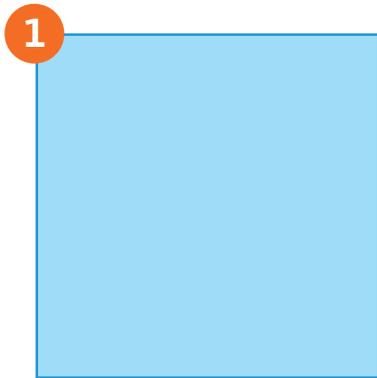
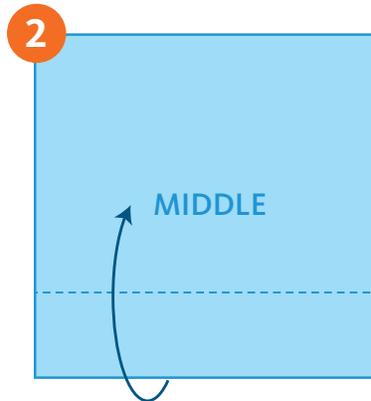


How to Make a Face Mask

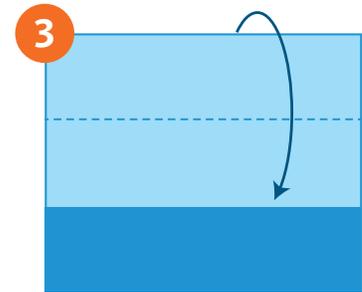
Follow these simple instructions to create a face mask from common household items (e.g. cotton shirt, bandana or other lightweight, breathable material). The CDC recommends everyone use a facial covering while out in public to slow the spread of the novel coronavirus (COVID-19).



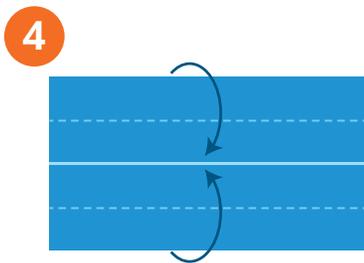
1 Start with a piece of fabric approximately 20" x 20" or trim to size.



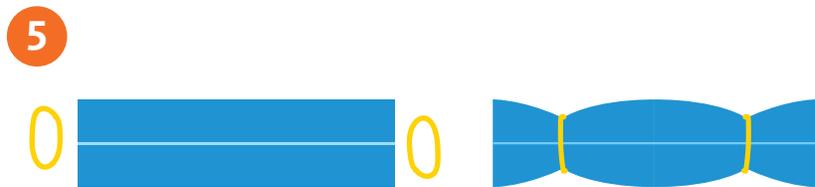
2 Fold the cloth to the middle from the bottom.



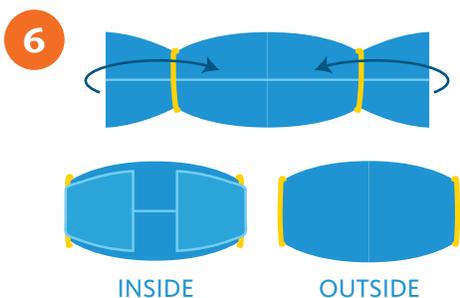
3 Fold the top edge down to the middle.



4 Repeat Steps 2 and 3.



5 Take two rubber bands or hair ties and place one on each end of the folded cloth.



6 Fold both sides to the middle.



7 Bring the mask to your face, and place the rubber bands or hair ties around your ears.

Ensure the mask fits snugly and covers your nose and mouth.

CDC Video:
How to Make Your
Own Face Covering

