

# Make a Face Mask at Home!

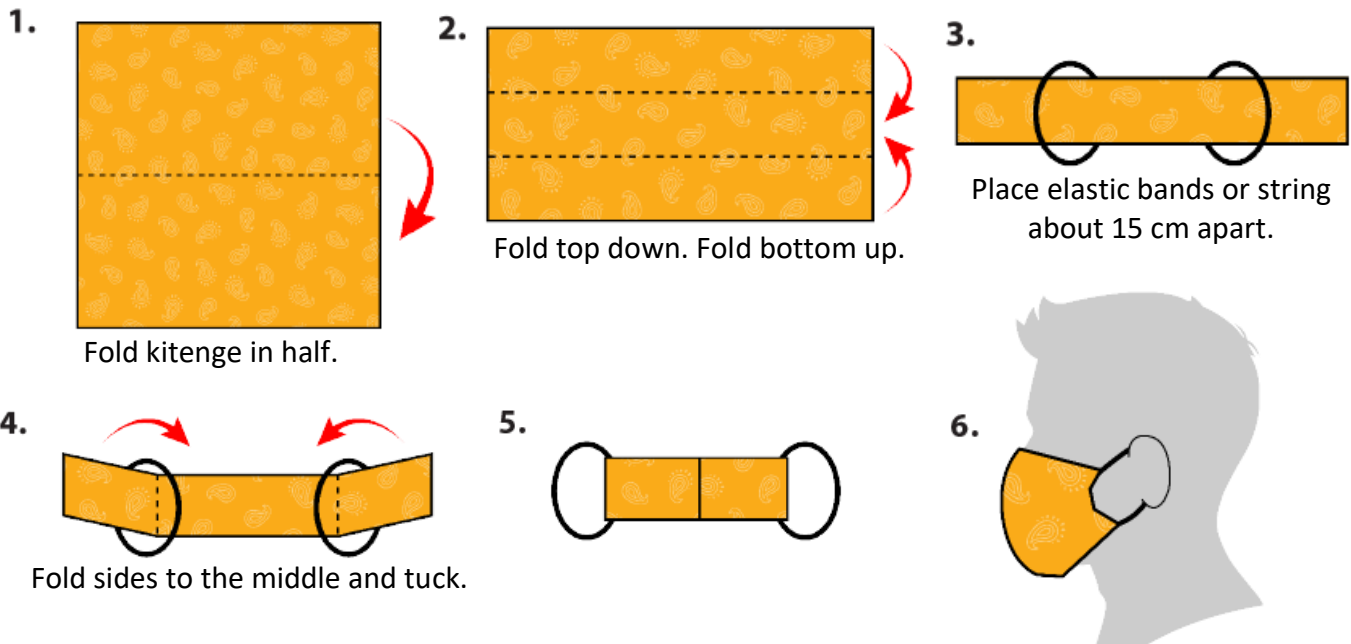
## Help stop the spread of COVID-19 by wearing a face mask!

- Everyone is required to wear a face mask that covers the nose and mouth when out in public.
- You can easily make your own mask at home!

### Kitenge Face Mask: (no sewing required)

Materials:

- Kitenge (about 50cm x 50cm)
- Scissors (if the cloth needs to be cut to size)
- Elastic or rubber bands (can also use string and adjust the length to make the mask it snug)



### T-shirt Face Mask: (no sewing required)

Materials:

- T-shirt (one that you do not mind cutting up)
- Scissors (to cut the t-shirt into the right shape)

