

I CAN BE A SUPERHERO



STAYING SAFE IN MY FACE MASK

I can help keep myself and the people around me safe when I wear my face mask!

WHY DO I NEED TO WEAR A FACE MASK?

When I wear a mask, I help prevent the spread of coronavirus — germs that can make people sick!



WHO SHOULD WEAR A FACE MASK?

Everyone! Adults and children over 2 years old.

WHEN SHOULD I WEAR MY FACE MASK?

I wear my face mask to the store, to the doctor's office, on the bus, and whenever I go out!

Children's Face Masks: A Guide For Parents

Helping Your Child Be a Superhero



In order to protect ourselves, our children, and our community, we're now often required to wear face masks or face coverings when going into public and community spaces.

Getting our young children to wear face masks is easier said than done. Try these tips to get your children more comfortable with wearing their masks:

- Explain in simple terms why you and other people are wearing masks and why it is important for everyone's safety. *"We wear our masks so we don't get sick or get the people around us sick."*
- Wear your mask at all appropriate times and ask other adults to do the same so mask-wearing becomes a normal, comfortable sight.
- Practice wearing masks at home with your child.
- Let your child play with, touch, and feel their mask so they are comfortable with it. Try putting a mask on their favorite toy or stuffed animal too.
- Try masks made with different fabrics, textures, and designs to see what your child is most comfortable wearing. A neck gaiter is another suitable option.
- If you're crafty, make a mask with your child and let them choose the fabric and design or help decorate it. <https://www.cdc.gov/coronavirus/2019-ncov/downloads/DIY-cloth-face-covering-instructions.pdf>
- Be patient! It may take time for your child to get comfortable with wearing a mask, especially for longer periods.



Proper Face Mask Use for Children

- Children over the age of 2 years should wear masks when they are in social settings. When outdoors, wearing a face mask is not necessary unless social distancing is not possible.
- For children under 2 years, parents can place a receiving blanket over their child's car seat or stroller. Make sure that the covering is not directly touching the child's face.
- Make sure your child's mask is the appropriate size for their age – an adult-sized mask on a young child will be even more uncomfortable for them. Pleated cloth face coverings with elastic straps are most likely best for children.
- Make sure your child's face mask covers both their nose and mouth. Children should wash their hands before putting their mask on and after removing it.



We're here to help! For further assistance, contact your pediatrician or healthcare provider.