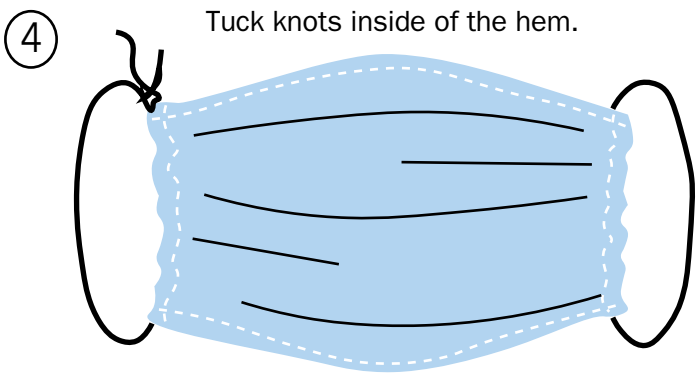
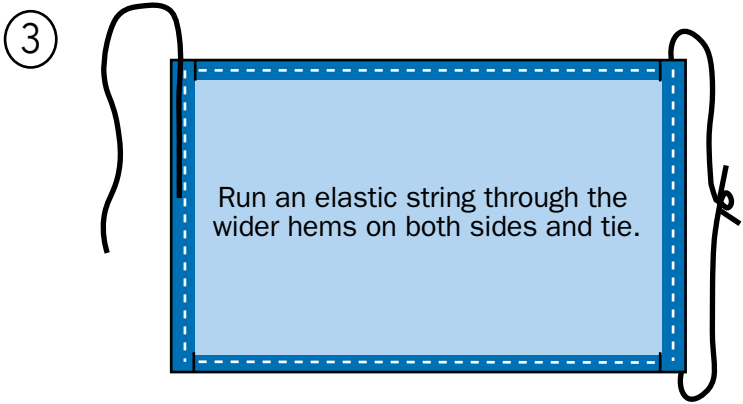
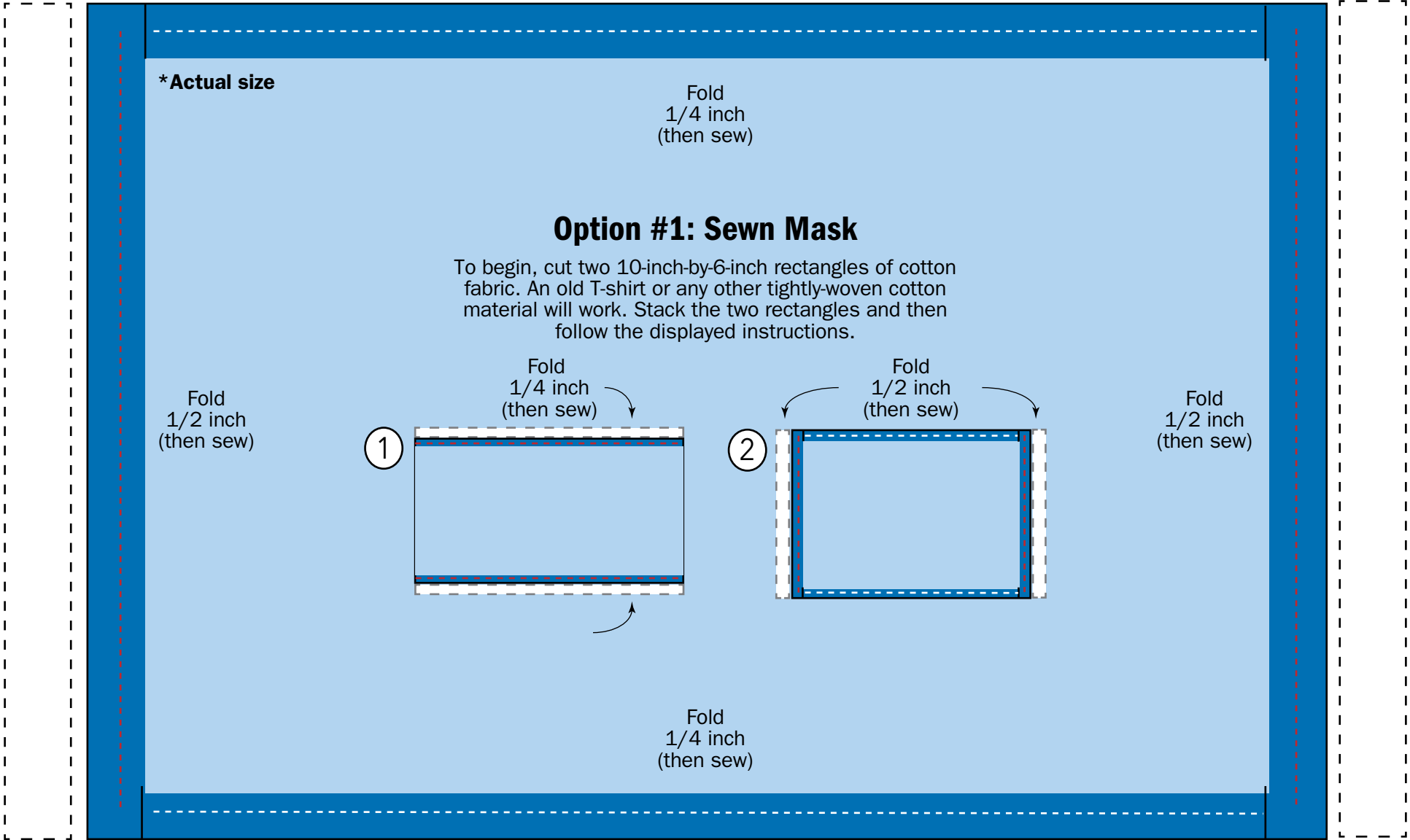


