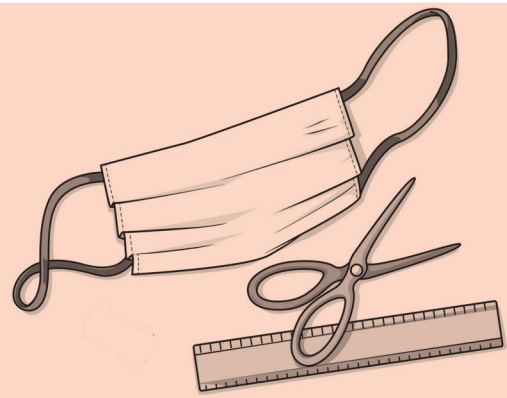


HOW TO MAKE YOUR OWN MASK

NO SEW METHOD

By: Brittany Simmons, BCBSMS Wellness Coach



The **CDC** has now recommended wearing a mask to help reduce the risk of spreading the virus. However, due to a **SHORTAGE IN THE MEDICAL FACE MASKS**, many people have turned to **GETTING CREATIVE** and making their own. You may have already started going through closets and using this time to get rid of old things.

The **US SURGEON GENERAL** posted a video that shows how people can make their own face mask using an old t-shirt and rubber bands. It is super easy and a **FUN ACTIVITY** for all in the house. It does not require sewing and taking less than 2 minutes. Have fun with the activity by using **BRIGHTLY COLORED OR PATTERN T-SHIRTS!**

WHAT YOU'LL NEED:

Old T-Shirt

(You can also use an old sheet, cloth bag, scarf, or bandana)



2 Rubber Bands

(You can also use 2 ponytail holders)



So let's all do our part to reduce the risk of spreading the virus. As always, wash your hands and use sanitizer. Wearing a face mask can also prevent you from touching your face if your hands have not been washed yet.

HOW TO MAKE:

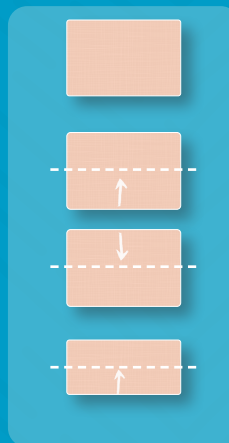
1. Cut fabric into a bandana sized (12x18) rectangle. If using a t-shirt, cut from bottom sides of t-shirt along the seam all the way up to the arm hole and then across

2. Lay fabric out flat

3. Fold to middle from bottom

4. Fold to middle from top

5. Fold again to middle from bottom



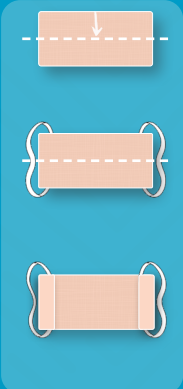
6. Fold again to middle from top

7. Take rubber bands and wrap one around each side

8. Fold each side of the fabric over the rubber band about 1-2 inches to cover the band

9. Hold sides down as you place it over your face covering your nose and mouth

10. You can adjust it by folding more or less fabric from the sides



Stay safe and have fun making your face mask!