NON-SEWN FACE COVERING
HOW TO DIY MASK

MATERIALS

- Bandana, old t-shirt, or square cotton cloth (cut approximately 20”x20”)
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

STEP 1
Fold the bandana in half.

STEP 2
Fold top down. Fold bottom up.

STEP 3
Place rubber bands or hair ties about 6 inches apart.

STEP 4
Fold side to the middle and tuck.

STEP 5
The finished product

The Northwest Portland Area Indian Health Board
Indian Leadership for Indian Health