

Mask Information

The [CDC](#) recommends wearing a mask in public and when in contact with anyone who does not live in your household.

Why?

When you talk, cough, sneeze and breathe, respiratory droplets are released from your mouth and nose.

These droplets carry germs.

Masks help to prevent your respiratory droplets from traveling through the air and onto other people.

A Good Fit is Important

Make sure your mask:

- Includes multiple layers of fabric
- Fits snugly but comfortably
- Completely covers nose and mouth
- Is secured with ties or ear loops
- Allows for breathing without restriction
- Can be washed and dried without damage

Single-layer masks (like "gators") and masks with valves or vents should NOT be worn.

[CDC guidelines](#)



How to make your own masks:

- [41 Free Mask Patterns](#)
- [Face Mask Pattern with Nose Wire](#) this is good for those who wear glasses!
- [Pleated Face Mask Pattern](#)
- [CDC Face Mask Patterns](#) (including no-sew patterns)