

## DIY Old T-shirt Face Mask

### Materials:

T-Shirt (one shirt can make 4-6 masks!)

Scissors

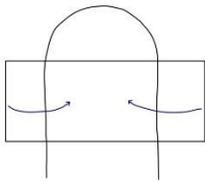
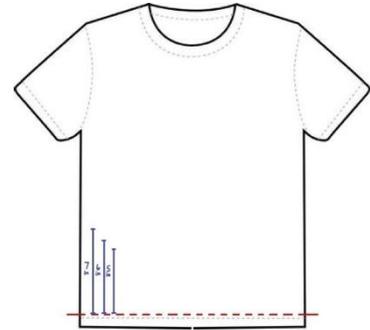
Ruler

Pen/Marker (optional)

Glue (optional)

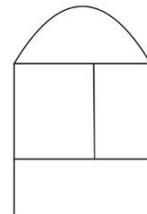
### Option 1:

1. Cut straight across the bottom of the shirt to remove seam and create a straight edge.
2. Measure from the bottom of the shirt 7 inches for male (6 inches for female or 5 inches for children); mark with a pen.
3. Cut straight across the marked line. You will have a 7 (6 or 5) inch thick strip of t-shirt.
4. Using the ruler, cut a straight edge along each end of the 7in strip of t-shirt in order to create two rectangles.
5. Cut one more strip of T-shirt about  $\frac{1}{2}$  inch thick from the original shirt.
6. Cut one end of the  $\frac{1}{2}$  inch strip, then stretch the strip into a thin string.



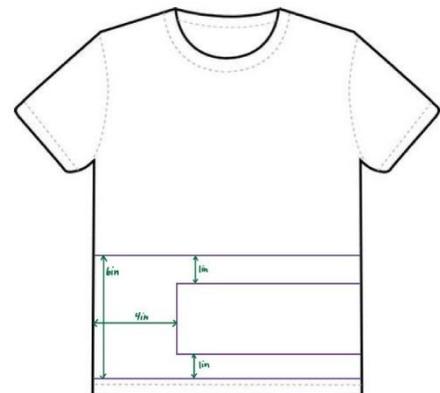
7. Take one 7-inch rectangle and lay flat. Then take your string, folded in half, and lay the two strands on top of the rectangle leaving about 3-4 inches from the string to either end. Fold over 3-4 inches of each side of the rectangle.

8. Take the loop of the string and put it over the back of the head. Use the two loose ends of string to pull the mask snug to fit the face. Tie a bow around the bottom of the head. Adjust at the nose and chin to ensure you are safely covered.



### Option 2:

1. Measure 6 inches from the bottom of the shirt; mark with pen.
2. From one side, measure 4 inches in; mark with pen.
3. From the other side, cut a 1-inch strip across the bottom of the shirt until you reach the 4-inch mark.
4. Measure 4 inches above the first 1-inch strip and cut across until you reach the 4-inch mark.
5. Now cut all the way across along the 6 inch mark you made in step 1.
6. Cut along the 4-inch mark between the 1-inch strips.
7. Cut the ends of the two 1-inch strips. This will give you the four strings to tie your mask on.
8. Take your mask and tie the top strings above your ears and behind your head. Then tie the bottom strings below your ears, around the bottom of your head. Adjust the mask as needed to cover your nose and chin.



**Option 3:**

1. Cut along the seam of the sleeve of the T-shirt.
2. Lay sleeve flat with the underarm seam side up.
3. Cut a 1-inch strip from the bottom of the shirt. Cut one end and stretch it into a thin string
4. Fold the string in half. Thread folded end through the sleeve. Make a loop at the top and move the strings to either side of the sleeve.
5. Put the top loop around the top of your head. Take the bottom strings and pull to tighten, making the mask snug to the face. Tie a bow with the bottom strings around the back of the head. Adjust mask as needed to cover your nose and chin.

\*Take a picture of you making the mask or of the final product and post to Instagram or Facebook. Tag with #RVUSUFallHealthFair to be entered into the prize drawing. You can also email to [marketing@rvu.edu](mailto:marketing@rvu.edu), if you prefer.