizontally, towards the center of the mask. The edge of the fabric will overlap the center crease.

7. Repeat step 6 on the left-hand side, folding the fabric over each other. You will now have a mask with three layers of fabric to cover your nose and mouth.

8. Tie one set of strings around your neck, and the other set over the top of your head. The strings that attach over the top of your head will run along your cheeks and above your ears.

Reference: Public Health Agency of Canada (2020). Non-medical masks and face coverings: Sew and no-sew options. [website] Retrieved from https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/sew-no-sew-instructions-non-medical-masks-face-coverings.html

Customize your new home-made face covering

Congratulations, you now have your very-own home made face covering. Now comes the fun part – making the face covering your own with creative designs and phrases.

Using the non-toxic fabric paint, get creative by colouring your mask with designs or writing. Participants need to ensure their hands are washed thoroughly before handling the mask. Suggestions for designs include hearts, stars, patterns or expressions that they want others to see. Encourage participants to choose positive expressions such as:

- We're all in this together
- It's good to see you
- You can't tell but I'm smiling
- Let's talk

Print out this page and use the stencils to help you with your design.

Allow time for your fabric paint to dry and then wash before using.