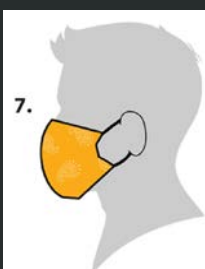
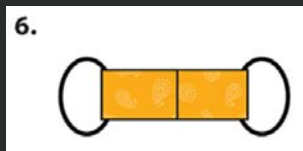
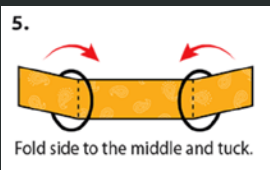
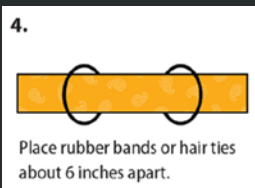
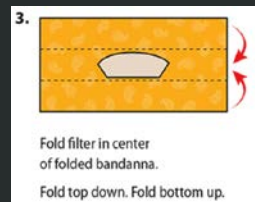
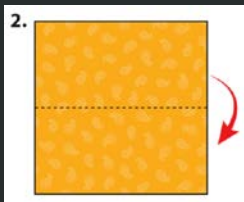
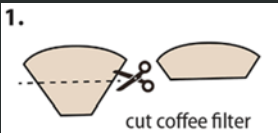


Good Science =
Safe Science

4/9/2020

Bandana Mask Figures:



Make your own Mask!

Per the CDC, it is now recommended to wear a mask and/or face covering when out at the grocery store or any other area that will be difficult to maintain social distancing. Here are two no-sew ways to make a mask from the CDC's website, link below.

Bandana Mask

What you need:

- Bandana (if you don't have one: pillow case, sheets, or if you have extra fabric in your house; cut 20" x 20" square)
- Hair ties, rubber bands, or ribbon (depends on your preference)
- Coffee filter (optional)

Steps: (figures in left side bar)

1. Cut the coffee filter in half – keep the top half
2. Fold the bandana (or cloth) in half
3. Place the coffee filter in the middle – fold the bandana in thirds around the filter
4. Place the rubber bands (hair ties) about 6 inches apart.
5. Fold the outer sides towards the middle
6. Tuck one side into the other
7. Place mask on face – remember to keep nose and mouth covered

When removing:

- Do not touch the bandana, remove by the hair ties or bands.
- Wash the bandana immediately in the washing machine or sink.
- Wash your hands before and after touching the mask.

There is a link below to a YouTube video below that shows how to make this mask.

T-shirt Mask

What you need:

- T-shirt (one that you are okay with cutting)
- Scissors

Steps:

1. Cut 7-8 inches from the torso of the T-shirt
2. From the piece cut a 6 inch rectangle out of the shirt
3. Cut tie strings from the narrow ends.
4. Tie the strings around neck, then over the top of the head.

