

COVID-19 and School Masks

If your local school district requires your child to wear a mask for in-person learning, here are several ways to make this new normal seem less stressful:

- Explain the importance of why they should wear a mask at school and how it keeps other students, teachers, and other staff safe.
- Help your child practice the proper ways of putting on and taking off their mask without touching their eyes, nose or mouth.
 - o Make sure the mask fits your child's face snugly and comfortably.
 - o Mask should completely cover the mouth and nose.
 - o Masks should be made of multiple layers (at least 2) and it should allow for easy breathing.
- Have multiple masks available with different themes or colors that your child will enjoy wearing each day. Don't forget to send your child a backup just in case one gets dirty.
- Remind your child that their mask is their own, and they should not trade their mask or try on their friend's masks.
- Provide a small pouch or a resealable plastic bag for your child to store the mask while eating.

Source: [CDC.gov. Back to School Planning for In-Person Classes](https://www.cdc.gov/schoolplanning/)

