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.

![Image of t-shirt with bottom 7-8 inches cut off](image)

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

![Image of t-shirt with cut-out rectangle and tie strings](image)

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

![Image of tie strings tied around neck and head](image)

4. Wash cloth face covering after each use.

![Image of washing machine](image)