COVID-19 Issues

Helpful Hints for Face Masks

Your child may feel uncomfortable or scared wearing a face mask. Use this tip sheet to learn why face masks are important, how to help your child adjust to wearing one, and how you can easily make a face mask at home.

<table>
<thead>
<tr>
<th>Why wear a face mask?</th>
<th>Should everyone wear a mask?</th>
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<tbody>
<tr>
<td>Coronavirus can spread when we breathe, cough, or sneeze. A face mask can stop it from spreading from person to person.</td>
<td>Children under the age of 2 and people with breathing challenges should not wear face masks. Everyone else should wear a mask when out in public.</td>
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How is a face mask worn?
Make sure your mask covers both your nose and mouth. After using the mask, remove it from your face and be sure to wash your hands. A disposable mask should be thrown away after use and a fabric mask should be washed after each use.

Help your anxious child
- Let your child decorate her face mask with markers or stickers
- Allow your child to see other family members wearing a face mask
- If you will make your own mask, find a fabric that is comfortable for your child

Additional Tips
- Wear your mask! This shows your child that you are comfortable with it.
- Play games (peek-a-boo or pretend you are doctors) when masks are worn

The CDC shows how to create an easy face mask at home:

Quick Cut T-shirt Cloth Face Covering (no sew method)