

How to make a cloth face covering without sewing

HELPFUL REMINDERS:

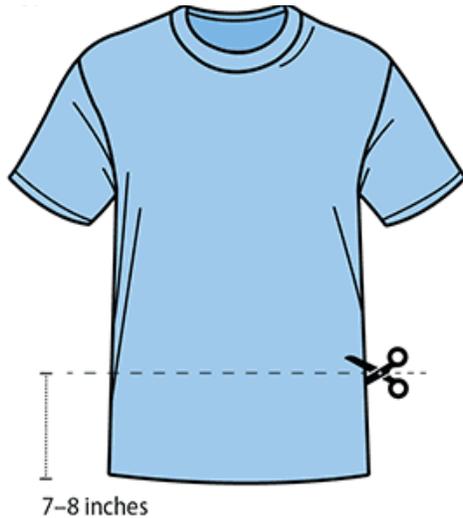
- A cloth face covering is not a substitute for physical distancing. The best way to protect yourself and others is by staying **#SaferAtHome**.
- Be careful not to touch your eyes, nose, and mouth when removing your face covering.
- Wash your hands immediately after removing.

T-SHIRT METHOD

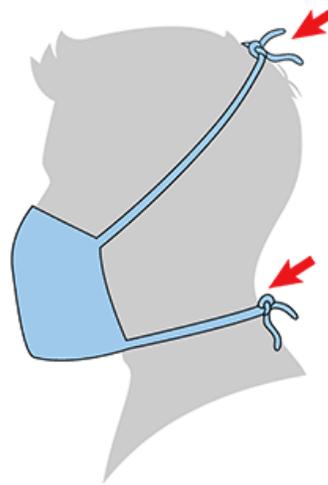
- Materials:**
- T-Shirt
 - Scissors

Steps

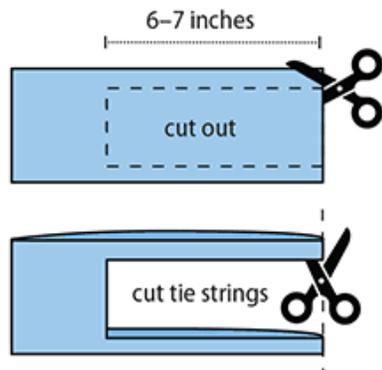
- 1** Cut the bottom 7-8 inches off t-shirt.



- 3** Tie the strings around neck and then over top of head.



- 2** From the seam, cut out a 6-7 inch rectangle. Then cut the top and bottom seam to create tie strings.



- 4** Wash cloth face covering after each use.

