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**Interfaith Health Program**  
Hubert Department of Global Health



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*Developed on 14 April 2020 | Updated on 21 April 2020*

*NOTE: This is an interim guidance document, representing sound public health practice and information as it is currently available. It will be updated any time any new guidance is released on this topic.*

1. **English >**
2. **Kiswahili >**
3. **French >**
4. **Amharic >**
5. **Portuguese >**
6. **Afaan Oromo >**
7. **Isi-zulu >**
8. **Sesotho >**
9. **Bengali**

### **How these guidelines reflect faithful Christian practice:**

A cloth mask can help limit the spread of the virus from someone who is infected and may not know they have the coronavirus. Therefore, wearing a mask is an act of compassion and care to those you meet. Since Christians believe that life is sacred because every person is made in the image of God, the decision to wear a mask demonstrates a sacred concern for other people. Remember: “My mask protects you; your mask protects me.”

This resource sheet provides simple instructions for creating a cloth mask without sewing using cloth material and rubber bands or elastic commonly available at home. The instructions consist of ten simple steps. On the following pages, you will find these instructions in English, Kiswahili, French, Amharic, Portuguese, Afaan Oromo, Isi-zulu, Sesotho, and Bengali.

Currently, many countries have instituted guidance encouraging all people to wear masks when in public and instructing anyone displaying symptoms of COVID-19 infection to wear a mask at all times.

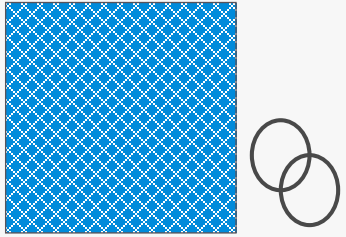
At this time, there is some evidence that wearing a cloth mask can help prevent the spread of the virus from those who are infected by limiting the number of viral particles they exhale into the air through breathing, coughing, or talking. Cloth masks are not shown to be effective at screening out viral particles in the air for a person wearing a mask. The general message is this: “My mask protects you; your mask protects me.”

A cloth mask is not as effective as the filtration masks worn by medical providers. These medical masks should be reserved for use by medical providers or for use to prevent spread for those infected.

This document will be adapted to reflect any new data or evidence as it becomes available. It will also be updated with additional translations as they are completed.

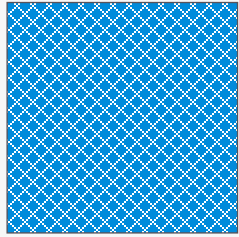


# How to Make a No-Sew Mask



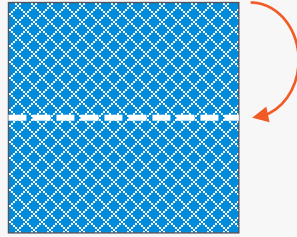
## Materials

1. Piece of cloth (about 45x45 cm)
2. Two rubber bands



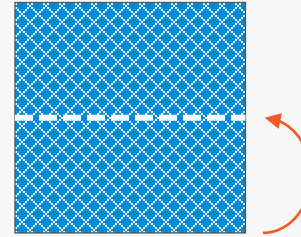
## Step 1:

Place cloth flat on table.



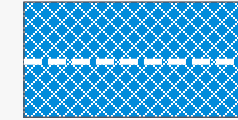
## Step 2:

Fold top edge of cloth down to center.



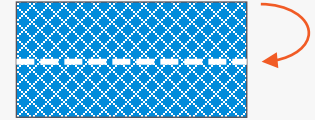
## Step 3:

Fold bottom edge of cloth up to center.



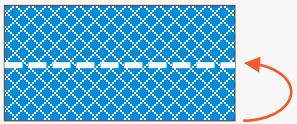
## Step 4:

Flip cloth over



## Step 5:

Again, fold top edge of cloth down to center.



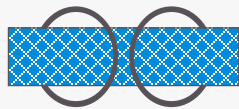
## Step 6:

Again, fold bottom edge of cloth up to center.



