



FAMILY HEALTH CENTERS
OF SAN DIEGO

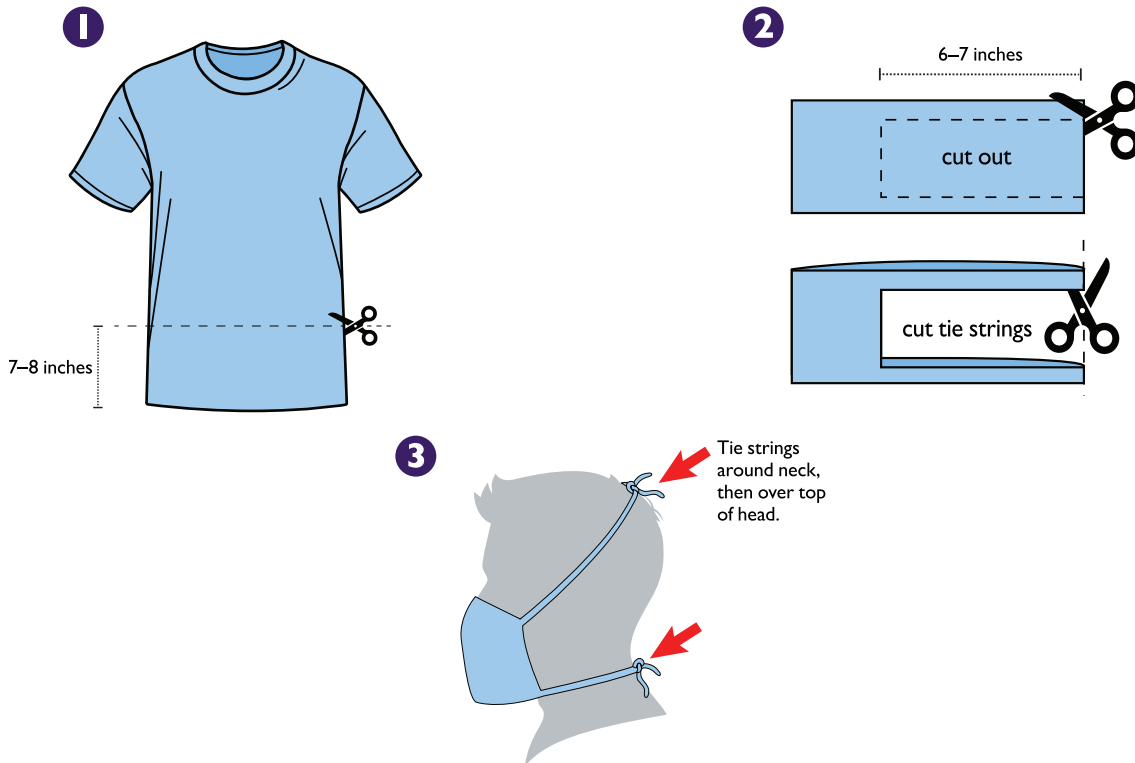
Making a Cloth Mask

Quick Cut T-shirt Cloth Face Covering (no sew method)

Tutorial

Materials

- T-shirt
- Scissors



How to Make Masks Less Scary for Children

Wearing a mask can be scary or confusing for children at first. Here's how you can make it less scary:

- Look in the mirror with the face coverings on and talk about them
- Put a face covering on their favorite stuffed animal
- Decorate the face covering
- Show your child pictures of other children wearing face coverings
- Have them draw one on their favorite character
- Practice wearing the face covering at home

Source: Centers for Disease Control and Prevention