**Wellness Articles**

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**Proposed publication date:** Aug. 10, 2020

**Content provided by:** Alberta Health Services, myhealth.alberta.ca

# How to make or buy a mask

## Making a mask

## Wearing a non-medical mask may help prevent the spread of COVID-19.

## There are many ways to make a cloth mask. Health Canada has sew and no-sew options. Here are a few suggestions if you’re wanting to make your own:

* + Choose a fabric or cloth that can withstand frequent cycles through washing and drying machines.
	+ Use multiple layers of tightly woven fabric. Four layers is optimal.
	+ Use a combination of fabrics, such as a high thread-count cotton (e.g. 600-thread count pillowcases and cotton sheets) with spun bond polyproplylene or polyester.
	+ Use different fabrics or colours for each side of the mask. This helps you to know which side faces your mouth and which side faces out.

## Buying a mask

## If you are buying a cloth mask, make sure it:

* has multiple layers of fabric
* fits securely against your face
* allows for clear breathing
* can be laundered.

Find out more about when and how to wear a cloth mask at www.alberta.ca/masks.