How to make a no sew non-medical face mask or face covering

Quick Cut T-shirt Face Covering (no sew method)
Materials: T-shirt & Scissors

STEP 1
Cut 7-8 inches off the bottom of the T-shirt.

STEP 2
Cut 6-7 inches into the middle of the material to make tie strings.

STEP 3
Tie strings around neck, then over top of head.

Bandana Face Covering (no sew method)
Materials: Bandana (or square cotton cloth approximately 20” x 20”)
Rubber bands (or hair ties) & Scissors (if you are cutting your own cloth)

STEP 1
Fold bandana in half.

STEP 2
Fold top down, fold bottom up.

STEP 3
Place rubber bands or hair ties about 6 inches apart.

STEP 4
Fold side to the middle and tuck.

STEP 5
Completed.

STEP 6
Place bandana ties around ears.

Other face covering options ... Bandana, Scarf, Non-medical mask