

# Wearing a Mask

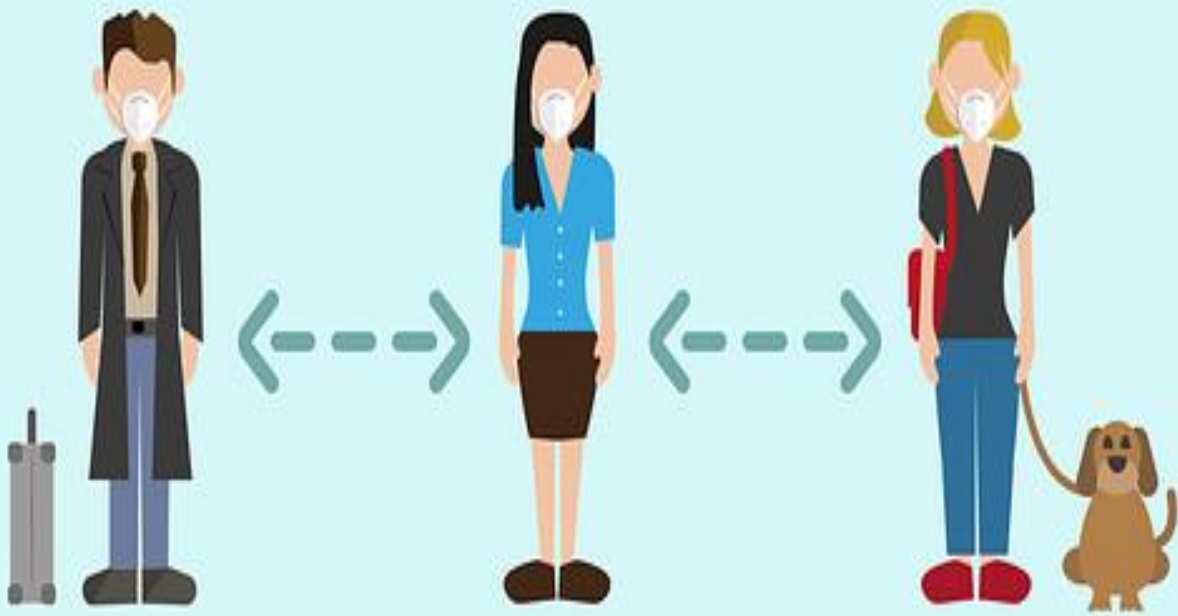




Sometimes adults and students need to wear masks to protect themselves and others from getting sick.



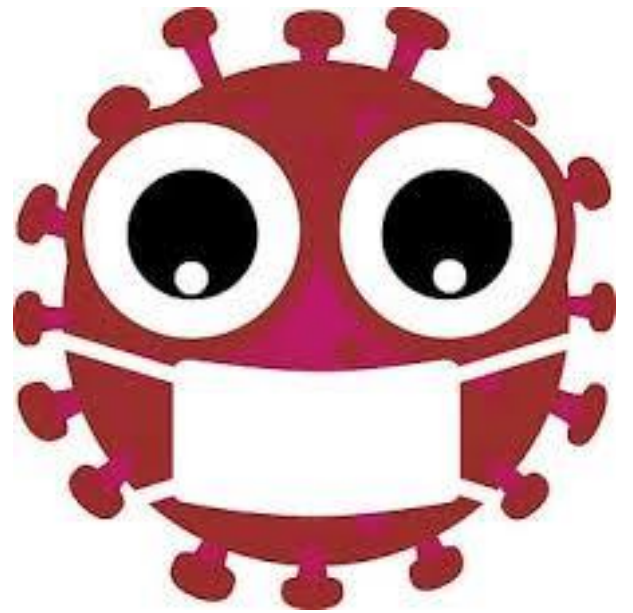
Masks can sometimes feel uncomfortable at first, but you will get used to it. Just remember you are protecting yourself and others, like your classmates and teachers.



Even when you are wearing a mask it is important to be 6 feet away from others.



If you go out in public, to a store or a restaurant, you will need to wear your mask.



Remember when you wear your mask you are protecting yourself and others, even if you sneeze or cough.



