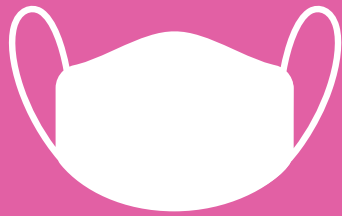


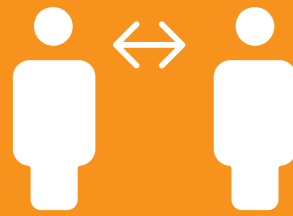
# PROTECT YOUR FAMILY AGAINST COVID-19



WASH  
HANDS



WEAR  
A MASK



KEEP  
DISTANCE



I wear  
a mask  
to keep  
my family  
healthy

Make your  
own mask

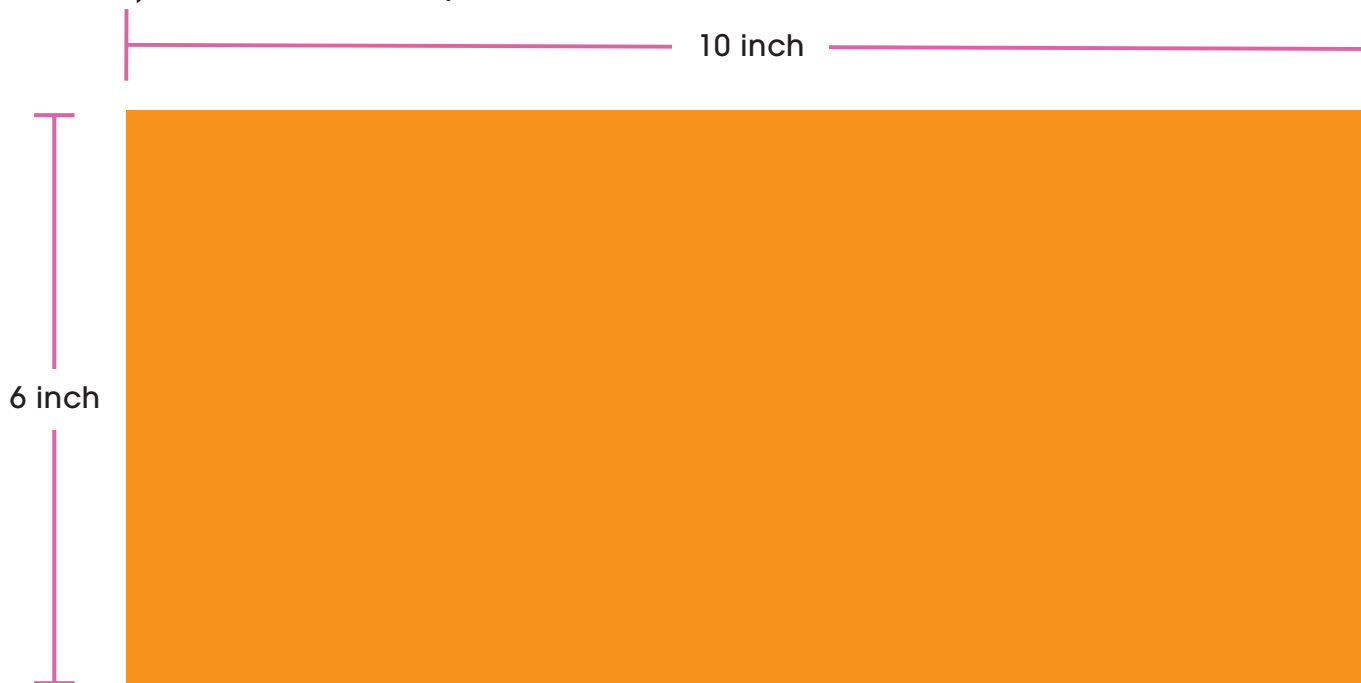


# PROTECT YOUR FAMILY FROM COVID-19 AND WEAR A MASK

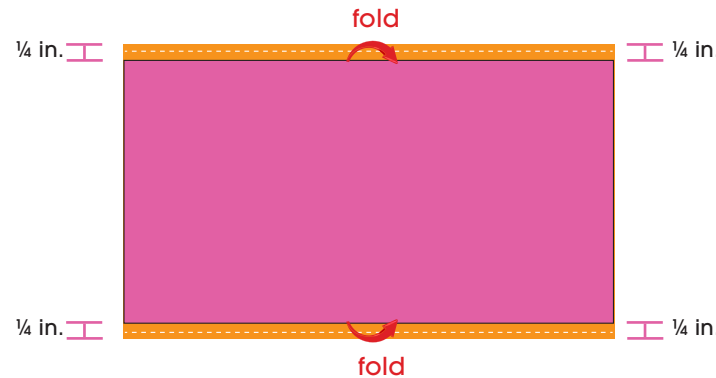
You can make your own mask to protect yourself against COVID-19

## INSTRUCTIONS

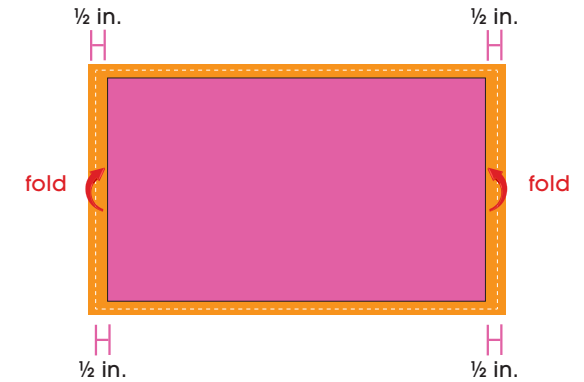
- 1 Use a piece of high density weft fabric
- 2 Wash, dry and then iron
- 3 Fold the cloth three times
- 4 Cut into squares (10 inches to 6 inches) and measure on your face



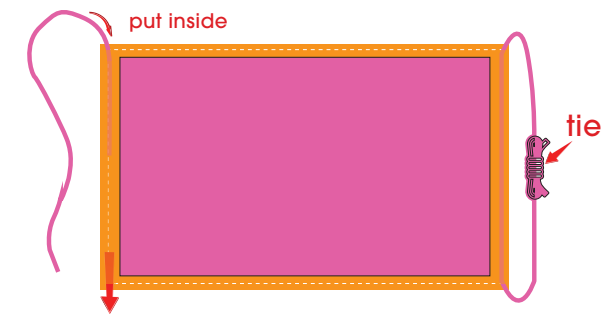
- 5 Fold the long side of all three layers together on  $\frac{1}{4}$  inch and then sew.



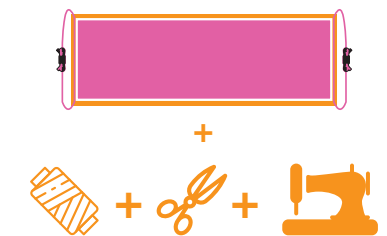
- 6 Fold the short side of all three layers on  $\frac{1}{2}$  inch and sew.



- 7 Slide a 6-inch rubber band inside the fold and tie.



- 8 You're done! Now you are ready to protect your family and community!



PLEASE WEAR A MASK!