Homemade Cloth Face Coverings

When to wear a mask/cloth face covering:
All Illinoisans who are over 2 years old and can medically tolerate a face-covering must wear a mask or face covering when they are in a public place and they **cannot maintain 6 feet of physical distance** between themselves and others. Examples include:

- For essential work
- For grocery shopping
- For pharmacy pickup, restaurant pickup
- Other travel deemed essential by the stay-at-home order

A mask is not necessary for outdoor activities, provided you can maintain 6 feet distance from others. The CDC is recommending cloth face coverings because medical grade masks should be reserved for healthcare or first responders.

**Masks/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

**YouTube Video:** [How to Make Your own Face Covering](https://www.youtube.com/watch?v=example_video_id)

**CDC Guide to Homemade Cloth Coverings:** [Options for sewn cloth, Cut T-shirt, or Bandana coverings](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/masks-how-to-make.html)

**YouTube Video:** [Disposable No-Sew Shop Towel Covering](https://www.youtube.com/watch?v=example_video_id)

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