To: All Residents & Board Members

From: Charles H. Greenthal Management Corp.

Re: CDC Tutorial on Making Cloth Face Masks

As all are aware, state medical health professionals are having difficulty obtaining the face masks and PPE they need to protect themselves and their patients. Many organizations across the country have taken to either making masks or shipping their own supplies to New York health professionals to lend a hand during this time of need.

Needless to say, it has also been difficult for non-health care professionals to obtain similar PPE materials such as sanitizer, gloves or masks. In response to efforts to support citizens who are looking to help stop the spread of COVID-19, and protect their loved ones, the CDC has released a few tutorials, with simple to follow instructions, on how to create your own cloth masks for you and your loved ones.
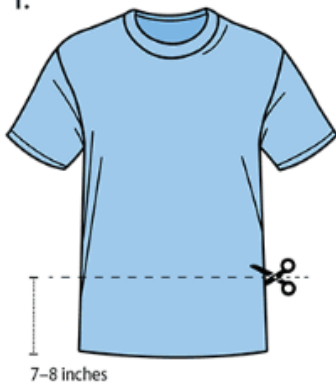
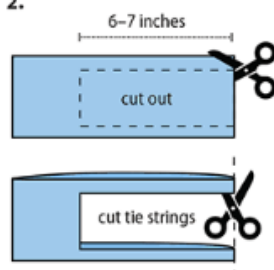# Quick Cut T-shirt Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial

1.

7–8 inches

2.

6–7 inches

cut out

cut tie strings
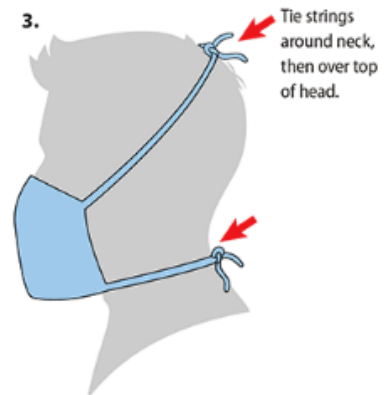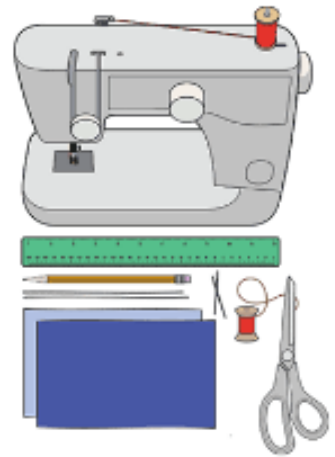
3.

Tie strings around neck, then over top of head.

Sewn Cloth Face Covering

Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

Tutorial

1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.
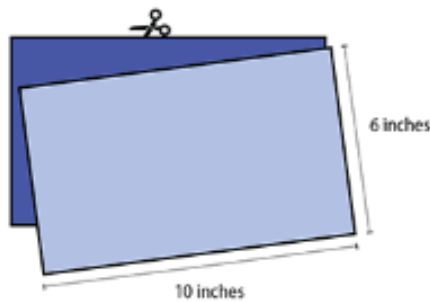
2. Fold over the long sides ¼ inch and hem. Then fold the double layer of fabric over ½ inch along the short sides and stitch down.
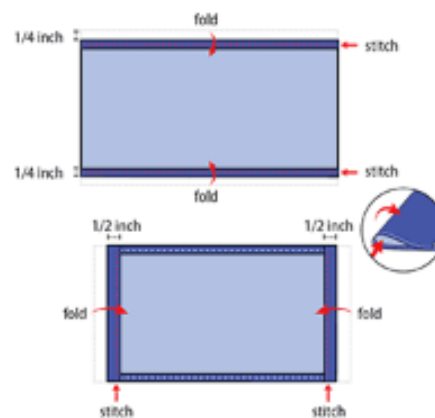
3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight.
Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.
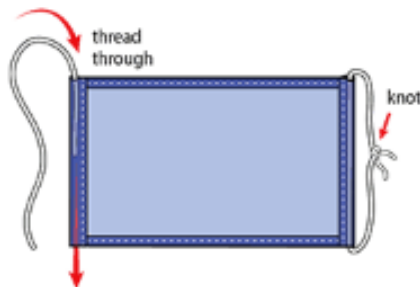
4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.
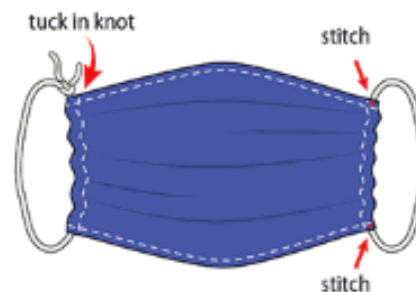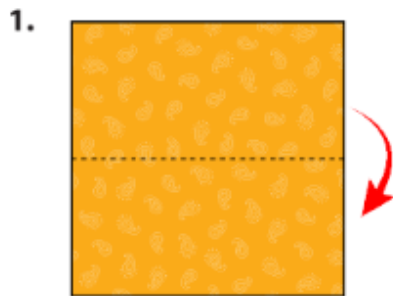
Bandana Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)
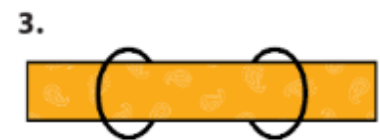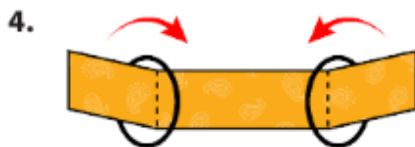- Scissors (if you are cutting your own cloth)

Tutorial

1.

Fold bandana in half.

2.

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.

5.

6.