

Making a homemade mask

Information shared by BC Provincial Medical Health Office

[Federal guidelines](#) on preventing the spread of coronavirus

BC Centre for Disease Control [guidelines on masks](#), with excerpt below:

If you are making a mask under these circumstances, here is some information to improve the effectiveness of homemade masks:

- Some materials are better than others. Use clean and stretchy 100% cotton t-shirts or pillowcases.
- Ensure the mask fits tightly around the nose and mouth; material that allows droplets to pass through will not work.
- The mask should be comfortable, or you won't want to wear it consistently.
- If the mask makes it a lot harder to breathe, then the seal will not be as good, and the mask will be less effective.
- Clean or change the mask often.

The bottom line is that we still need to take respiratory etiquette measures and distancing. Think of a mask as analogous to covering your cough. It is important to wash masks regularly and continue hand hygiene.