Make sure to  
continue washing  
your hands and  
using hand sanitizer.



# Protect yourself and others from infection



## Wash your hands frequently!

Germs can easily get onto your hands and spread to others. Wash your hands frequently with soap and warm water, for at least 20 seconds. Use hand sanitiser if soap and water are not available.



## Cough and sneeze into your elbow!

By coughing and sneezing into your elbow or into a tissue you prevent droplets containing germs from spreading around you, or from contaminating your hands. Always put used tissue into the bin and wash your hands.



## Avoid touching your eyes, nose and mouth!

It can be hard not to touch your face, so wash your hands often with soap and water to get rid of germs.



## Stay at home when you feel unwell!

Stay at home when you feel unwell to avoid infecting others.



There are germs everywhere around us.

Practicing good hand hygiene is a simple way of protecting yourself and others.

The most common way of spreading infection is through our hands.





# WASH YOUR HANDS!



water and soap



palm to palm



back of hands



between fingers



interlock hands



fingernails  
against palm



focus on thumbs



wrists



rinse with water



dry hands

[How to wash your hands- elementary](#)

[Germs and washing your hands](#)

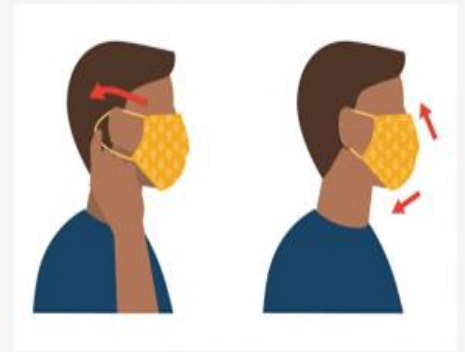
[Brain Pop washing hands](#)

[Washing hands CDC](#)

[Washing hands science experiment](#)

