

# Sew a Face Mask at Home!

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

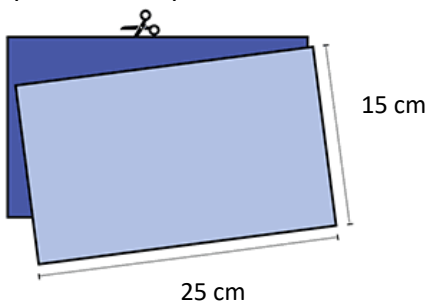
- Everyone is required to wear a face mask that covers the nose and mouth when in public.
- Do you have a sewing machine or a needle/thread? You can easily make a face mask at home.
  - Masks can be a nice gift, or you can sell extra masks to people that do not have one already.

## Kitenge or T-Shirt Face Mask: (sewing required)

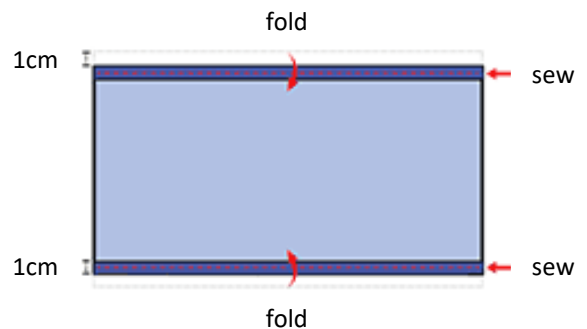
### Required Materials:

- Kitenge or cotton T-shirt (about 25cm x 30cm)
- Elastic bands, rubber bands, or string (about 30cm total)
- Needle/thread or a sewing machine
- Extra needles or safety pins (to thread elastic band or string; to hold material in place when sewing)
- Scissors (to cut kitenge or t-shirt to size)

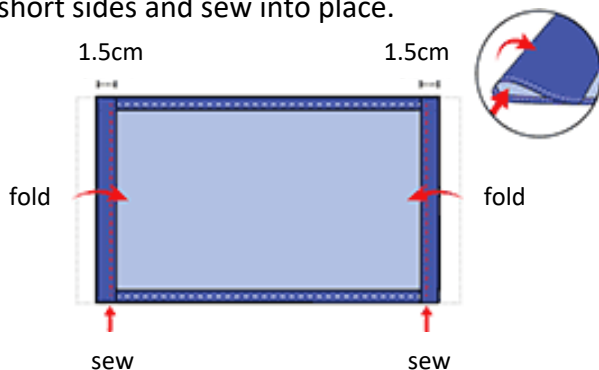
**Step 1:** Cut two rectangles (15cm x 25cm) using kitenge or a cotton T-shirt. Stack the two pieces on top of each other.



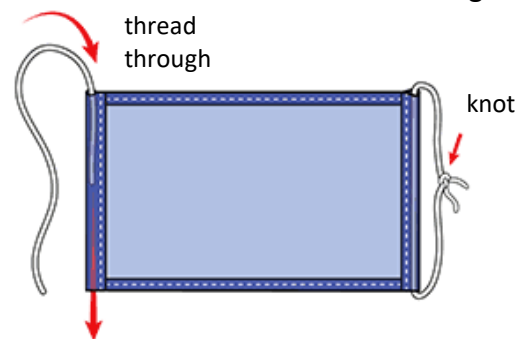
**Step 2:** Fold over about 1cm on the long sides and sew this into place.



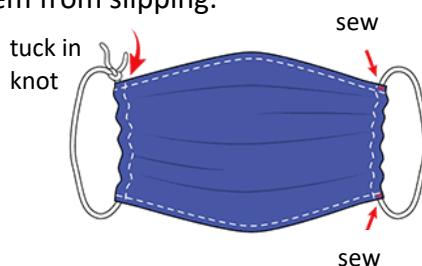
**Step 3:** Fold over about 1.5cm on the short sides and sew into place.



**Step 4:** Use a needle or safety pin to thread the elastic band or string through the short sides. Tie the ends of the elastic bands or strings.



**Step 5:** Tuck the knots inside the mask and sew the elastic bands or strings to keep them from slipping.



**Step 6:** Wear your mask to protect yourself and others!

