

How to Wear a Mask like a Health Hero!

Help slow the spread by wearing a mask—the right way!

When you breathe, cough or sneeze you can send virus droplets out into the air. If you carry the virus and you send these little droplets out, they can infect your friends or family. Even if you are not sick, the virus could make people around you very sick. If you need to go out, wearing a cloth mask can help prevent the spread of the virus, especially in places where it's hard to stay at least six feet away from others. Masks are only for children over two years old.

DO



wash your hands before putting your mask on

cover your nose and mouth with your mask

make sure your mask fits snug against the sides of your face

tie mask behind your head or hook behind your ears

wear masks that include more than one layer of fabric

use a fabric that can be washed and dried easily if making your own mask

DON'T



pull your mask down until you're away from others

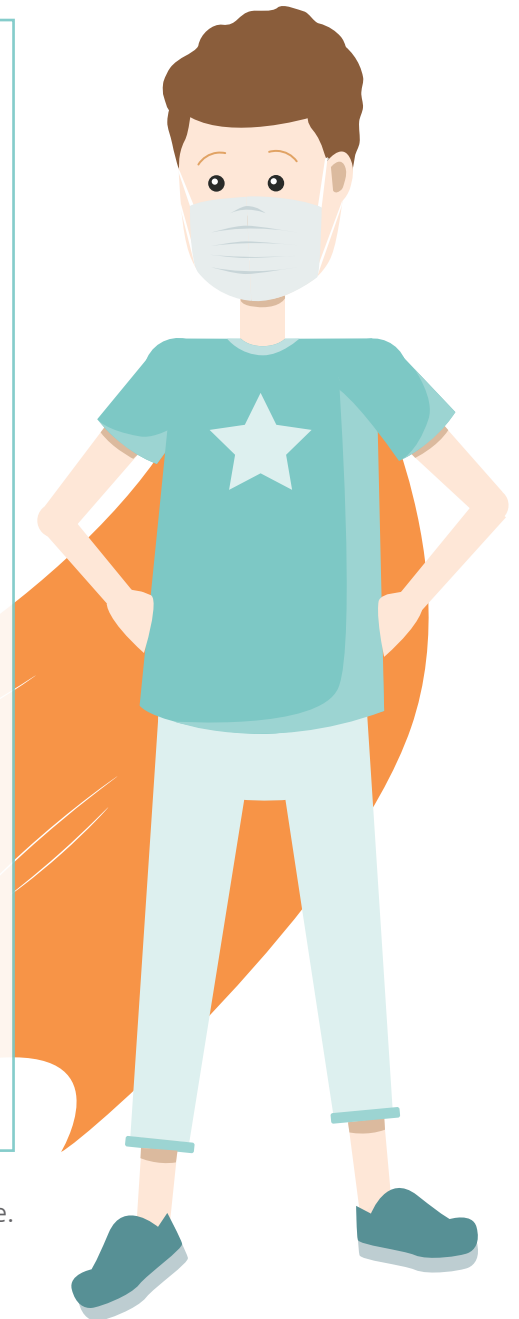
wear your mask too loose or too tight

touch your mask frequently with your hands, or pull it down to talk to someone

hold it to your face with your hands

make a mask so thick it's hard to breathe

use masks needed for healthcare providers that are in short supply



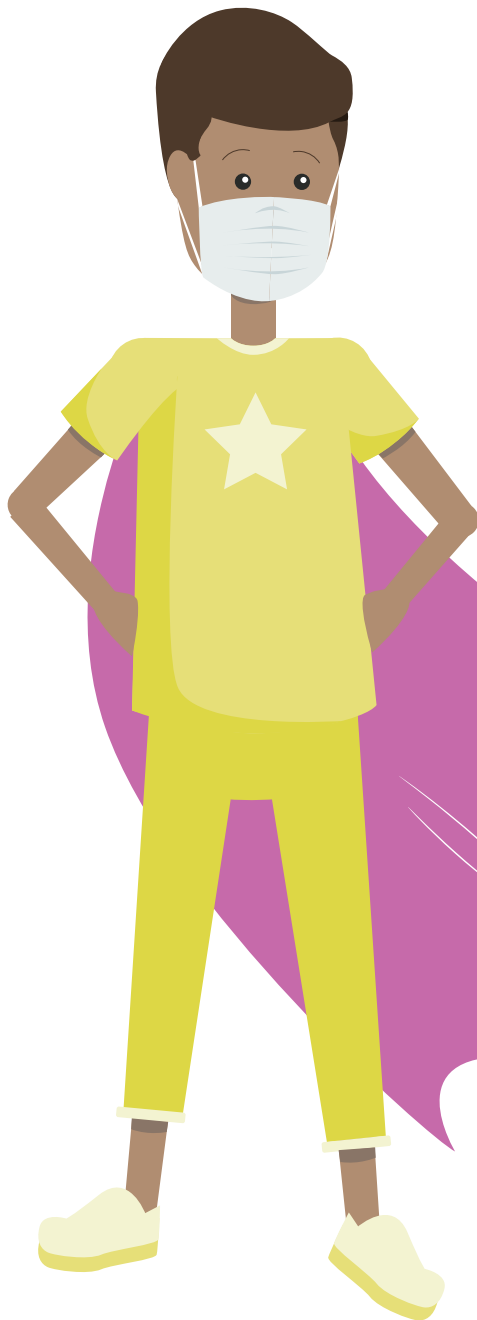
We are here for you! As you adapt to all the changes, know you're not alone. Get all our latest care advice at: actionlearningnetwork.org/covid19

Information above sourced from the recommendations of the Centers for Disease Control and Prevention (CDC) and Atrium Health's "Masks: Do This, Not That".

Tips for Helping Kids Wear Masks

My mask protects you, and your mask protects me.

It may be scary for kids to start wearing a mask, here are some types to help them through it. Masks are only for children over two years old.



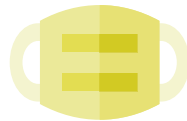
Let them pick it out!

Let kids choose their color or fabric or decorations for their masks. Decorating a mask is fine only if it does not affect the integrity of the mask. Surgical masks should not be decorated.



Wear it properly.

Teach them to wash hands for 20 seconds before touching the mask. Next, put it on and loop it around ears. Make sure to cover the nose, chin and mouth fully. And, if using cloth masks, wash them after every use.



Be a mask role model yourself.

Wear your mask and explain how it keeps both you and others safe.



Make play masks for stuffed animals or dolls.

Help them, using materials around the house, to make mask for their toys.



Practice wearing the mask.

Start at home with short periods of time while doing fun activities. Some may only need a few minutes to adjust, while others may need to practice daily. Gradually work up to 30 minutes.



Follow a plan and offer rewards.

Consistency helps form good habits. Make a plan with your family and stick to it! Find what motivates your child and set some fun goals or small rewards if needed.

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