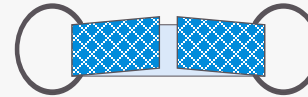
## Step 7:

Flip cloth over.



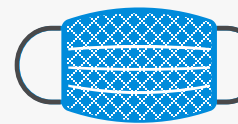
## Step 8:

Thread the ends of the cloth through the rubber bands.



## Step 9:

Fold over the outer sides of the cloth.



## Step 10:

Turn mask over.



## Final

**YOU HAVE MADE A NO-SEW MASK!**



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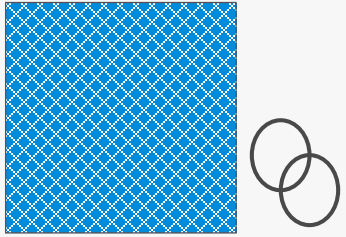
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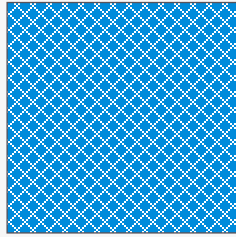
# Jinsi Ya Kutengeneza Barakoa Bila Kushona

Translated into Kiswahili by Esther Mombo, St. Paul's University, Limuru, Kenya



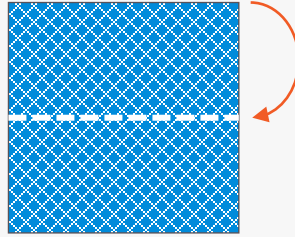
## Materials

1. Kitambaa cha mraba (about 45x45 cm)
2. Bendi mbili za mpira



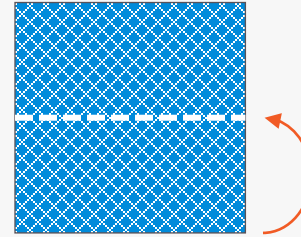
1

Weka kitambaa kwenye meza.



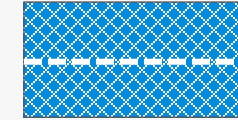
2

Unja kitambaa chini hadi katikati.



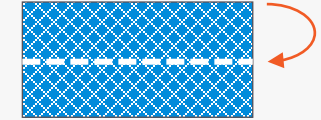
3

Kunja kitambaa juu hadi katikati.



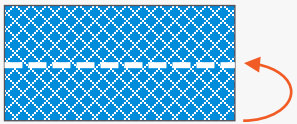
4

Geuza kitambaa juu.



5

Tena kunja kitambaa chini hadi katikati.



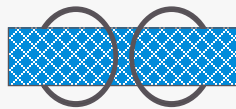
6

Kunja makali ya chini ya kitambaa hadi katikati



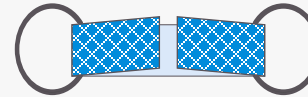
7

Geuza kitambaa juu.



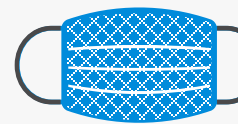
8

Shika mwisho wa kitambaa kupitia bendi za mpira.



9

Kunja juu kuelekea katikati.



10

Geuza barakoa juu.



Mwisho

Unetengenza barakoa!



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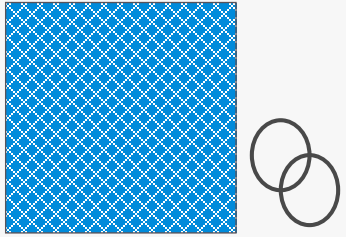
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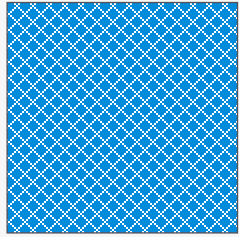
# Fabriquer un masque de protection artisanal sans machine à coudre

Translated into French by Ahoua Kone, Interfaith Health Program, Emory University, Atlanta USA



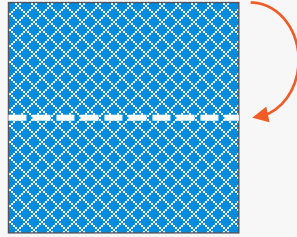
## Matériel:

1. Pièce du tissu (environ 45cm x 45cm)
2. 2 bandes élastiques



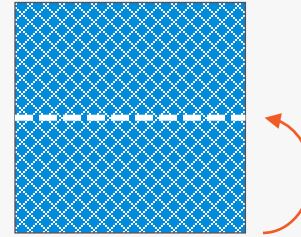
1

Placer le tissu à plat sur une table.



