



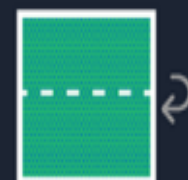
HM Government



HOW TO MAKE YOUR OWN FACE COVERING

YOU WILL NEED: A bandana and elastic bands (or hair ties)

- 1.** Fold bandana in half



- 2.** Fold top and bottom thirds into the centre



- 3.** Place elastic bands or hair ties about 15cm apart



- 4.** Fold sides into the middle and tuck



- 5.** To wear face covering, stretch bands over ears and secure over your nose and mouth



STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES