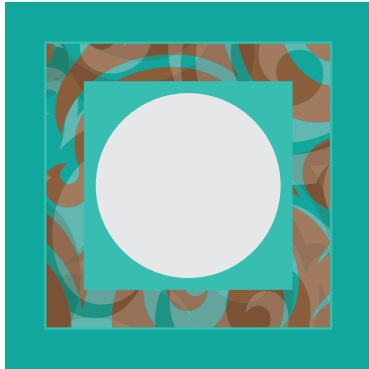
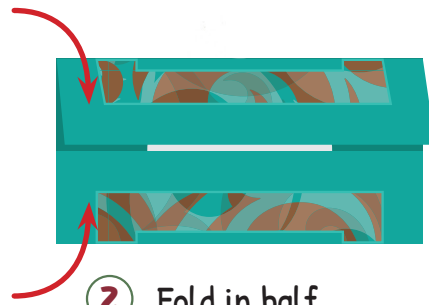


MAKE A FACE MASK

In a pandemic social distancing, handwashing and mask wearing are the best methods for preventing the spread of any diseases. The instructions below show you how to make a facemask without needing to sew anything. We have included a coffee filter paper which is optional.



- ① Spread out a square of fabric and place filter in the middle.



- ② Fold in half



- ③ Fold again.



- ④ Add Elastics



- ⑤ Fold in the ends



- ⑥ Wear

PDHPE- ACPPS018 - Recognise situations and opportunities to promote health, safety and wellbeing.

