



Wearing a Face Mask at School

Your child. Our promise.

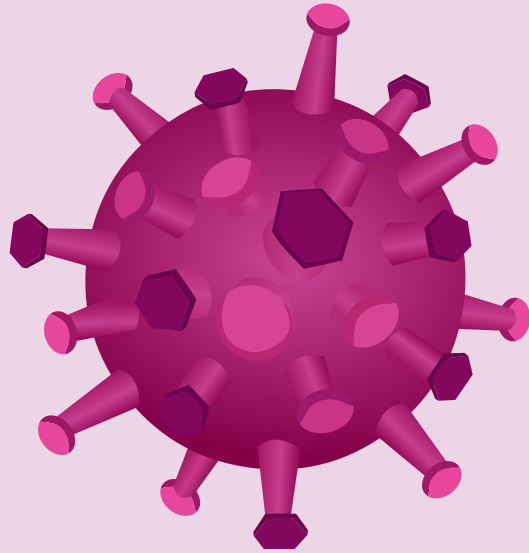
Nemours Children's Health System



When I go to school, I will need to wear a face mask. All the teachers and the principal will wear a mask. Even my bus driver will wear a face mask.



People in my class will wear a face mask. We wear them to protect ourselves and others against an illness called COVID-19.



COVID-19 is caused by a virus called a coronavirus that is so small, I can't see it. This is a drawing of what it looks like through a microscope.



When a person who is sick with COVID-19 coughs or sneezes, droplets leave their body through their nose or mouth and travel through the air. If the droplets get in my nose or mouth, I could get sick.



My mask has loops that go around my ears. This helps keep my mask in the right place.



My mask will cover my nose and mouth. The mask lets air go in and out, but not big droplets. I can breathe just fine when I wear my mask.



When school starts, I may feel nervous about wearing my mask, but that's okay. I can practice wearing it at home.



I can talk, walk and play with my mask on. At first, it may feel different to wear it. The mask may get warm when I breathe or talk, but that's okay.



Taking slow breaths can help me get used to wearing my mask. I will remember that wearing my mask is helping my Mom, Dad and people around me.



I am happy everyone is helping each other be healthy.



When I go to school, my teacher will tell me to have extra space around me when I sit in class or walk in the hallway. I will keep extra space around me on the playground, too.



Washing my hands often or using hand sanitizer can help me stay healthy. I will wash my hands every time my teacher tells me to.



Wearing my mask over my nose *and* mouth will help me stay healthy. Even if I don't want to wear my mask, I will keep it on to keep everyone safe.



I can take my mask off to eat lunch. After I'm done eating, I will put my mask back on.



When I am at school, I will be excited to see people I know, and I may want to give them a hug. I will remember I shouldn't touch my friends or touch their things because it might make us sick.



When I see people, I can wave hello or give them an air high five, but I won't touch them or hug them.



Because my teacher is wearing a mask, I can't see when my teacher is smiling. It's okay because I know my teacher is happy to see me.



Everyone will be happy that I wear my mask and am helping to keep them safe. When I get home, I can take my mask off and wash my hands.

Nemours[®] Children's Health System



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