# 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



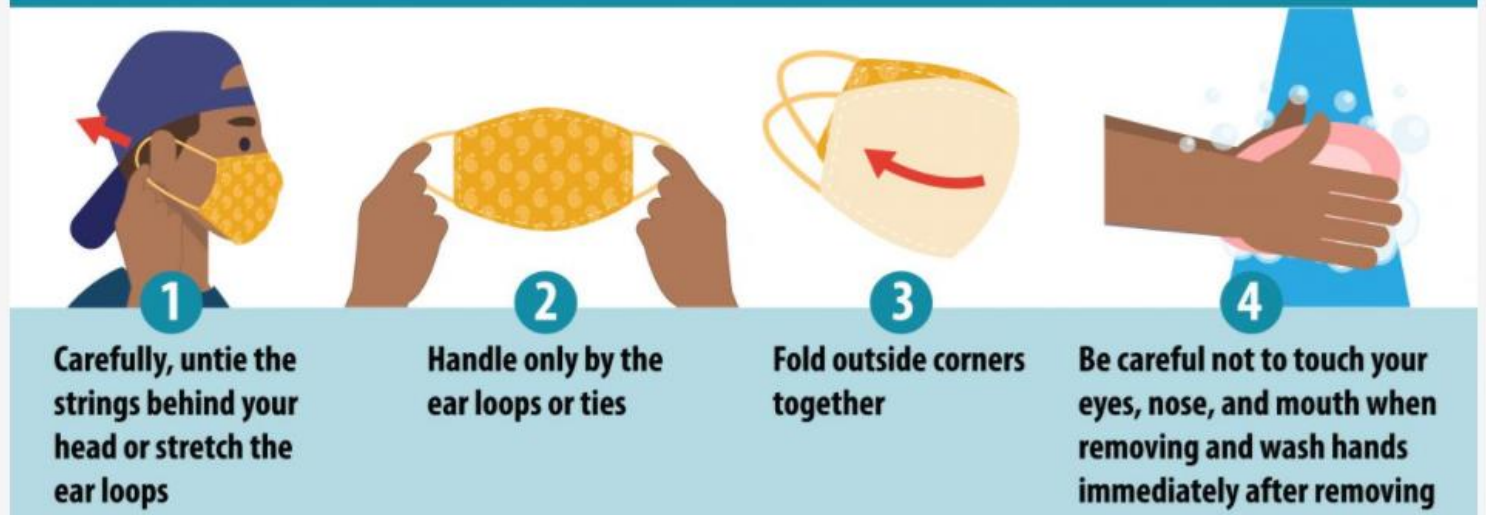
## Do NOT wear a mask

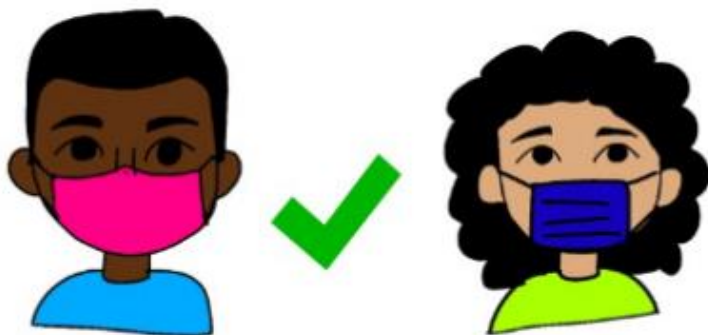
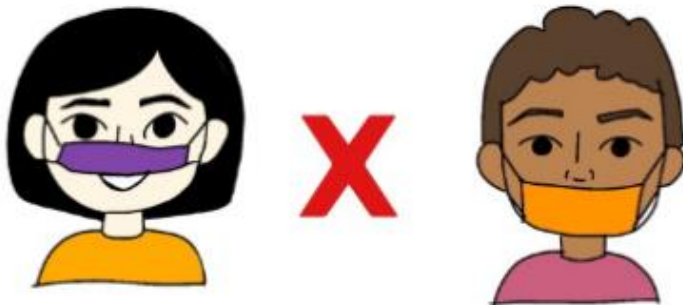
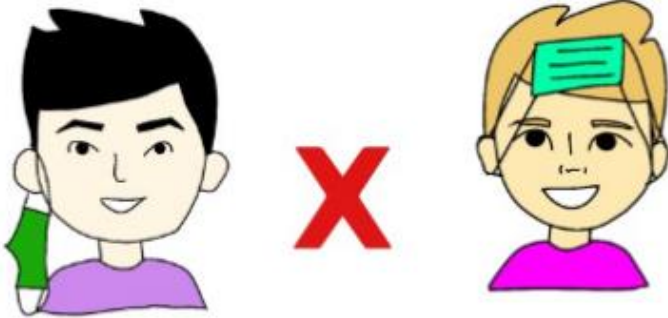
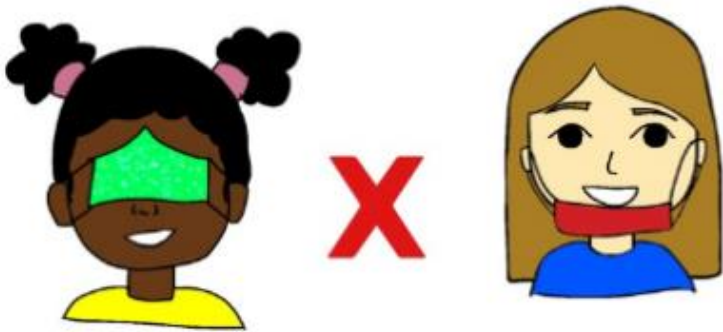
### Do NOT wear a mask



## How to take off a mask

### How to take off a mask






[Why wear a mask](#)

[How to wear a mask- elementary](#)

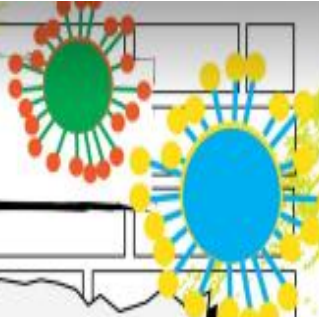
[How to wear a mask](#)

# REFLECTING ON COVID 19



How I felt when I first heard about this virus

How I feel about it now



What I missed the most during lockdown

How technology has helped me

What I learned about myself

What I discovered about my family

New activities I discovered

Positive aspects that I enjoyed

How I currently feel about the future

