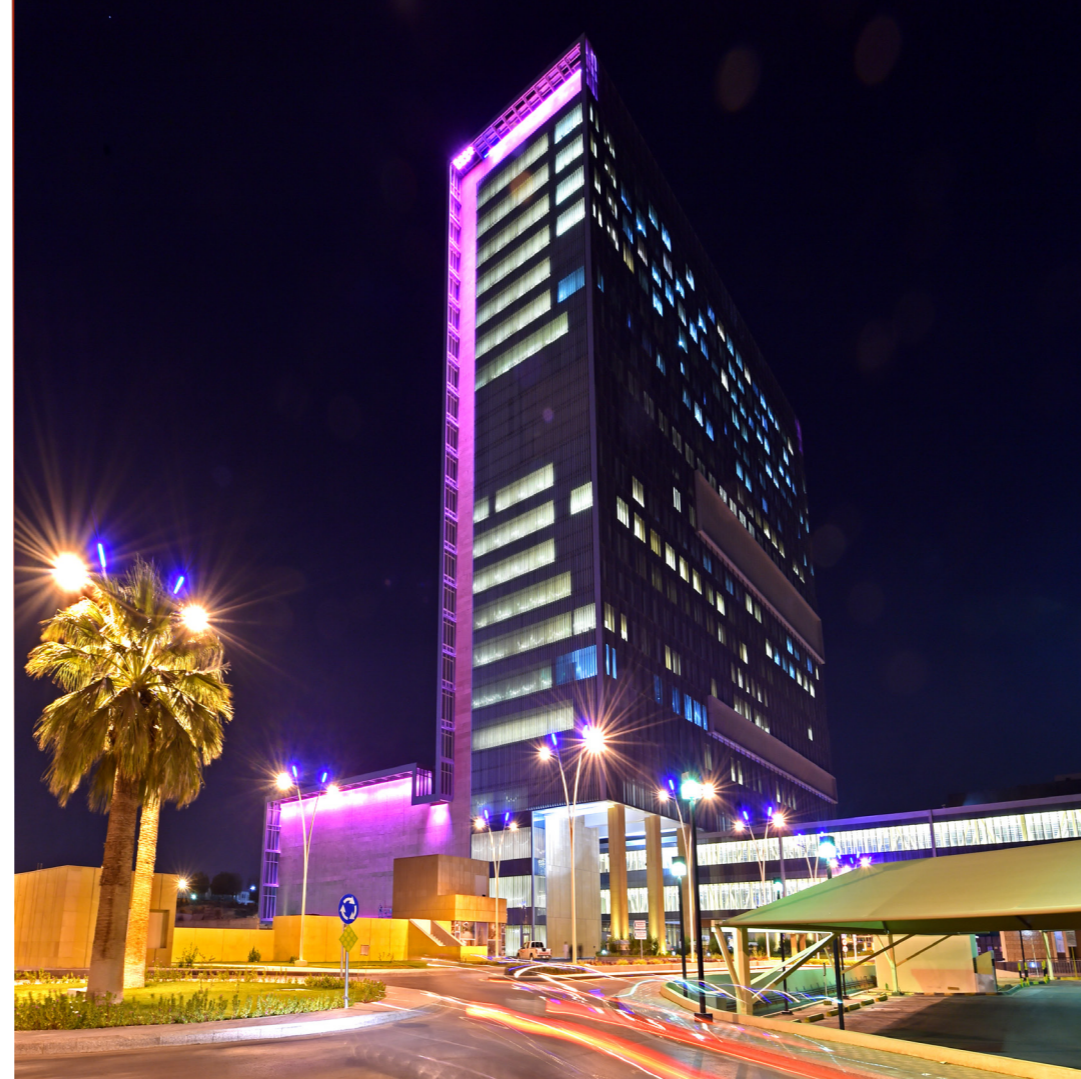




مستشفى الملك فيصل التخصصي ومركز الأبحاث
King Faisal Specialist Hospital & Research Centre
Gen. Org. مؤسسة عامة



1. Cut the cotton shirt into two rectangular pieces 17-18 Cm, make sure the cutting line is fuzz-free and clean.
2. Cut the above-mentioned rectangular piece from the inside to make another rectangular piece 15-16 Cm to use as laces for the mask.
3. Cut the lace into two pieces to use to secure the mask over the nose and mouth in a way that the lower lace wraps around the neck and the upper lace wraps around the head.

