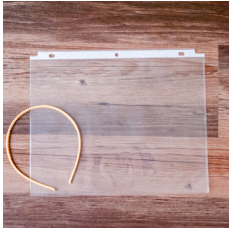


claire's **DIY**

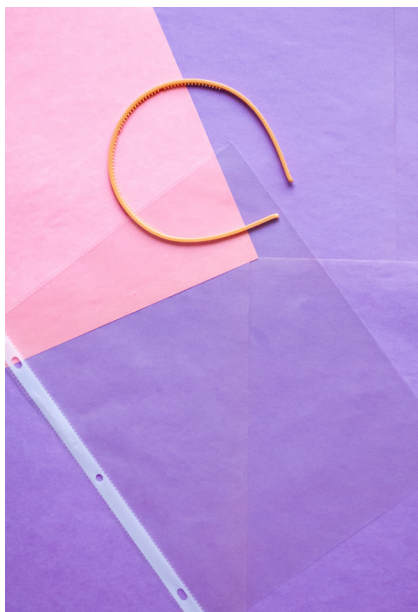
Headband Shield



SUPPLIES

skinny headband
plastic project divider

No bandanas? No problem! Follow these super easy instructions to make a face shield using household supplies and a thin headband.



Step 1. Grab your fave skinny headband and a plastic project divider.



Step 2. Carefully slide the headband through the margin side of the plastic sleeve.



Step 3. Wear it over your forehead so the divider does not touch your face.

NOTE: This tutorial is not meant to replace medical grade face masks... just a helpful reminder to not touch your face!



The US Centers for Disease Control and Prevention (CDC) recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.