Face Covering

A Simple Face Covering to Help Flatten the Curve

Materials Needed
- Old T-Shirt, Bandana or other 100% cotton fabric
- Two rubber bands or hair ties
- Scissors

Grade Range
PreK
K-2
3-5
6-8

Topics/Skills
Science and Engineering Practices

Learning Standards
NGSS: Interdependent Relationships in Ecosystems

Duration
15 minutes

Prep Time
10 minutes

To help limit the spread of COVID-19, the Centers for Disease Control (CDC) recommends wearing a cloth face covering in public settings. Homemade face coverings "help people who may have the virus and do not know it from transmitting it to others". (The Centers for Disease Control and Prevention)

Activity Challenge
Create a face covering out of cotton items.

Preparation
1. Watch this video to see the U.S. Surgeon General demonstrate making a face covering.
2. Cut fabric into a 20-inch x 20-inch square. (Ask an adult to support and/or observe). If using a bandana, then cutting it is not needed.

To Do
1. Fold the fabric from the bottom to the middle. Then fold the fabric from the top to the middle.

2. Fold the fabric from the bottom to the middle again. Fold the fabric from the top to the middle again.

3. Put one rubber band, or hair tie, on each side of the fabric. Rubber bands should be about six inches apart.

4. Fold the fabric over on each side.

5. Loop the rubber bands or hair ties around your ears to secure the cloth over your face.
6. Note, face coverings do not lessen the need for social distancing. "It is critical to emphasize that maintaining 6-feet social distancing remains important to slowing the spread of the virus." (CDC)

Extensions
- Make face covering for people who live with you.
- Research the importance of wearing face coverings. When should a face covering be worn out in public?
- Research asymptomatic and think about how it relates to Covid-19.

Science behind the Activity
The Center for Disease Control and Prevention (CDC) recommends wearing face coverings in public settings to prevent the spread of COVID-19. Refer to the CDC's website for the most up to date information.