

Child face mask tips and tricks.

Your child is getting used to a lot of new rules because of Coronavirus — including wearing a face mask. It can be an uncomfortable, or even scary, adjustment to make. To help, we've compiled a few best practices to consider. Take a look and reach out to your pediatrician if you have any questions. Your doc is always there to help.

Your child should always wear a face mask:

- If the child is age 2 or older and is out in public
- Any time the child is within 6 feet of others

Your child doesn't need to wear a face mask:

- While inside your home
- Outside, if they're at least 6 feet away from others
- When eating or drinking

Putting on a face mask.

A cloth face mask will provide the proper level of protection for your child. The adult versions may be too big, so try to find one that's child-sized or has adjustable straps.

When it's time to go outside:

- 1** Place the mask across your child's face, covering the nose and mouth. Make sure it's a snug fit.
- 2** Encourage your child to avoid touching the face mask or any area of the face when outside.
- 3** When you get home, carefully remove the face mask by the straps, and have everyone thoroughly wash their hands.
- 4** Wash the cloth face mask between uses — in the washing machine or by hand with soap.

Answering the tough questions.

As your child adjusts to this new normal, questions are sure to come up. Do your best to stay calm and reassure your little one that wearing a mask is what's best for everyone's safety. Here are a few responses to consider.

“What’s Coronavirus?”

Coronavirus is a new type of sickness — like an ear infection or cold. But, because it's so new, doctors and scientists don't know a whole lot about it. **They think most people will be okay, especially kids, but we all have to be extra careful to keep everyone safe and feeling their best.**



“Why do I have to wear a mask?”

Remember when we talked about covering your mouth when you cough or sneeze? How that helps to not spread germs? Well, right now we have to be extra careful — so wearing a mask slows down the spread of germs.

Some people may get really sick because of this new virus, so when you put your mask on, you're becoming a special helper — you're helping everyone stay safe.



“But it’s scary. I don’t want to wear it.”

I know, it can feel a little scary, but I promise you're doing something really nice to help other people. And remember, Mom, Dad, and your friends are wearing masks. **Why don't you go get your favorite toy and we'll put a mask on it, too?**

