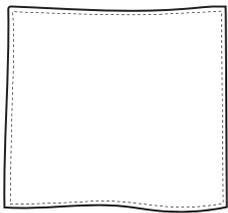
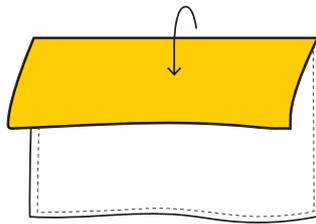


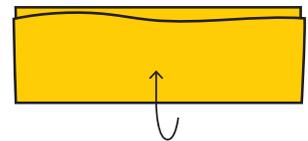
# How to make your own face covering



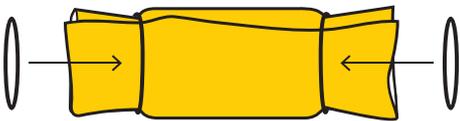
Grab a handkerchief or square piece of cotton fabric.



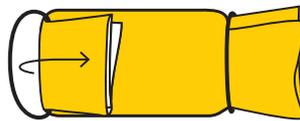
Fold the handkerchief from the top inwards.



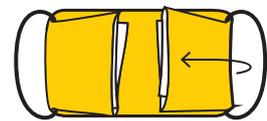
Then fold from the bottom inwards to form 3 layers of thickness.



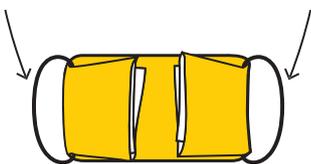
Loop two hair ties or elastic bands over the ends.



Fold the outer edge inwards.



On both sides.



Pick up your face covering using the bands.



Now loop over each ear, one at time, with the folded side touching your face.

For updates and more information on staying safe, visit [Covid19.govt.nz](https://www.covid19.govt.nz)

[New Zealand Government](https://www.govt.nz)

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