No Sew Face Mask Instructions

Quick Cut T-shirt Face Covering (no sew method)

Materials: T-shirt, Scissors

Tutorial

1. Cut out 7-8 inches
2. Cut tie
3. Tie strings around neck, then over top of head.
4. Fold bandana in half.
5. Fold top down. Fold bottom up.
6. Fold side to the middle and tuck

Bandana Face Covering (no sew method)

Materials
Bandana (or square cotton cloth approximately 20"x20")
Rubber bands (or hair ties)
Scissors (if you are cutting your own cloth)

Tutorial

1. Fold bandana in half.
2. Fold top down. Fold bottom up.
3. Place rubber bands or hair ties about 6 inches apart.
4. Fold side to the middle and tuck

Information adapted from the Centers for Disease Control and Prevention website.