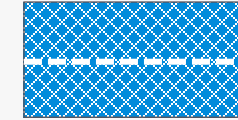
2

Plier le bord supérieur vers le centre du tissu.



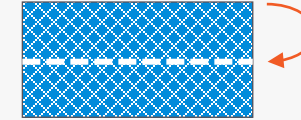
3

Plier le bord inférieur vers le centre du tissu.



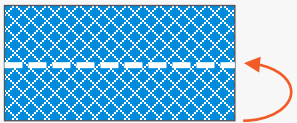
4

Renverser le tissu.



5

Replier le bord supérieur vers le centre du tissu.



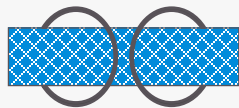
6

Replier le bord inférieur vers le centre du tissu



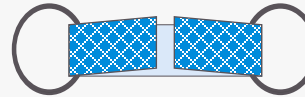
7

Renverser le tissu.



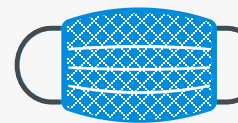
8

Enfiler deux élastiques.



9

Replier et emboîter les côtés externes du tissu.



10

Retourner le masque.



Final

Le masque est prêt à être porté



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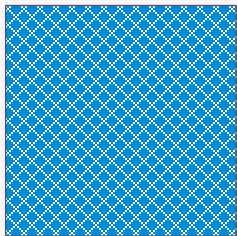
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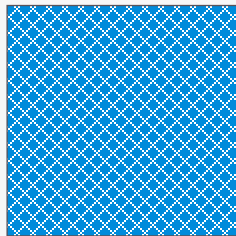
# ስፌት የማያስፈልገው የፊት መሸፈኛ ማስክ አዘገጃጀት

Translated into Amharic by Simegn Tadesse, Child Health and Mortality Prevention Surveillance (CHAMPS), Harar, Ethiopia



