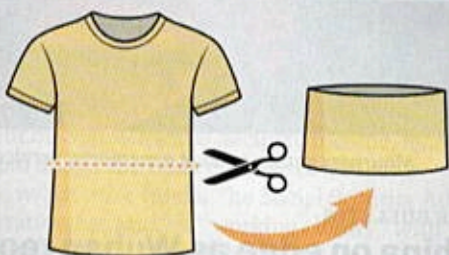


How to make a face mask from a T-shirt

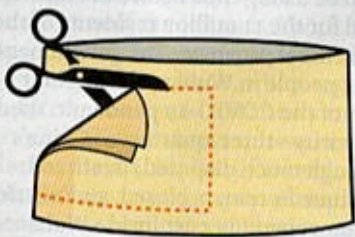
Recently updated guidelines from the Centers for Disease Control and Prevention (CDC) advise U.S. residents to cover their mouths and noses with cloth when they go out. A fabric mask is not a substitute for other preventive measures, but you can sew your own or make a version out of a T-shirt or bandanna. Here's how to make one from a T-shirt, based on CDC guidance. Visit time.com for information on other ways to make a DIY mask. —Mahita Gajanan

YOU WILL NEED: A clean, dry cotton T-shirt and a pair of scissors

▼ Cut off the bottom 7 in. of the T-shirt. The detached fabric should make a two-layered rectangle.



▼ Cut another, smaller rectangle, about 6 or 7 in. long, out of the detached fabric, in the middle of one of the short sides; don't cut the other three sides. You will be left with a two-layered C shape: the face covering and strings to the mask.



▼ Wear the mask by cutting each strip in the middle to make two sets of strings. Tie one set behind your neck and the other at the back of your head.

