

FACE COVERINGS AT SCHOOL

In Missouri, earlier this year two hair stylists had close contact with 139 clients while unknowingly sick with COVID-19. Everyone, including the stylists, wore masks and not one of the contacts tested positive.

That's the power of covering your *nose and mouth*. Masks are safe for adults and children as young as two. They are recommended by the CDC, do not restrict oxygen or build up carbon dioxide – and they can be worn all day.



To get kids comfortable with wearing masks, start with an age-appropriate talk. Young kids need to understand why. “We wear masks so you don’t get sick and so others don’t get sick.” Teens do better when their feelings are validated. “Masks are a hassle but they protect your teachers and older

relatives from getting sick.”

Give Them a Choice - Let kids pick out and decorate their masks or make one with material they choose.

Play Mask Make Believe - Have kids practice putting masks on stuffed animals and explaining why they are important.

Start Habits at Home - Have the whole family wear masks while watching television, so kids get used to it – and even forget they’re wearing one.

[Mask Hacks to increase fit and comfort.](#)

[CDC Considerations for wearing a Mask](#) - this also has information on their recommendation that shields are not to be used as a replacement for masks.

Wear your Mask Correctly

- Wash your hands before putting on your mask
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- CDC does not recommend use of masks or cloth masks for source control if they have an exhalation valve or vent



Be a Mask Champ

PUTTING IT ON:



1
Wash hands with soap/
water or use hand
sanitizer



2
Pick up mask by loops/
straps



3
Use fingers to pinch/
mold mask to nose,
if possible



4
Adjust to fully cover
mouth and chin



5
Don't touch front of
mask while wearing

TAKING IT OFF:



1
Wash hands with soap/
water or use hand
sanitizer



2
Don't touch front
of mask



3
Lift mask away from
face using ear loops,
or untie bottom strap first,
then top strap



4
Throw mask into trash
or laundry basket



5
Wash hands or use
hand sanitizer