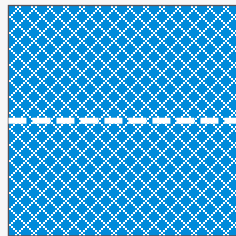
## አስፈላጊ ግብዓቶች

1. ጨርቅ (ስፋቱ 45×45 ሳ.ሜ)
2. የብር ላስቲክ ሁለት



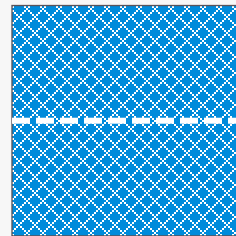
1

ጨርቁን በጠረጴዛ ላይ መዘርጋት



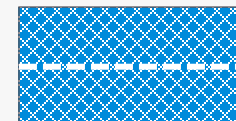
2

ጨርቁን ከላይኛውም ጫፍ ወደ መሃል ማጠፍ



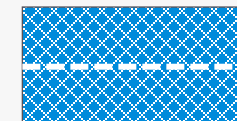
3

የታችኛውን ጫፍ ወደላይ ወደመሃል ማጠፍ



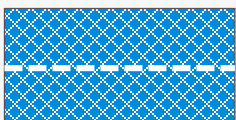
4

ጨርቁን መገልበጥ



5

እንደገና የላይኛውን እጥፍ ወደታች ወደመሃል ማጠፍ



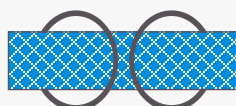
6

የታችኛውንም እጥፍ ወደላይ ወደመሃል እንደገና ማጠፍ



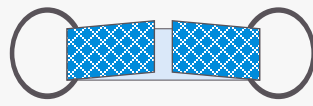
7

ጨርቁን መገልበጥ



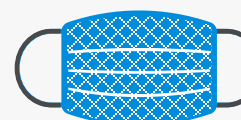
8

የጨርቁን ሁለቱን ጫፎች በብር ላስቲኮች መሸበብ



9

የጨርቁን ውጫኛ ክፍሎች መገልበጥ



10

ማስኩን መገልበጥ



Final

አሁን በማሽን ያልተሰፋ የፊት መሸፈኛ ማዘጋጀት ችለዋል!



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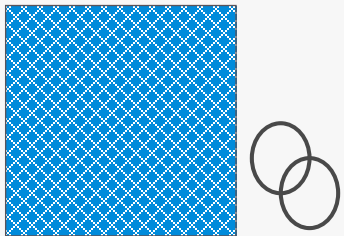
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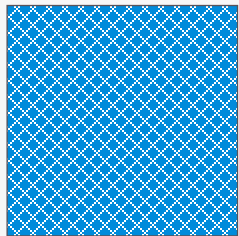
# Como Fazer um Mascara Sem Costura

Translated into Portuguese by Saquina Cossa, Centro de Investigação em Saúde de Manhica (CISM), Maputo, Mozambique



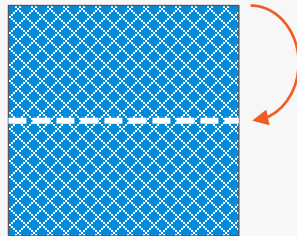
## Materiais:

1. Peça de pano (cerca de 45x45 cm)
2. Dois elásticos



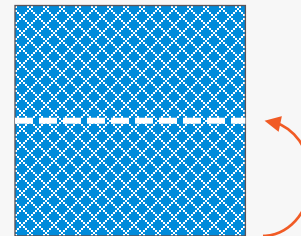
1

Coloque o pano na mesa.



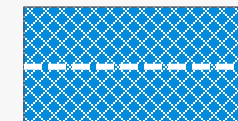
2

Dobre a borda superior do pano para o centro.



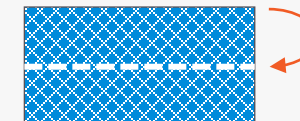
3

Dobre a borda inferior do pano até o centro.



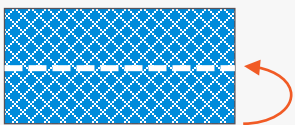
4

Vire o pano.



5

Novamente, dobre a borda superior do pano para o centro.



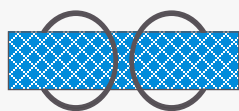
6

Novamente, dobre a borda inferior do pano até o centro.



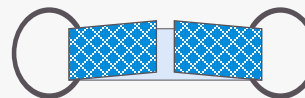
7

Vire o pano.



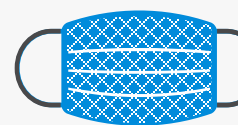
8

Passes as extremidades do pano pelas faixas de borracha.



9

Dobre as laterais externas do pano.



10

Vire a máscara.



Final

VOCÊ FEZ UMA MÁSCARA SEM COSTURA!



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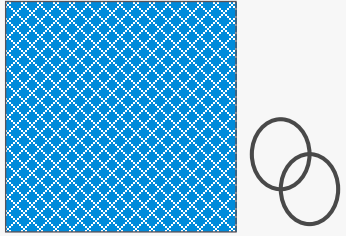
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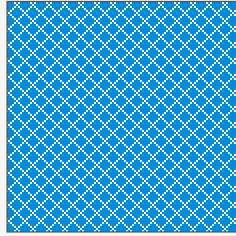
# Gulantaa haguugduu fuula namaa ittiin qopheessan

