

FREE

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PLATINUM
Jou Gratis Gemeenskapskoerant | Your Free Community Newspaper

15 MAY 2020

BUSHVELDER

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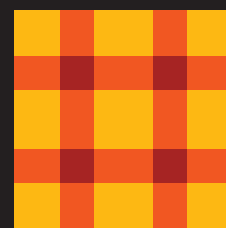


**NO SEWING
MACHINE....**

**HOW TO MAKE YOUR
OWN FACE MASK**

**FIRSTLY, YOU
WILL NEED:**

A square cloth and two elastic or
rubber bands.



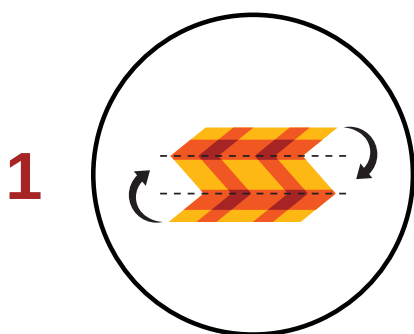
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Chanté Mulder
wearing her no-
sew mask.

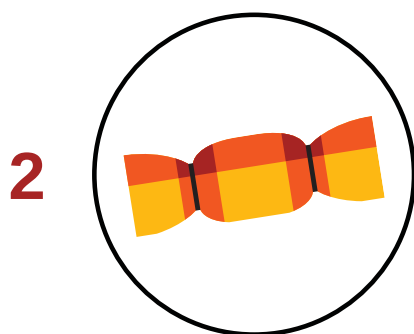


**NO
PROBLEM!**

NOW FOLLOW THESE EASY STEPS:



1
Fold the cloth into three equal
layers.



2
Slide each of the rubber bands onto the
cloth but make sure there is enough
space between the rubber bands for
your face.



3
Fold the outer edges towards each other
and tuck one onto the other.



4
Put the mask on with the tucked-in edges
facing inward. Make sure your mouth and
nose are covered and pull the rubber bands
over your ears. Now go out into the world and
face it with confidence in your home-made
mask. If you remove the mask, make sure
that you unhook the rubber bands without
touching the cloth. Your mask should also be
washed every time before you use it.

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Thabazimbi – People all over the country are
uniting in the fight against COVID-19 (the new
coronavirus). One of the best ways you can
protect yourself and those around you is to wear
a face mask.
There is no shortage of patterns to make your
own, but not everyone is lucky enough to own a
sewing machine. Follow these easy steps to make
your own sew-free, three-layer mask.



1
**COVER YOUR
MOUTH AND NOSE**
ALWAYS WEAR YOUR
FACEMASK



2
**AVOID CLOSE
CONTACT**
ADHERE TO SOCIAL
DISTANCING OF AT
LEAST 1M



3
**CLEAN AND
DISINFECT**
WASH OR SANITISE
YOUR HANDS
FREQUENTLY