



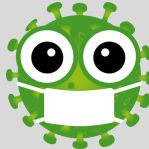


MASK GUIDANCE FOR SCHOOL-AGED CHILDREN



The CDC recommends the use of non-medical grade cloth face coverings in public settings where other physical distancing measures are difficult to maintain. When used with other risk mitigating efforts, non-medical grade masks can further reduce the transmission of SARS-CoV-2 in public areas and a school building

Masks are considered safe for most children and youth over the age of two years. **There are very few expectations for wearing masks.**

Should a child be required to wear a mask during school?

The child has asthma.	 YES The American Academy of Allergy, Asthma & Immunology recommends that individuals with asthma wear a mask in public.
The child has a condition such as autism spectrum disorder, intellectual disability, or a mental health disorder.	 YES These conditions do not necessarily justify a mask exemption unless the child is unable to wear a mask without excessive trauma or frequent manipulation.
The child cannot communicate clearly while wearing a mask.	 YES Explore instructional adaptations or use a face mask with a clear plastic insert as appropriate
The child cannot remove the mask on their own.	 NO Encourage the family to consider a virtual learning option.
The child is asleep or unconscious.	 NO

**There may be children that have experienced trauma and find masks hard to wear due to their past experiences*



HOW TO HELP YOUR CHILD ADAPT TO WEARING A MASK



EXPLAIN WHY

Use easy-to-understand language and positive phrasing.

For example, "Many people are sick right now.

Wearing a mask will protect you from germs"

GET CREATIVE



Allow your child to decorate their mask using crayons or markers. If you are planning to make a DIY cloth mask, allow him/her to pick the fabric color or pattern.

TAKE A PICTURE

Ask family members or friends to take pictures of themselves wearing masks.



You can even arrange a virtual get together so everyone can show off their masks.

PRACTICE MAKES PERFECT

Shape the behavior by breaking it down into smaller steps. Then practice & reinforce each step

1. Holding the mask
2. Putting it against his or her face.
3. Securing the elastic

LET'S PRETEND

Integrate masks into your favorite pretend play schemes

Encourage your child to dress up as a doctor, nurse or veterinarian

STUFFED ANIMALS & DOLLS NEED MASKS TOO

Put a mask on your child's favorite stuffed animal or doll as a reminder that we are all in this together!



START WITH FAMILIAR CLOTHING



Choose clothing that your child already wears and turn it into a mask. Some ideas include a scarf, balaclava or bandana