Translated into Afaan Oromo by Getahun Wakwaya, Child Health and Mortality Prevention Surveillance (CHAMPS), Harar, Ethiopia



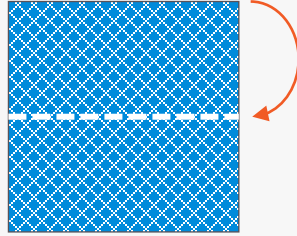
**Galteewwan barbaachisaan:**

1. Huccuu (Bal'ina 45x45cm)
2. Laastika qabduu maallaqaa lama



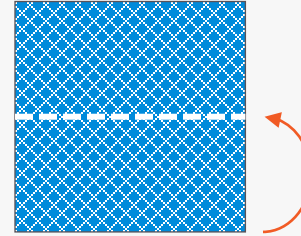
**1**

Huccuu sana teessoo/ xaa'ulaa irra bal'isuu



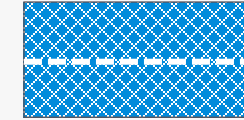
**2**

Huccuu sana qarqara gara olii irraa gara walakkaatti dachaasuu



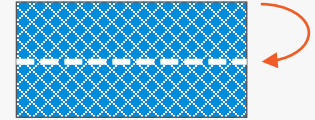
**3**

Akkasumas, qarqara Huccuu gara gadii qabuun gara walakkaa oliitti dachaasuu



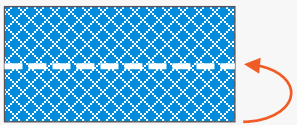
**4**

Huccuu dacha'e Sana garagalchuu



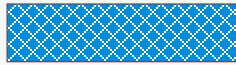
**5**

Irra deebi'uudhaan isa gara oliitti dachaafame Sana walakkaa gara gadiitti dachaasuu



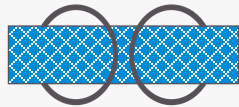
**6**

Kan gara gadii dacha'ee jiru sanas gara walakkaa oliitti dachaasuu



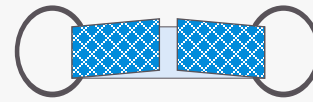
**7**

Huccuu Sana gara galchuu



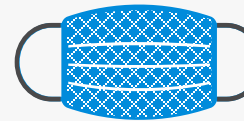
**8**

Huccuu Sana qarqara gama lamaanii laastika qabduu birrii sanaan kottoonfachiisuu



**9**

Huccuu hodhame Sana kutaa ala isaa garagalchuu



**10**

Amma haguuggii fuulaa maashina malee hodhame tolfachuu dandeessan



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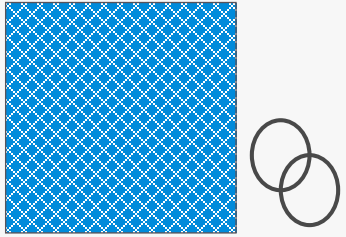
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COVID-19 Resources for Faith Communities



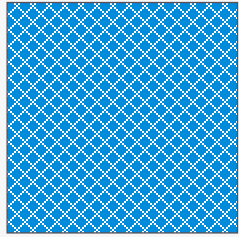
# Ungayenza kanjani imaski e ngatungangwa

Translation from English to Isi-zulu provided by staff from the Child Health and Mortality Prevention Surveillance Program (CHAMPS), Baragwanath Hospital, Soeweto, Johannesburg, South Africa



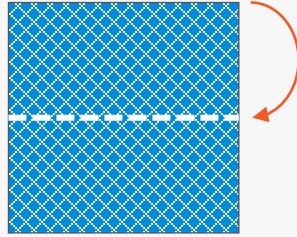
## Izinto zokwakha:

1. Ucezu lwendwango [ciske u-45x45cm]2. Amabhande amabili enjoloba.



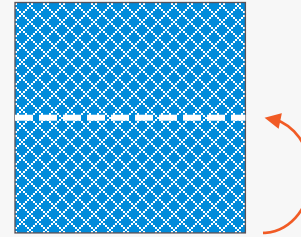
1

Beka indwango phezu kwetafula.



