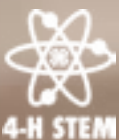




COVERING CHECK WITH WEARABLE TECH



Oklahoma State University, as an equal opportunity employer, complies with all applicable federal and state laws regarding non-discrimination and affirmative action. Oklahoma State University is committed to a policy of equal opportunity for all individuals and does not discriminate based on race, religion, age, sex, color, national origin, marital status, sexual orientation, gender identity/expression, disability, or veteran status with regard to employment, educational programs and activities, and/or admissions.

For more information, visit <https://eeo.okstate.edu>.



*"My Hands
to Larger
Service..."*

The Oklahoma State University STEMist interns are not certified medical professionals. All information provided in these handouts are derived directly from the Centers for Disease Control and Prevention, are mandated and approved by Oklahoma State University to its employees and students, and/or is referenced directly from trusted sources.

Visit with a trusted parent or guardian for any further questions about COVID 19. Visit credible sources such as the Centers for Disease Control and Prevention for more information regarding the coronavirus pandemic.

Covering Check With Wearable Tech

OVERVIEW

The CDC has recommended that face coverings should be worn when around people not in your household and when social distancing guidelines are hard to follow. Cloth face coverings most likely help to reduce the spread of covid 19, according to the CDC. Do not wear a face covering if you have trouble breathing or are under the age of 2.

You may be wondering how face coverings help reduce the spread of COVID 19. When you wear a face covering, a barrier is created between your mouth and nose and other outside elements. When you cough, sneeze or raise your voice, respiratory droplets can leave your body and travel into the air. The [CDC recommends](#) to, "Wear a face covering that covers your nose and mouth to help protect others in case you're infected with COVID-19 but don't have symptoms."

Today's activity is making our very own [face coverings](#). There are two ways you can make one. One way involves sewing and the other does not!



ACTIVITY

No Sew Face Covering

MATERIALS NEEDED

Bandana, Old tshirt, or Square Cotton Cloth (cut approximately 20" x 20")

Two rubber bands or hair ties

Scissors

STEPS

Step 1: If using an old t-shirt or cloth, cut the material in a 20 inches by 20 inches square.

Step 2: Fold cloth material in half.

Step 3: Fold the top half down towards the middle and the bottom half up towards the middle.

Step 4: Place rubber bands/ hair ties around the folded material keeping them about 6 inches apart.

Step 5: Fold the sides of your cloth material to the middle. Take the left side fold 1/3 of the way in and the right side 1/3 of the way in. Then tuck the two folded sides together.

Step 6: Properly wear face covering.



ACTIVITY

Sewn Face Covering

MATERIALS NEEDED

Two 9 inch by 6 inch rectangles of cotton fabric OR 18 inch by 6 inch rectangle fabric

Two 42 inches pieces of double fold bias tape

Needle and thread

Scissors

Sewing machine.

STEPS

Step 1: Cut an 18 inch by 6 inch rectangle from desired fabric.

Step 2: Hold the cut fabric in half, vertically creating a 9 inch by 6 inch rectangle.

Step 3: Sew along the ends you just folded together. Remove excess thread. Then turn it rightside out and press along the seam.

Step 4: Cut approximately 42 inches of bias tape. Measure 16 inches from the end of bias tape. This is where we will place bias tape on the fabric. Open up the bias tape and place along the top (9 inch side) of the rectangle covering both the front and back sides and pin it place.

Step 5: Sew the bias tape together. Remember to remove the pins when you get to them. Sew all the way to the other end.

Step 6: Repeat steps 4 and 5 on the other (9 inch) side of the rectangle.

Step 7: Cut off excess string and tie knots at end of bias tape.

Step 8: Pinch along the 6 inch sides of fabric to create 2- 3 pleats and pin it in place.

Step 9: Remove each pin and sew along the edge of both sides of the fabric and over the pleats.

Step 10: Cut off excess thread and then properly wear your face covering!



ACTIVITY

FACIAL COVERINGS: THE DO'S, DON'T'S, AND TESTS

Put on Face covering and follow [these steps as stated by CDC](#).

Step 1: Wash your hands before putting on your face covering.

Step 2: Put it over your nose and mouth and secure it under your chin.

Step 3: Try to fit it snugly against the sides of your face.

Step 4: Make sure you can breathe easily.

Now let's [test how well our face coverings work based upon Bill Nye The Science Guy's Test!](#)

Parent supervision required.

Materials Needed: candle and something to light it.

Step 1: Light candle

Step 2: Put on face covering

Step 3: Try to blow out the candle while wearing the mask.

Additional: You can try different masks and materials and see what works best. You do not want to be able to blow out the candle. When you exhale, if air is still able to move through your face covering to displace and distinguish the flame, air particles are still able to penetrate your face covering. Improve upon your design by making another face covering of thicker material.

Take off your face covering and follow [these steps as stated by CDC](#).

Step 1: Untie the strings behind your head or stretch the ear loops.

Step 2: Handle only by the ear loops or ties.

Step 3: Fold outside corners together

Step 4: Place covering in the washing machine. (See how to clean face covering steps)

Step 5: Be careful not to touch your eyes, nose and mouth when removing and washing hands immediately after removing.

Now that we have worn our face covering we should wash our face covering. The CDC states that face coverings should be washed after every use. When washing your face covering, [the CDC recommends](#), "Face coverings can be included in regular laundry. Use regular laundry detergent and the warmest water setting appropriate for the cloth material. To dry your face covering use the highest heat setting and leave in the dryer until completely dry. "



RESOURCES AND SUPPLEMENTARY MATERIALS

[CDC Considerations for Wearing Cloth Face Coverings](#)

[CDC #COVID-19- How to Wear A Cloth Face Covering](#)

[CDC How to Make Your Own Face Covering Youtube Video](#)

[CDC Key Times to Wear A Cloth Face Cover](#)

