

# 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.	 <b>YES</b> 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.	 <b>YES</b> 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.	 <b>YES</b> Explore instructional adaptations or use a face mask with a clear plastic insert as appropriate
The child cannot remove the mask on their own.	 <b>NO</b> Encourage the family to consider a virtual learning option.
The child is asleep or unconscious.	 <b>NO</b>

*\*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