Making a Cloth Mask

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

Materials
- T-shirt
- Scissors

Tutorial
1. Cut along the dotted line 7-8 inches from the bottom of the T-shirt.

2. Cut out a 6-7 inch section from the side of the T-shirt.
   - Cut tie strings

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

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