

# How to Make A Mask

And Fight COVID-19

When wearing a  
cloth face covering  
be sure it:

- Fits snugly
- Is secured with ties  
or ear loops
- Contains multiple  
layers of fabric
- Allows for breathing  
without restriction
- Can be washed or  
laundered

For more information  
visit [CDC.gov](https://www.cdc.gov)

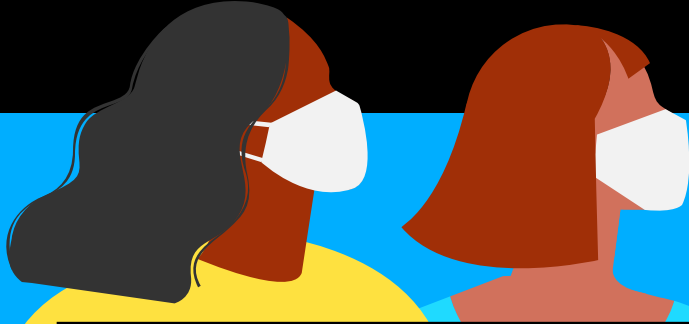


RideMETRO.org



## Bandana Cloth Face Covering (no sew method)

# WEAR A MASK FIGHT COVID-19



### MATERIALS YOU WILL NEED

- **Bandana**  
(or square cotton cloth approximately 20"x20")
- **Rubber bands**  
(or hair ties)
- **Scissors**  
(if you are cutting your own cloth)

