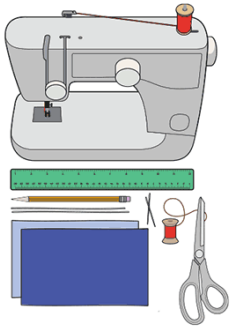


Sewn Cloth Face Covering/Tolidda Maro Wejiga Daboosha



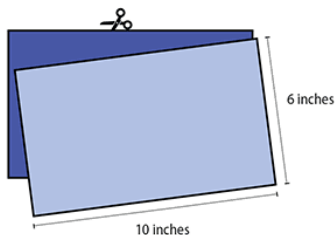
Materials/Qakabka

- Two 10"x6" rectangles of cotton fabric
 - Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
 - Needle and thread (or bobby pin)
 - Scissors
 - Sewing machine
-
- Laba 10 "x6" afargeesood oo ah maro suuf ama dhogor laga sameeyay
 - Laba 6 "xabbadood oo laastikada (ama xargaha caagga ah, xargaha cadiga ah, ama mid maro ah, ama xargaha timaha isku xirxiran)
 - Cirbado iyo dunta
 - Maqas
 - Mashiinka tolidda

Tutorial/Barashada Cashirka

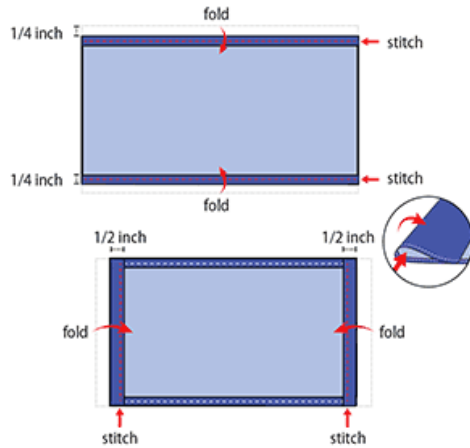
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.

1. Jar laba geesood 10-by-lix inji ah maro afar gees leh. Adeegso suuf adag, sida dharka wax lagu dolo ama go'yaal cudbi/suuf ah. Dharka funaanadaha laka sameeyo ayaa ka shaqeyn doona si jajab leh. Isa saar labada afarta gees leh; Waxaad u toli doontaa maaskiga sidii haddii ay tahey hal gabal oo maro ah.



2. Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.

2. Isku laab dhinacyada dhaadheer $\frac{1}{4}$ inji iyo si dhudhun ah. Kadib isku laabo laab maryaha si aan ka badneyn $\frac{1}{2}$ inji dhinacyada gaaban, oo isku dheji ama isku tol hoos.

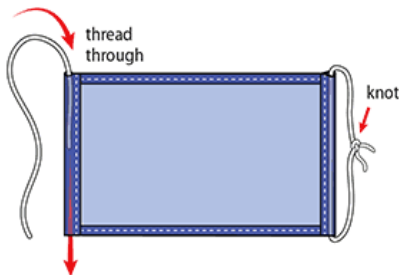


3. Run a 6-inch length of $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight.

Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.

3. Tol dhererka uu yahay 6-inji oo ah $\frac{1}{8}$ -inji oo ballaarkiisa ballac dhinac kasta oo maaskiga ah. Kuwani waa dhudhunka dhegaha. U isticmaal irbada u weyn ama pinada tinta lagu xajiyo, si aad ugu xajisid. U xir cidhifyada si adag.

Ha noqdo mid laastikdada usan dibcin? Istimmaal qalabka lagu xajiyo timaha ama xargaha madaxa la gashado ee lastiika. Hadaad xarig kaliya heyso, waxaad sameyn kartaa xariga dheer, oo ka xir maska madaxa gadaashiisa.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.

4. Si tartiib ah u jiid laastikada si ay grabaka xairga u galo gudaha dhuuxa tolinda. Ururi dhinacyada maaskiga ee lastiika leh, oo hagaaji su wajigaaga maaska ugu habboonaado. Ka dibna si sax ah u tol laastiika si ayna usii siiban ama u baxsan.

