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 snug)

1. Fold kitenge in half.
2. Fold top down. Fold bottom up.
3. Place elastic bands or string about 15 cm apart.
4. Fold sides to the middle and tuck.

**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)

1. 15-20 cm
2. 15-20 cm
3. Tie strings around neck and over top of head.