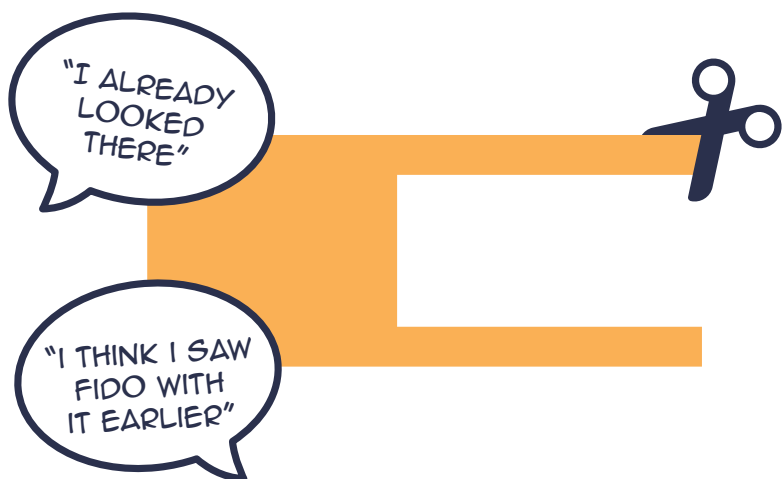
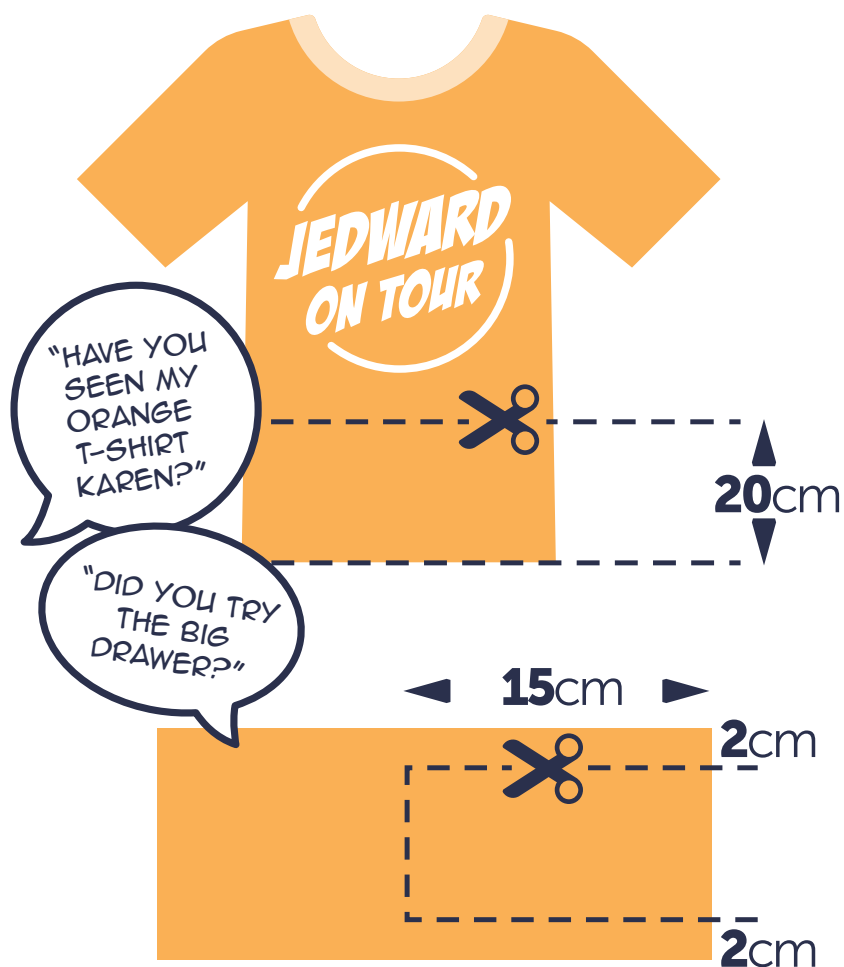
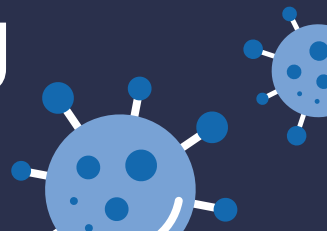


make an easy face covering from an old t-shirt



1

Get an old t-shirt, maybe a band you no longer like, or your husbands.

Cut a straight line across the width of the t-shirt (front and back) 20cm from the bottom of the t-shirt.

2

From a point 2cm below the top right-hand corner of the fabric, make a 15cm horizontal cut through both sides of the fabric that is parallel to the top of the rectangle.

3

Cut down towards the bottom of the fabric until you reach approximately 2cm above the bottom edge. From here, make another 15cm cut that runs parallel to the bottom of the fabric to make a rectangle that can be discarded.

4

To make the ties, cut open the edge of the 2 long strips of fabric. Unfold the main piece of fabric and place over the mouth and the nose. The 4 strips act as ties to hold the cloth face covering in place and should be tied behind the head and around the neck.

If husband is still looking for t-shirt, blame the kids/dog.