- Using a headscarf:

1. Fold the square 50 by 50 Cm headscarf from the center to make a rectangular piece.
2. Fold the upper and lower parts of the headscarf inwards to the center.
3. Insert two pieces of rubber bands or hair bands through the ends on each side with a 15 Cm distance separating the two laces/
4. Fold both ends inwards.
5. Hold both ends of the mask with your hands and wear the mask using the laces.
6. Secure the mask to adequately cover the mouth and nose.

References:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

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Fabric Face Masks and COVID-19

The recommendation to wear a facemask when leaving the house is considered an addition not a replacement to the bundle of the daily precautionary measures to prevent the spread of COVID-19 virus, like hand washing, social distancing and other measures. The purpose of wearing a mask is not only to protect the person who wears the mask but rather to protect society members from being infected by people who have COVID-19 virus but asymptomatic.

The following categories of people are advised to comply with the universal medical recommendations for wearing medical masks as per the directives of the Ministry of Health as follows:

- Healthcare providers.
- People suspected to have COVID-19 virus infection but have mild symptoms.
- People who are taking care of confirmed/suspected COVID-19 patients.
- People at the age of 60 and above.
- People with chronic diseases like cardiovascular diseases, diabetes, pulmonary diseases, cancer, cerebrovascular diseases and immune deficiencies.

Fabric Facemasks:

Fabric facemasks are different from surgical medical facemasks be it surgical or N95 facemasks which are custom-made for healthcare practitioners as recommended. Fabric facemasks can be made cost-free from available households. It is worth mentioning that some traditional dresses in our culture may already be providing facial cover, like veil for female and "Shmagh and Gutra" for males.

Wearing fabric facemasks instead of surgical and N95 facemasks:

Surgical facemasks are custom-made for healthcare practitioners according to certain standards. Also for a certain category of patients like those a compromised immune system, patients receiving immunosuppressive medications or people with respiratory diseases in order to prevent the spread of infection. Therefore, wearing surgical facemasks by people who fall outside the above-mentioned recommended categories may lead to a major shortage in facemasks hindering healthcare practitioners especially in the fight against COVID-19 virus infection.

Terms and conditions for wearing fabric facemasks:

- To be worn when leaving the house.
- Not to be worn by healthcare practitioners while in the healthcare facility.
- Not to be worn by people who fall within the category who must wear only surgical facemasks as per universal recommendations.
- Not to be worn by children under the age of 2 years, those with shortness of breath or those unable to remove the facemask without assistance.
- Homemade masks must be made of breathable fabrics like cotton.
- Fabric facemasks should be face-fit ensuring adequate coverage for nose and mouth.
- Should have laces to provide easy wear and removal. It is necessary to avoid touching eyes, nose and mouth when removing the facemask. Make sure to wash hands afterwards.
- Should be re-washable. It is important to keep homemade facemasks clean either by regularly washing them by hand

or by the washing machine depending on the frequency of use.

- Should not contain sponge.

Make your facemask at home:

Facemasks can be made at home either by hand tailoring them or even without the need for sewing by just using a cotton shirt or a scarf.

Steps for tailoring a fabric facemask:

1. Get a suitable fabric and cut it into two rectangular pieces 25 by 15 centimeters.
2. Put the two pieces on top of each other and sew them as if they are one piece of fabric.
3. Fold in and sew a half to one Cm of the longer side (25 Cm) to create a hem on both sides.
4. Fold in and sew a one Cm of the shorter side (15 Cm) to create a hem on both sides.
5. Thread a 5 by 0.5 Cm elastic or a rubber string through hems of the shorter sides (15 Cm) using a needle or pin.
6. Create a knot on both ends of the elastic or rubber string in order to secure the facemask behind the ears. You can use a head or hair elastic band if you cannot find elastic or rubber strings. You can also use hair ties or strings but add some length in order to wrap them around the back of your head instead of the ears.
7. After threading the elastic or rubber string, make sure the facemask is tight enough to be an adequate seal over the nose and mouth.
8. Finally, pull the knot into the hems and then sew the elastic or rubber string onto the four corners of the fabric.

Steps for making a fabric mask at home:

- Using a cotton shirt: