

How to make a 3 layer face covering

Non-medical face coverings are recommended for members of the public in enclosed spaces where it is difficult to maintain a 2m distance from others, e.g. on public transport or in shops.

When complete it should form **3 layers** of the same close knit, or close woven material such as cotton from a t-shirt or pillowcase.

Material from a handkerchief, silk or nylon tights will not be effective.

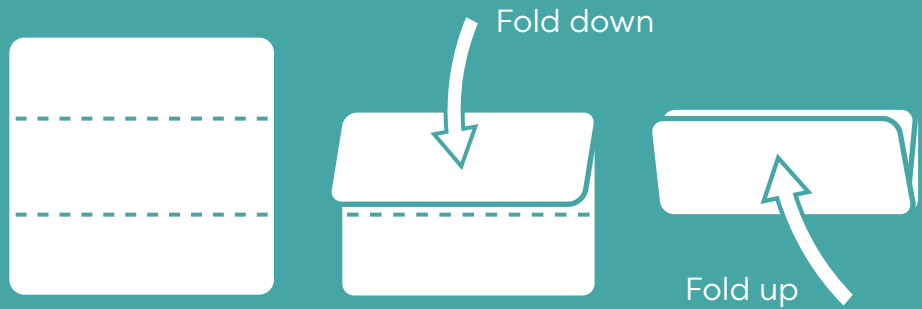
You will need:

- 2 x elastic bands / hair ties
- A piece of material 40-50cm square (2.5cm = 1 inch)

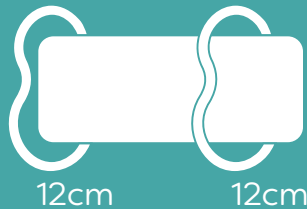


Before you start - wash your hands

Lay the material flat. Fold the top third down, fold the bottom third up to create 3 layers.



Thread through two elastic bands, approximately 12cm in from each side.



Fold each side to meet in the middle.

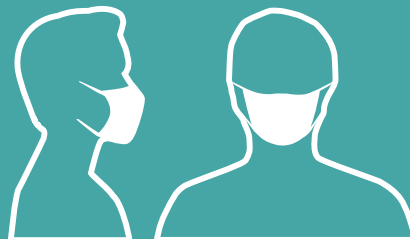


Place the bands over your ears to attach the covering to your face.

Avoid touching your face when wearing the face covering.

Do not touch the material when removing.

After removing, store in a plastic bag before washing, then wash your hands.



- Do not share face coverings
- Wash after each use
- Dispose of carefully

Together we'll keep Wales safe

For further information:

<https://gov.wales/face-coverings-frequently-asked-questions>

