

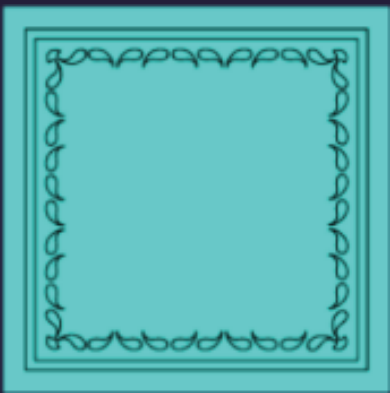
GUIDE TO NO-SEW FACE COVERING

1.

YOU NEED:

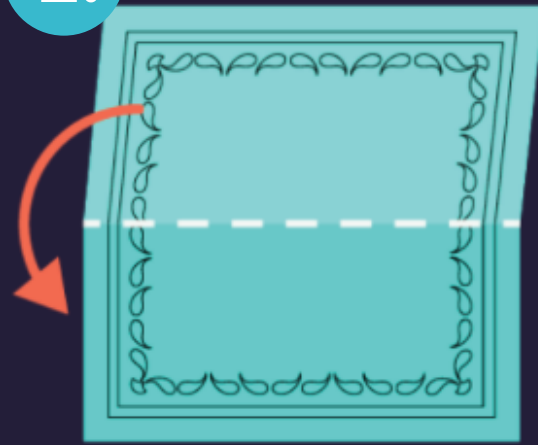
BANDANA

TWO ELASTICS



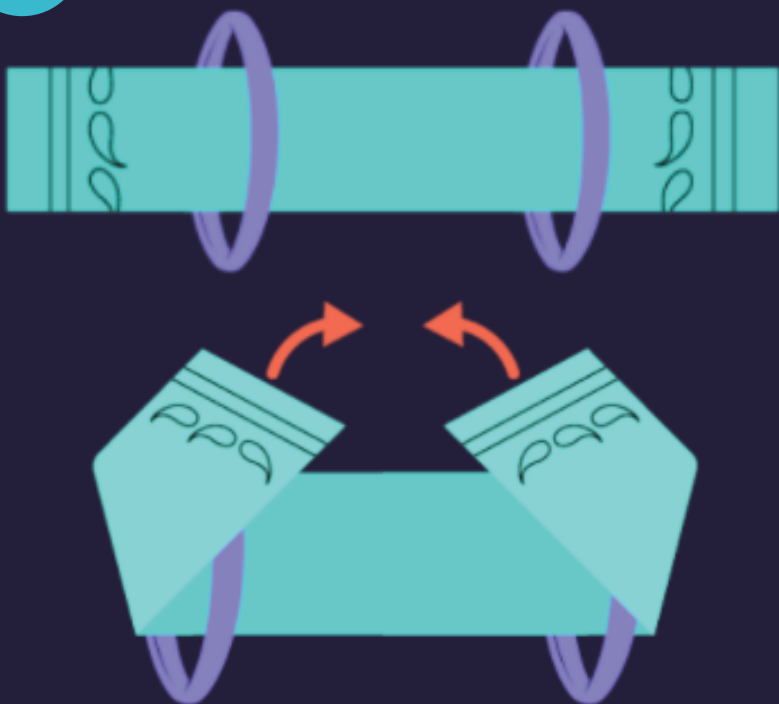
You only need three items. A bandana, or a large piece of fabric, and two elastics or stretchy hair ties.

2.



Fold the bandana or piece of fabric in half. Then, make three sections, fold the top and bottom section into the middle.

3.



Place hair ties around the bandana or folded piece of fabric, then take the sides next to the elastics and fold them inward (towards the middle).

4.



Lastly, pull the hair ties around your ears. Adjust if needed.