

COVID-19

MASKS FOR KIDS



Children's
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THE WHY:

- Kids can catch and spread COVID-19.
 - The Delta variant has proven to affect the younger population more than the original COVID-19 virus.
- Children younger than 5 years old cannot yet get the COVID-19 vaccine.
 - Masking, social distancing and hand washing are the best defense to protect yourself and others if you are not eligible for the vaccine.
- Kids need to be in school for their mental health.
- Masking is a straightforward, safe and effective tool to help prevent outbreaks in schools.
- Universal masking in schools could prevent large-scale school quarantines/closures.
- From a healthcare perspective, masks play a large role in determining who is at risk after a COVID-19 exposure.
- Kids under 2 years old should not wear masks. If your child has a serious health condition, check with your doctor to find out if masking is appropriate.

TIPS TO HELP KIDS WITH MASKING:

- Talk with your child about masking. Explain why it is important and how it can help keep everyone safe and healthy and help us get back to our previous activities.
- Kids may be more likely to try a mask if they have helped pick it out. The goal is a fabric or disposable mask that can cover the nose and mouth and stay in place with normal movement and talking.
- Ideally, your child should have several masks to wear throughout the week.
- Wash the masks before wearing.
- Masks are like underwear and shouldn't be worn more than one time between washings. And like underwear, discuss with your child that masks are not to be shared with friends, loaned or traded.
- Consider getting a reusable plastic container or disposable paper lunch bags for mask storage at school when not in use.

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- If your child is not used to wearing masks for longer periods of time, practice masking by having your child wear a mask for 10-15 minutes, three times a day. Increase the wear time every day if possible. (If your child complains of shortness of breath with short duration of mask wear, consult your pediatrician for further guidance. Never force continuous wear.)
- Practice removing the mask and folding it so that the inside/face-side of the mask does not touch the outside of the mask. Once it is folded properly, it is ready to be stored between wears.
- Note for teens: They may struggle with "maskne" which is acne related to masking. Using masks made with wicking fabric and an over-the-counter acne wash may help prevent this. Consult your pediatrician or dermatologist if this becomes an issue.