

## How to make a DIY face mask without a sewing machine:

We consulted Amanda Perna, Project Runway alum and fashion designer behind House of Perna, who has been donating homemade face masks to hospitals after having to close her studio during the coronavirus outbreak. Here is Amanda's **quick and easy tutorial for making a no-sew face mask at home** without having to buy new supplies:

- 1) Lay out a bandana or cut a 22"x 22" square of cotton fabric
- 2) Place a flat coffee filter in the center of the square (*optional*)
- 3) Fold the top and bottom in towards the center
- 4) Place a twist tie, paper clip, or other metal piece close to the top (*optional*)
- 5) Fold the top and bottom in towards the center
- 6) Fold the sides in towards the center, placing your ties at the folded crease. If you're using rubber bands or hair ties, loop these around the fabric. If you're using shoelaces or string, place the center of the string in the folded crease and pull the straps tight
- 7) Tuck one end of the fabric into the other
- 8) Lift the mask to your face and secure the straps. For hair ties and rubber bands, loop them over each ear. For shoelaces and string, tie them behind your head
- 9) Adjust as needed, making sure your mouth and nose are completely covered

A video of how to make this can be found by clicking the link below.

<https://www.goodhousekeeping.com/health/a32084240/how-to-make-no-sew-homemade-face-masks/>