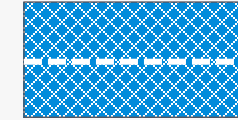
2

Goqa indwango phezulu u ku ya enkabeni.



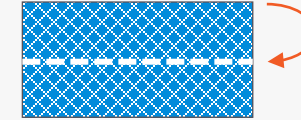
3

Goqa indwango phansi u ku ya enkabeni.



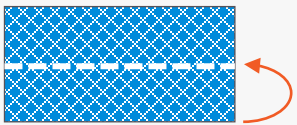
4

Phendula indwango



5

Phinda ugoqe phezulu indwango u kuya enkabeni



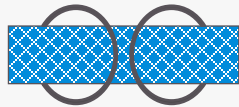
6

Phinda ugoqe unqumba lwendwanganu uze ufike enkabeni.



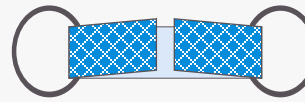
7

Phendula indwangu.



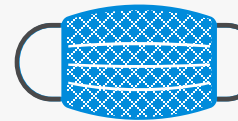
8

Bopha indwango ephedulelwe emaphethweleni nge njoloba.



9

Goqa izinhlangothi zangaphandle zendwango zombili.



10

Phendula imaski



Uyenze imaski e ngatungangwa



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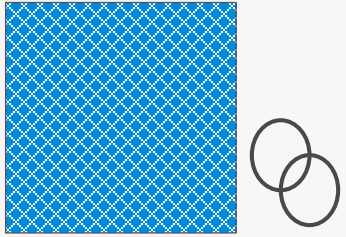
COVID-19 Resources for Faith Communities





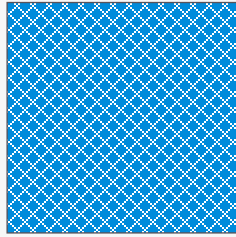
# Mokgwa wa ho etsa mask o sa rokiwang

Translation from English to SeSotho provided by staff from the Child Health and Mortality Prevention Surveillance Program (CHAMPS), Baragwanath Hospital, Soeweto, Johannesburg, South Africa



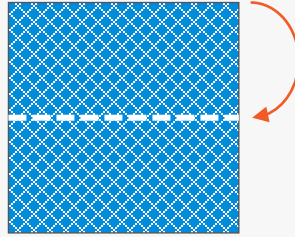
**Masela:**

1. Leselanyana la lesela [le ka bang 45x45cm]
2. Dihlopha tse pedi tsa di rabara



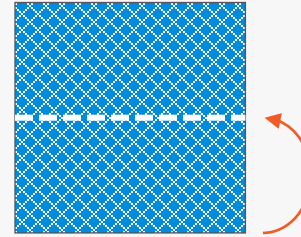
**1**

Beha masela ka hodimo tafole.



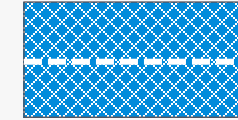
**2**

Mena lesela ka hodimo hoya bohareng.



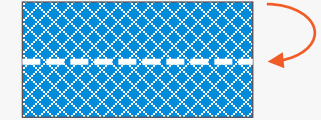
**3**

Mena lesela ka tlase hoya bohareng.



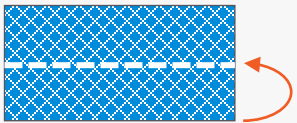
**4**

Fetola lesela.



**5**

Mena hape lesela ka hodimo hoya bohareng.



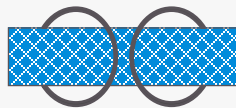
**6**

Mena hape lesela katlase hoya bohareng



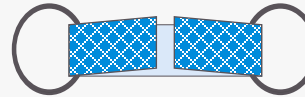
**7**

Fetola lesela.



