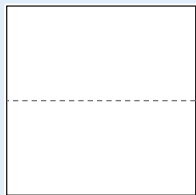



How to make a bandana face covering

More countries are advising people to wear a mask when they go out in public, as growing evidence suggests that even a simple cloth face covering could help slow the spread of coronavirus disease (Covid-19)


- 1** Use bandana or large handkerchief or cut out square of fabric (cotton or cotton-poly blend)



*Approx.
fabric size
50cm x 50cm*

-  Fold fabric in half



-  Fold top third of fabric down and bottom third up

- 2** Slide hair ties over either end of folded fabric



Position ties about 25cm apart



Wrap ties around fabric three times

Alternatively, elastic bands can be used instead of hair ties

- 3** Fold ends inwards and wrap ties around fabric two more times



Fold



Wrap

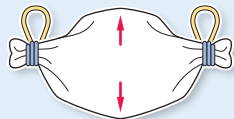
- 4** To create ear loops, slip hair ties under wrapping at each end

Slip tie under



Pass tie through itself and pull tight

- 5** Pull out fabric so mask fits over your nose and chin



Front side of mask

For more secure fit, join more hair ties (2 or 3) to ear loops, linking them together into chain that goes behind your head. Use paper clip or safety pin for final link

Note: Mask should allow for breathing without restriction, and be routinely washed depending on frequency of use. Cloth face coverings should not be placed on children under age of two, or anyone who has trouble breathing