

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.



<p>Why wear a face mask?</p> <p>Coronavirus can spread when we breathe, cough, or sneeze. A face mask can stop it from spreading from person to person.</p>	<p>Should everyone wear a mask?</p> <p>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.</p>
<p>How is a face mask worn?</p> <p>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.</p>	

<p>Help your anxious child</p> <ul style="list-style-type: none"> • 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 	<p>Additional Tips</p> <ul style="list-style-type: none"> • 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
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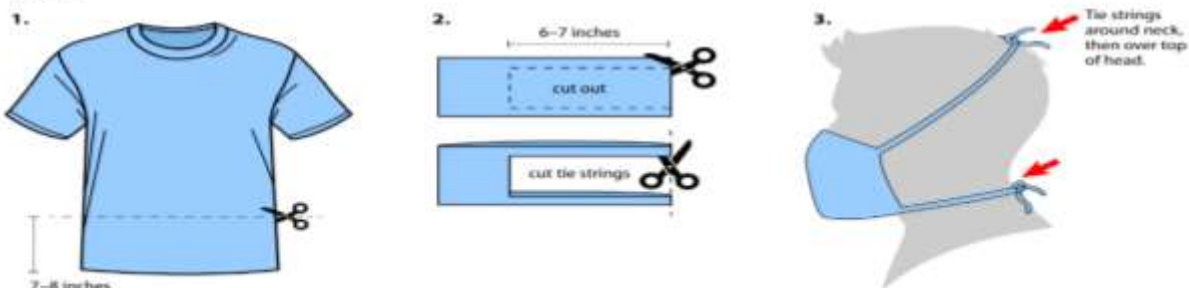
The CDC shows how to create an easy face mask at home:

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

Materials

- T-shirt
- Scissors

Tutorial



Sources: Rutgers 'A Parent's Guide: Helping Your Child Wear a Face Mask, CDC COVID-19 Factsheet, Children's Mercy Kansas City Tips