

## Gillette Children's Specialty Healthcare Now Accepting Homemade Cloth Face Coverings



The [Centers for Disease Control and Prevention](#) now [recommends](#) wearing cloth face coverings in public places where it may be difficult to maintain social distancing, such as the grocery store.

Hospitals and clinics, including Gillette Children's Specialty Healthcare, are in need of homemade cloth face coverings to help protect patients and family members. If you have extra cloth face coverings, please consider [donating](#) them to Gillette Children's Specialty Healthcare.

### How do I make a homemade cloth face covering?

What you will need:

- Cotton fabric, you can even choose your favorite pattern or color.
- Rope elastic, beading cord elastic will work (you may also use 1/8" flat elastic)  
Please make sure you are using latex-free elastic if you plan to donate to Gillette.
- Cut the elastic 7" long and tie a knot at each end (DO NOT knot the ends of the flat)

How to make two cloth face covering sizes: Adult or child

1. Put right sides of cotton fabric together.
  7. Cut 9x6 (adult) or 7.5 x 5 (child).
  8. Elastic 7 inches (adult). If elastic is not available, you can sew ties made of 100% cotton or use bias tape.
2. Starting at the center of the bottom edge, sew to the first corner, stop. Sew the elastic with the edge out into the corner. A few stitches forward and back will hold this.
3. Sew to the next corner, stop, and bring the other end of the same elastic to the corner and sew a few stitches forward and back.
4. Now sew across that top of the face covering to the next corner. Again, put elastic with the edge out.
5. Sew to the next corner and sew in the other end of the same elastic.
6. Sew across the bottom leaving about 1.5" to 2" open. Stop, cut the thread. Turn inside out. Pin 3 tucks on each side of the cloth face covering. Make sure the tucks are the same direction.
7. Sew around the edge of the cloth face covering twice.

## Homemade Cloth face covering tips

- Use different fabrics on each side of your homemade cloth face covering so you know which one faces in versus which one faces out.
- Please use latex-free elastic
- Watch this [instructional video](#)

### Face Covering Do's and Don'ts

#### DO:

- ✓ Make sure you can breathe through it
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash it after using

#### DON'T

- ✓ Use if under two years old
- ✓ Use if the wearer is not capable of removing their own mask
- ✓ Use surgical masks or other PPE intended for healthcare workers

\*Tips for how to sew your own cloth face covering came from [Allina Health](#)

\*\*Additional information adapted from [Centers for Disease Control and Prevention](#)

#### Clinic locations:

Brainerd Lakes  
Burnsville  
Duluth  
Mankato  
Maple Grove  
Minnetonka  
Phalen  
St. Paul  
Willmar