How to: DIY face masks

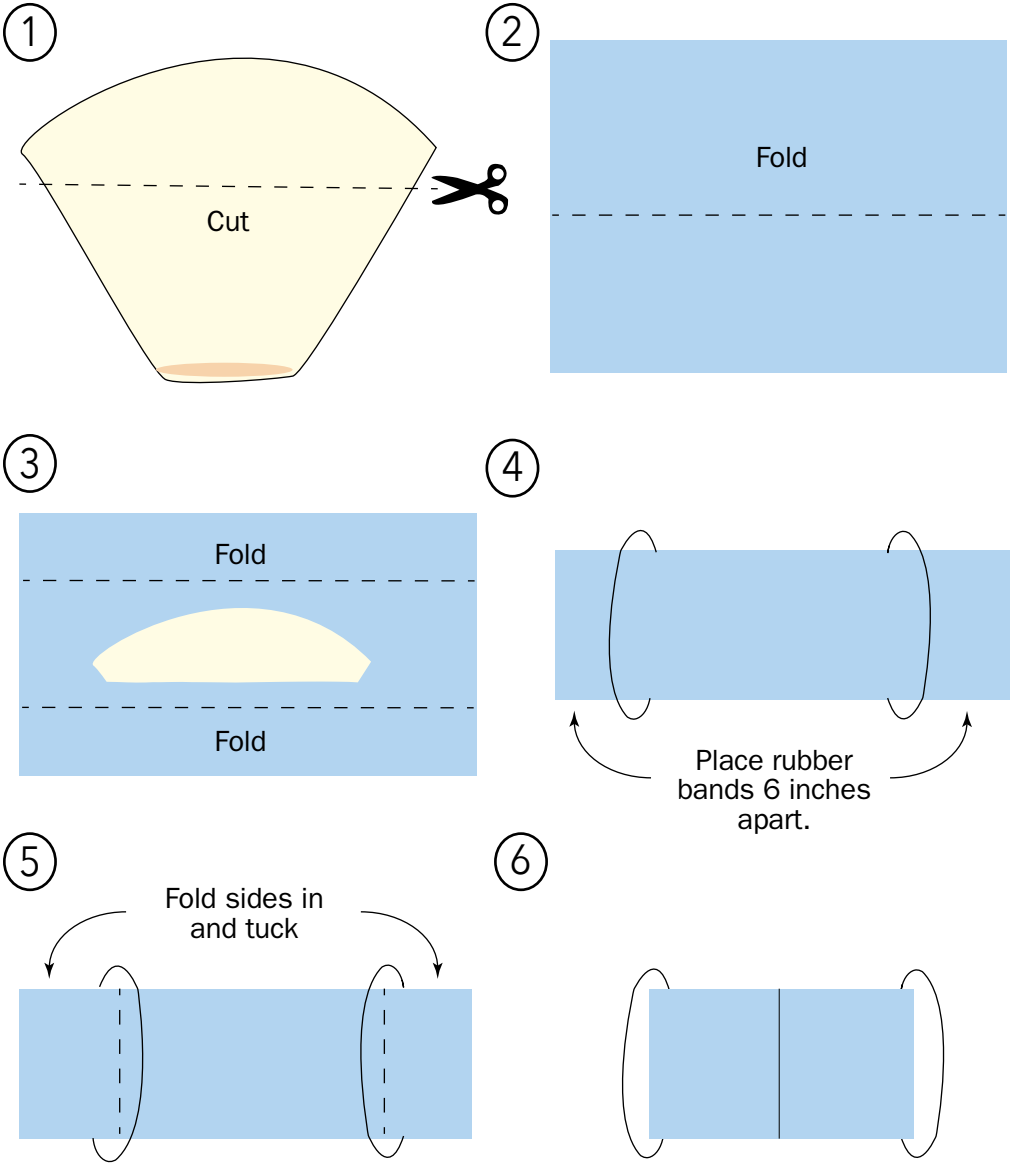
CDC recommends wearing a mask in public; here’s how you can make one at home

The Centers for Disease Control and Prevention now recommends everyone wear a mask in public spaces, but supply is low nationwide. Below are some DIY options for creating your own mask.



