

How to Make a Waterproof Face Mask

For a homemade face mask to really work, it needs to stop the water droplets formed by sneezing or coughing. Thus, **a waterproof barrier is everything**. But, it also has to be breathable, secure, and comfortable.

To that end, here's a simple design created by Dr. Allen Lim (www.skratchlabs.com), ER Physician Dr. Shannon Sovndal (www.drsovndal.com), and pattern maker Jennie Yu (www.jennieyupatterndesign.com).

We hope this helps. That said, this design is just one option. The simple goal is to place a waterproof layer over any existing fabric face covering. For more information go to <https://drsovndal.com/covid/>

Using an Existing Neck Gaiter:

1. Using a rain jacket, plastic shower curtain, or waterproof packaging, cut out an 8 x 6-inch rectangle of waterproof material.
2. Attach the waterproof material to a neck gaiter:
 - a. Sew the top edge of the waterproof material to the top edge of the gaiter.
 - b. Pin the waterproof material down with a few stitches at the bottom two corners, the bottom center, and the center of the two sides. Leave gaps for the movement of air.

Your finished product will look something like this:



Gaiter w/ waterproof material sewn to top & lightly secured at corners & side.

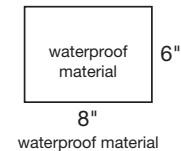


You can fold the tube into itself to create a more secure fit.

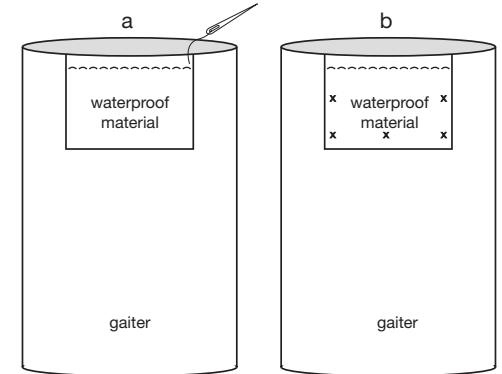


Wear it like this and don't forget to protect your eyes.

step 1



step 2



No gaiter, no problem. See page 2 for how to make one with a stretchy athletic t-shirt

Use A Stretchy Athletic T-Shirt to Make Your Own Neck Gaiter.

If you don't have a neck gaiter, you can make your own using a stretchy athletic t-shirt then follow steps for "using an existing neck gaiter."

- 1.** Using a stretchy t-shirt, cut across just below the arm pits to get a big tube of fabric.
- 2.** Cut down the middle of the tube of fabric to get one big piece of fabric.
- 3.** Sew the two edges of the fabric together to form a smaller tube. A 16-inch diameter will fit very small faces, an 18-inch diameter will fit medium faces, and a 20-inch diameter will fit large faces.

