

WEAR YOUR MASK!



Here are some tips to help your child adjust to wearing a mask:

● SHARE THE WHY

Use simple language and positive words. For example: “Wearing a mask will help you stay healthy and keep your friends safe.”

● PRACTICE MAKES PERFECT

Help children get used to masks by having them wear masks for periods of time across the day. For example: start with 10 minutes and work up to 30 minutes.

● EXPLAIN THE SCIENCE

Talk with children about how wearing masks can help prevent the spread of germs.

● BE A MODEL

Model mask wearing for children and share pictures of people they know wearing masks.

● GET KIDS ENGAGED

Can your child pick the color or pattern of their mask? Let children be in charge of choosing their mask.

● MAKE IT FUN

Use masks during playtime. Provide a mask for your child’s favorite toy. Can your child pretend to be a superhero while wearing a mask?

TEACH YOUR CHILD GOOD MASK-WEARING HABITS.

- » Children ages two and older should wear masks.
- » Wear your mask in public spaces.
- » Wear your mask when you are with people who do not live with you.
- » Make sure your mask covers your nose and mouth.



WEAR



WASH



WATCH

**STAY SAFE AND HEALTHY. YOU CAN HELP
PREVENT THE SPREAD OF COVID-19!**