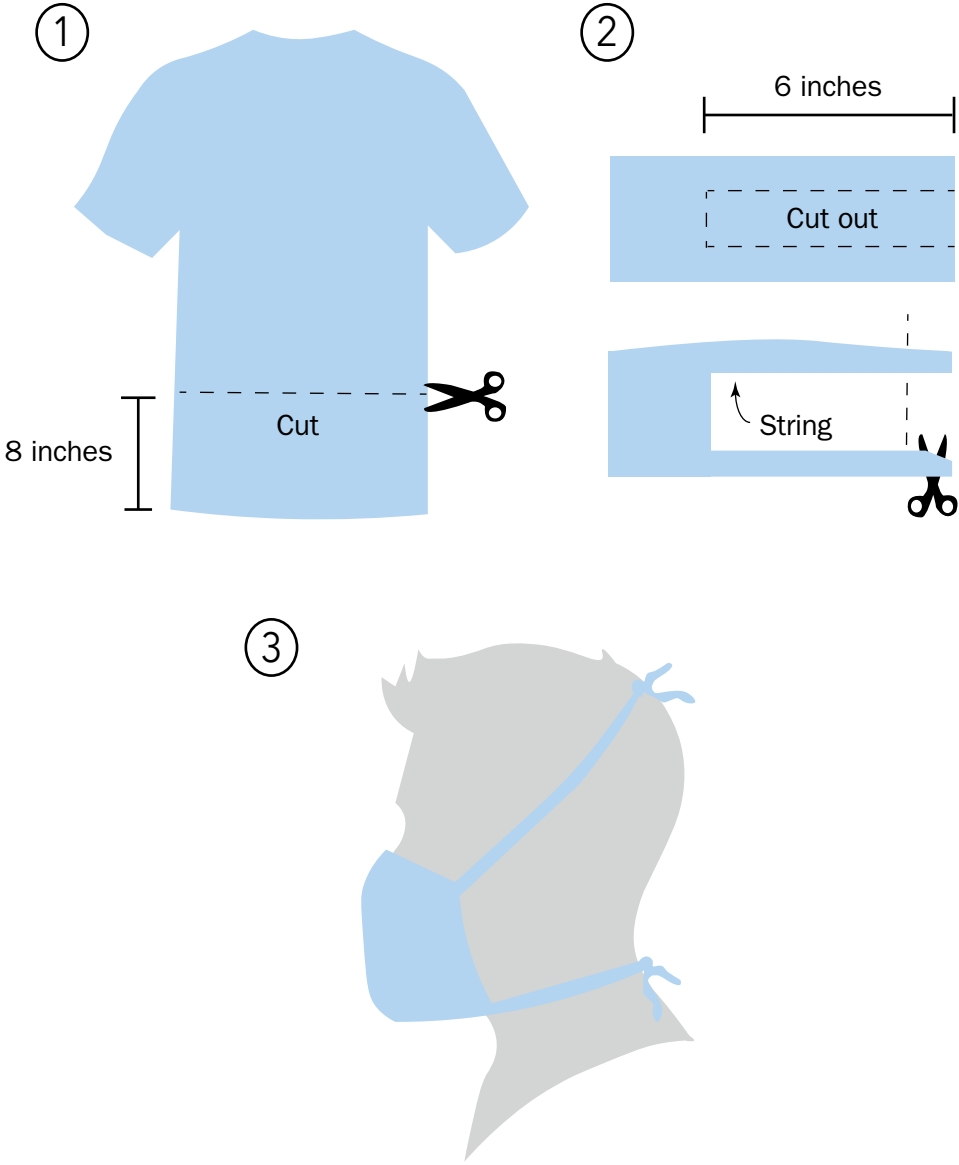
Option #2: Bandana Mask

For this DIY mask, you won't need a sewing kit. Just grab a bandana, a coffee filter and rubber bands to get started.



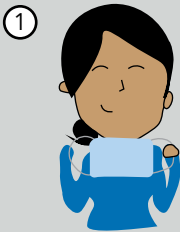
Option #3: T-Shirt Mask

For this DIY mask, all you need is an old T-shirt and a pair of scissors.



Safe mask protocol

Once you’ve made your own mask, you’ll need to know how to use it safely. Here are some recommendations from the World Health Organization on face mask protocol.



1. To make sure the mask is effective, wash your hands before putting it on.



2. Avoid touching the mask while wearing it.



3. Be sure to cover your nose and face with the mask.



4. If you need to adjust the mask, wash your hands with soap and water.