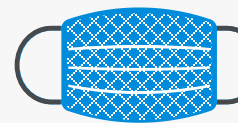
**8**

Bofa lesela lefetotsweng matlhakore ka rabara



**9**

Mena dintlha tse pedi tsa lesela.



**10**

Fetola mask.



U entse mask osa rokiwang



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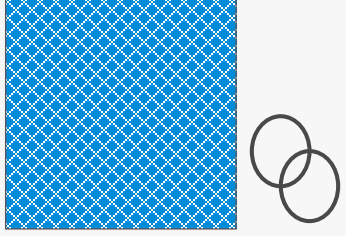
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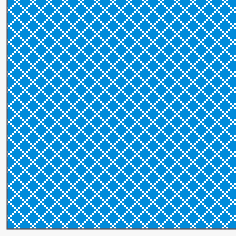


# কীভাবে নন-সেলাই করা মাস্ক তৈরি করবেন



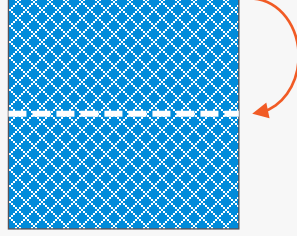
উপকরণ

৪৫ সেমি. X ৪৫ সেমি. অথবা ১.৫ ফুট X ১.৫ ফুট একটি কাপড়ের টুকরা  
২ টি রাবার ব্যান্ড



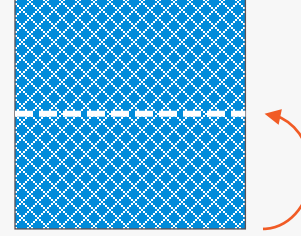
ধাপ-১

কাপড়ের টুকরাটি সমান করে একটি টেবিলের উপর রাখুন



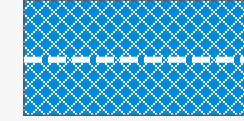
ধাপ-২

কাপড়টি উপর দিক থেকে মাঝ পর্যন্ত ভাজ করুন



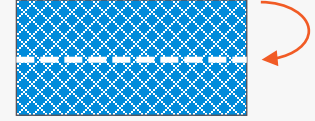
ধাপ-৩

একইভাবে কাপড়টি নিচের দিক থেকে মাঝ পর্যন্ত ভাজ করুন



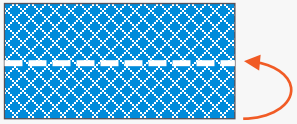
ধাপ-৪

দুটো ভাজ ঠিক রেখে এইবার কাপড়টি উল্টিয়ে দিন



ধাপ-৫

এখন আবার (উল্টানোর পর) কাপড়টির উপর দিক থেকে মাঝ পর্যন্ত ভাজ করুন



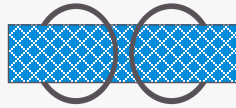
ধাপ-৬

একইভাবে আবারও কাপড়টি নিচের দিক থেকে মাঝ পর্যন্ত ভাজ করুন



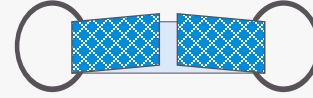
ধাপ-৭

এখন (ভাজ ঠিক রেখে) কাপড়টি আবার উল্টা করুন



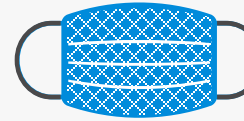
ধাপ-৮

এখন রাবার ব্যান্ডের মাধ্যমে ভাজ করা কাপড়ের দুই প্রান্ত আটকে দিতে হবে



ধাপ-৯

কাপড়ের উপরের/বাইরের অংশ উল্টিয়ে বা ঘুরিয়ে ভেতরের দিকে নিয়ে আসুন



ধাপ-১০

মাস্কটি তৈরি হয়ে গেলো



এভাবেই আপনি সেলাই ছাড়া একটি কাপড় দিয়ে মাস্ক তৈরি করে ফেলতে পারেন