What If I Have to Wear a Mask?





Resources for Exceptional Children and Youth - Durham Region

Many people wear masks.













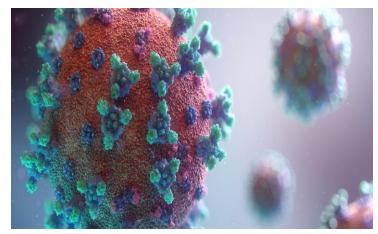
They come in different colours and styles.









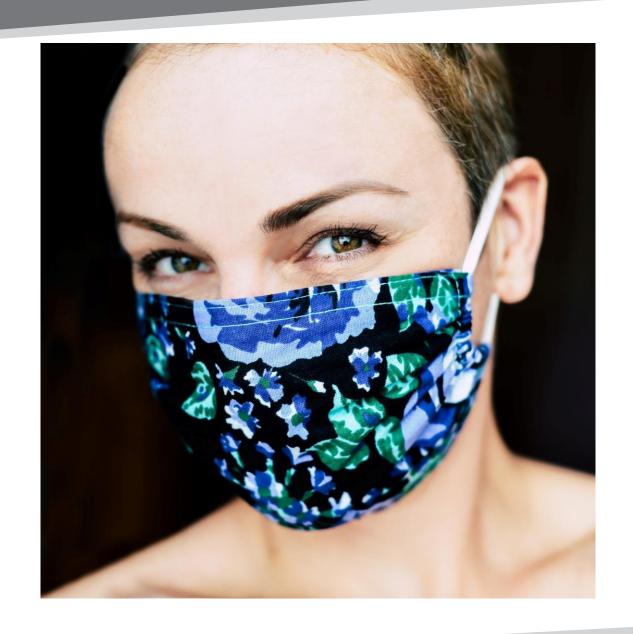




A lot more people are wearing masks now because of a virus called Covid-19.

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



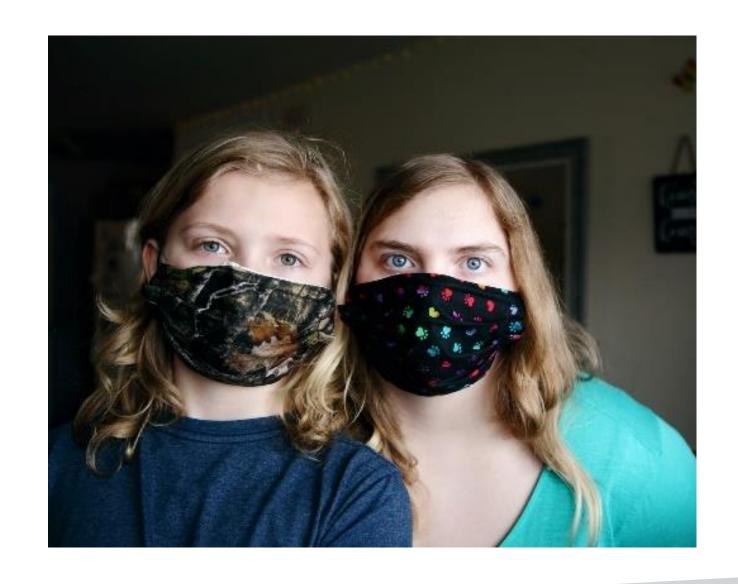


Teachers at my childcare may have to wear masks.

They wear them to keep us safe.



What if I have to wear a mask?



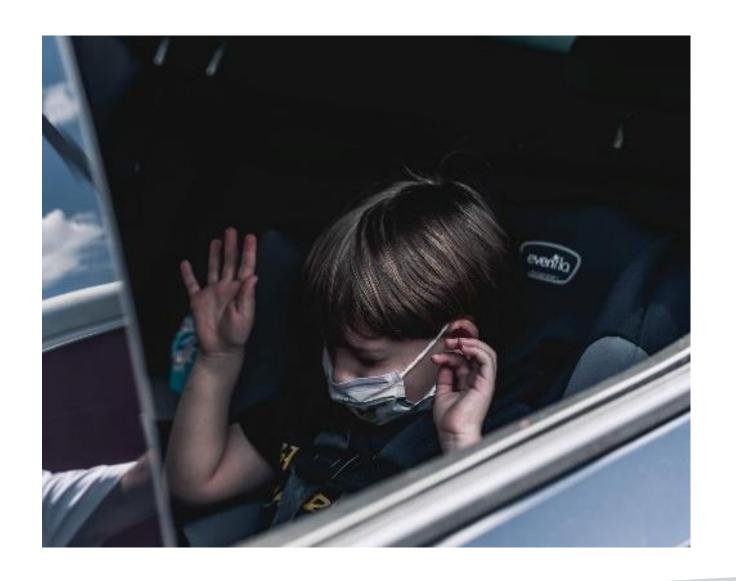


I may be asked to wear a mask to cover my mouth and nose.



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 Priske Photo by Annie Spratt

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