



6 Creative Ways to Make a Non-Medical Mask

Text by Christine Rees • Photo by Julian Wan



Want to wear a mask in public even if you're not showing any COVID-19 symptoms? Here are some easy ways to make a non-medical mask.

There's been a lot of confusion regarding who should be wearing masks. However, Dr. Theresa Tam recently stated that wearing a non-medical mask can protect both yourself and those around you, especially if you are asymptomatic or pre-symptomatic and are not aware that you are currently carrying the virus.

Rather than purchasing medical equipment, try making a mask with what you already have at home. They are sufficient enough to help prevent the spread of COVID-19—even if you believe you are not a carrier.

There are *many* creative ways to make a non-medical mask. Bandanas, scarves, and even shirts can be turned into face masks for when you need to run out to the grocery store. Even though they can't offer the same protection as an N95 mask, they can help you complete your grocery shopping with a lowered risk of exposure.

So, how can you make a non-medical mask? Here are a few ways from reputable sources!

CDC

From a cotton t-shirt to a bandana, the CDC provides an excellent tutorial for sewing your own non-medical mask. [Learn how to make your own.](#)

Reader's Digest

With a bandana, coffee filter, and hair ties, you can make a non-medical mask without any sewing required! [Learn how you can DIY a homemade face mask.](#)

Maclean's

[Maclean's breaks down the best materials to use](#) when fashioning a homemade mask for the best protection. They also offer a sewing and non-sewing option so you can choose the version that best suits your skills (or lack thereof—no judgment).

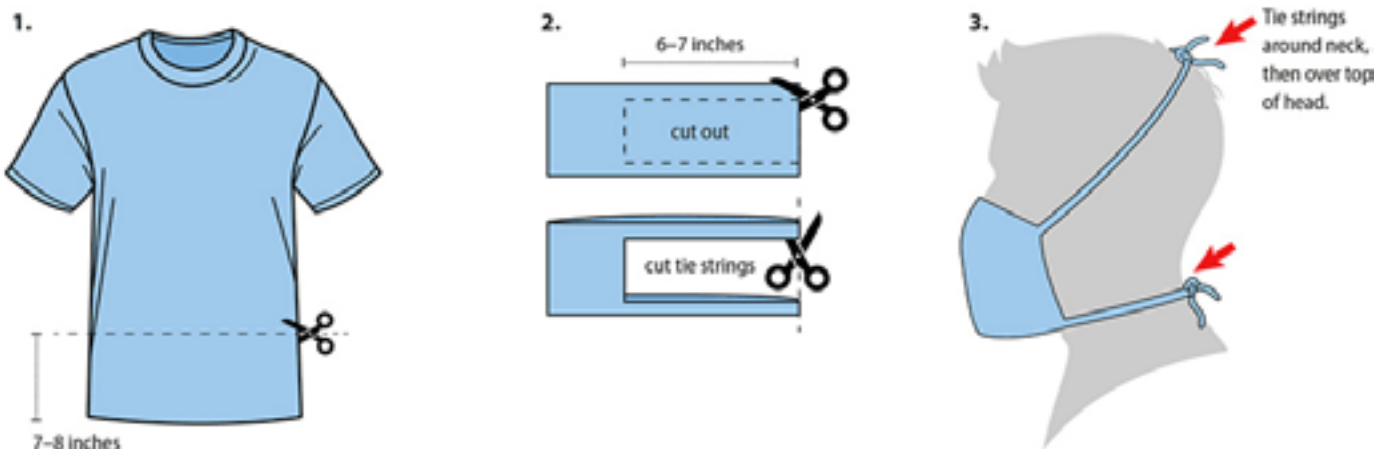


Image by the Centers for Disease Control

The Guardian

Using a handkerchief or cotton t-shirt and two hair ties or rubber bands, there are a couple of ways to make a non-medical mask. [Watch this video](#) with step-by-step instructions on making and taking care of your mask.

YouTube

If you're interested in learning *how* to sew a non-medical mask, [this video](#) will help you break down the steps.

Likewise, [this second video](#) is worth a watch as it elaborates on the process with how to make a filter.

Etsy

When in doubt, buy a homemade mask. If you are not a DIY person or, perhaps, you are lacking the home materials, then consider [searching Etsy](#) for a mask. These small shops can always use your support!

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