



Government of Assam



National Health Mission, Assam

HOW TO MAKE A HANDMADE MASK WITHOUT A SEWING MACHINE.

THINGS YOU WILL NEED:

100% cotton material or a men's cotton handkerchief and two rubber bands



STEP 1. Fold the handkerchief from one side to little above the middle of the cloth.



STEP 2. Now fold over the other edge to go above the first fold.



STEP 3. Fold this again evenly from the middle.



STEP 4. Take a rubber band and tie it on left side of the cloth.



STEP 5. Now tie the other side with another rubber band,



STEP 6. Take one edge on the side of the rubber band and fold over it. Do this for both sides.



STEP 7. Now take one fold and insert in to the other fold.

Your mask is now ready!

Ensure that it fits around your mouth and nose.

To wear it, just wrap each rubber band around your ears.