

What If I Have to Wear a Mask?



Resources for Exceptional Children and Youth - Durham Region

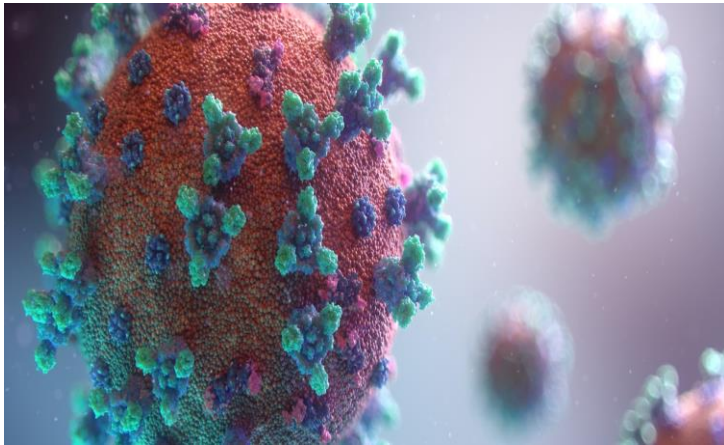
Many people
wear masks.





They come in different colours and styles.





A lot more people are wearing masks now because of a virus called Covid-19.

People wear the masks to keep themselves and others from getting sick.





Teachers at my
childcare may have
to wear masks.

They wear
them to keep
us safe.



What if I
have to
wear a
mask?





I may be asked to wear a mask to cover my mouth and nose.



At my childcare, I
will have to stay at
least 6 feet away
from others...
even if we have a
mask on!

It may feel funny
or uncomfortable
on my face, but
there are things I
can do that
might help me
get used to it.





I can practice
putting on a mask
to help me get
used to the
feeling and how it
looks.

I will not have to wear
the mask all day,
but it's important
that I keep it on until
an adult says I can
take it off.





This will help
keep everyone
safe!

References

All photos found at:

1. www.unsplash.com

Photo by Vera Davidova

Photo by Pille-Riin Piske

Photo by Annie Spratt