USE OF CLOTH FACE COVERINGS

For the latest info, visit *multco.us/covid19*.

As of April 3, 2020 the CDC recommends the use of cloth face coverings to keep coronavirus from someone's nose and mouth from spreading to other people. The CDC encourages people to use these coverings when someone needs to leave the house and cannot stay at least 6 feet away from other people.

PLEASE KNOW:

- The use of masks does not replace physical distancing.
- Children under the age of two are too young to wear cloth face coverings.

BE SUPPORTIVE:

- People wearing cloth face coverings want to prevent spreading the illness to others. Face coverings can help people who may have the coronavirus and don't feel sick yet from spreading it.
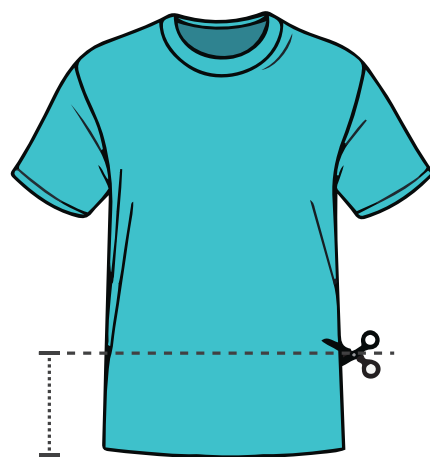
QUICK CUT T-SHIRT FACE COVER (NO SEW METHOD)
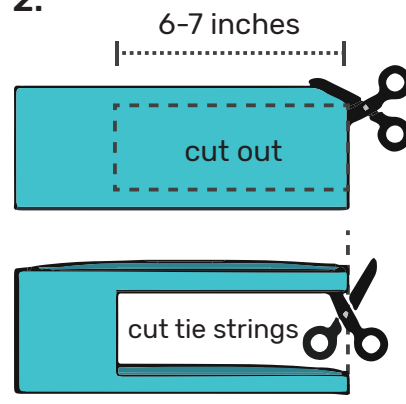
Materials:

- T-shirt
- Scissors

Tutorial:
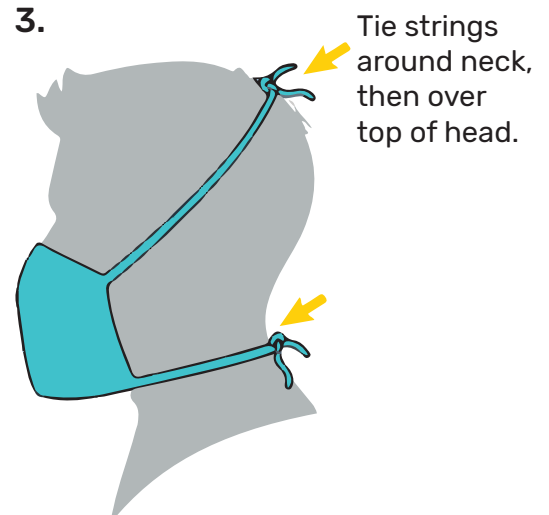
1.

7-8 inches

2.

6-7 inches

cut out

cut tie strings

3.

Tie strings around neck, then over top of head.

Multnomah County
Health Department

Materials:

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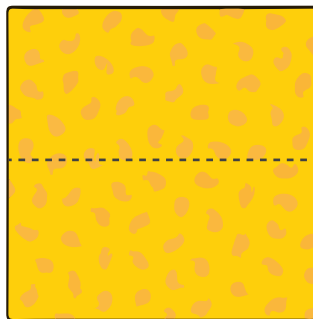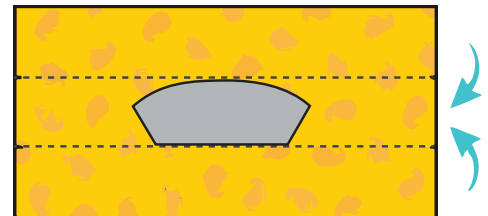- Scissors (if you are cutting your own cloth)

Tutorial:

1.
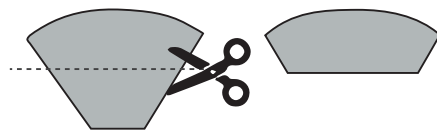
Cut coffee filter.

2.

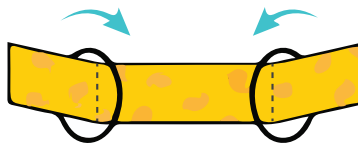**3.** Fold filter in center of folded bandana.

Fold top down. Fold bottom up.

4.

Place rubber bands or hair ties about 6 inches apart.

5.

Fold side to the middle and tuck.

6.

7.

Multnomah County
Health Department