

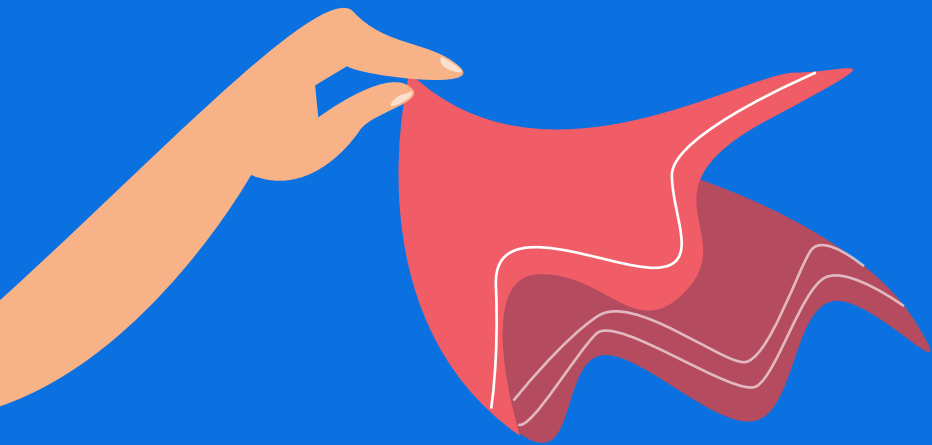
HOW TO MAKE AT HOME NO-SEW FACE MASK



NOTE: USING MEDICAL
GRADE MASKS TAKES
AWAY FROM THE
HEALTHCARE WORKERS
WHO NEED THEM MORE



WHAT YOU'LL NEED

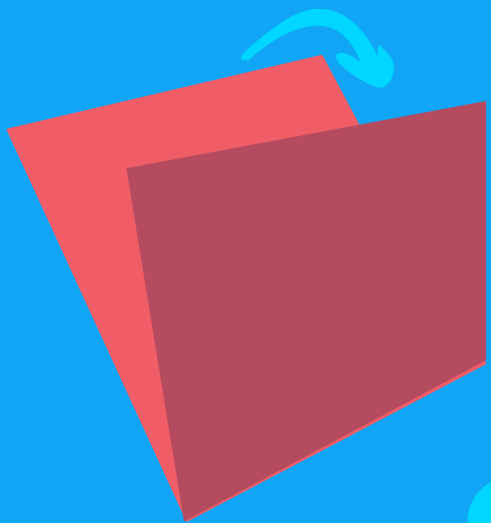


A BANDANA OR
HANDKERCHIEF OF ANY KIND

&

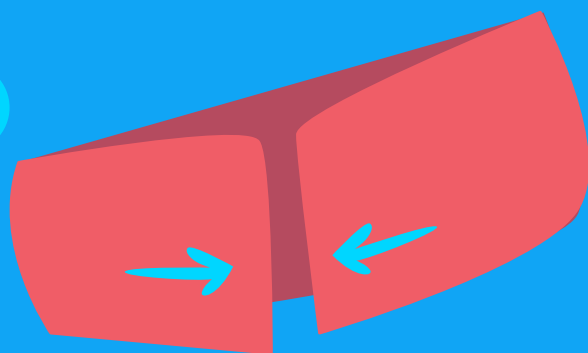


TWO ELASTIC
HAIRHOLDERS OR BANDS



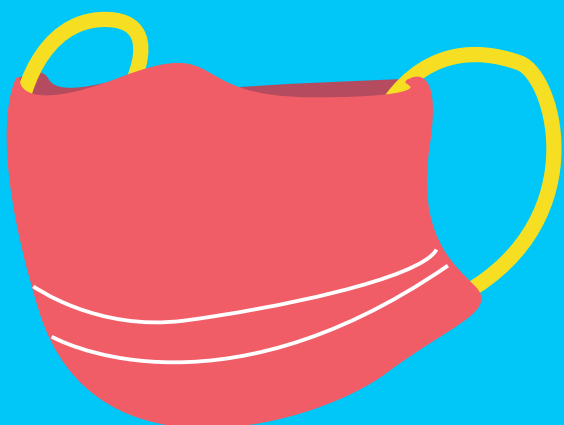
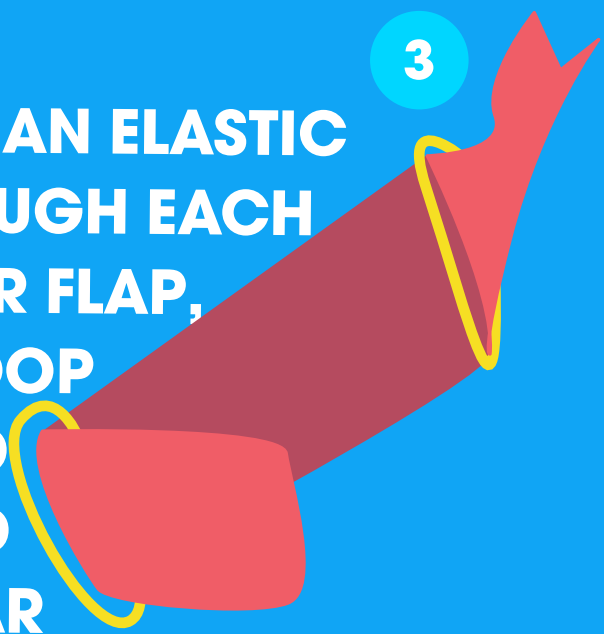
1
FOLD TO A SIZE THAT
COVERS YOUR NOSE
AND MOUTH

2
FOLD THE SIDES TO
THE CENTER OF THE
BANDANA



ASSEMBLING

3
LOOP AN ELASTIC
THROUGH EACH
CENTER FLAP,
THEN LOOP
A BAND
AROUND
EACH EAR



FINISHED!

NOW YOU CAN GET YOUR GROCERIES
KNOWING THAT **YOU** MADE A
DIFFERENCE AND MADE MORE MEDICAL
GRADE MASKS AVAILABLE TO THE HEALTHCARE WORKERS
THAT ARE ON THE FRONT LINES FIGHTING COVID-19.