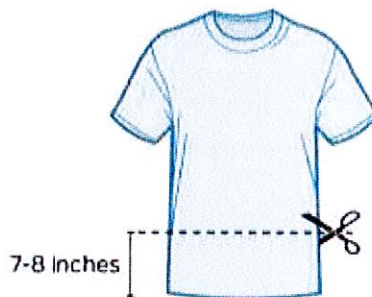


## How to make a cloth face mask without sewing

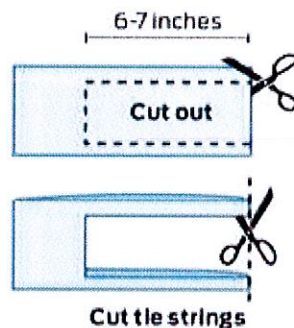
To slow the spread of the coronavirus, the Centers for Disease Control and Prevention advises using simple cloth face coverings in public settings where other social distancing measures are difficult to maintain, such as grocery stores and pharmacies. You can make a face mask yourself at home — no sewing required. Below are two quick methods using common household items. For more information from the CDC, including a tutorial on how to sew a cloth mask, go to [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus) and click on "Cloth face covers."

### T-SHIRT

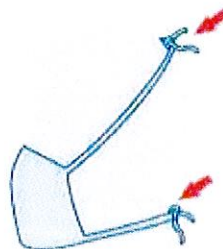
- 1 Cut off a T-shirt 7 to 8 inches from the bottom.



- 2 Cut out a rectangle to make tie strings.



- 3 Tie the strings around neck first, then over top of head.

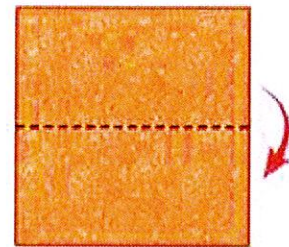


### BANDANNA

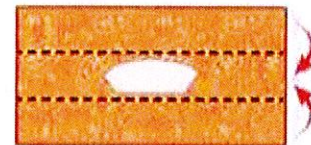
- 1 Cut off the bottom of a coffee filter.



- 2 Fold a bandanna in half.



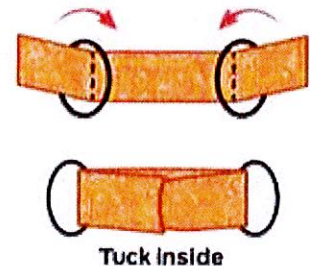
- 3 Place the coffee filter in the center of the folded bandanna. Fold top down; fold bottom up.



- 4 Place rubber bands or hair ties about 6 inches apart.



- 5 Fold sides to the middle, and tuck one end inside the other.



- 6 Loop the bands or hair ties around ears to secure.



Note: The CDC advises that cloth face coverings should not be placed on children under age 2 or on anyone who has trouble breathing or is unconscious, incapacitated or otherwise unable to remove the mask without assistance. Individuals should be careful not to touch their eyes, nose or mouth when removing their face covering and wash hands immediately afterward. Cloth face coverings should be routinely laundered in a washing machine depending on the frequency of use.