

## **BACK-TO SCHOOL FACE MASK TIPS: HOW TO BEST PROTECT YOUR CHILD AT SCHOOL**

### **Should I send my child to school with a cloth or disposable mask?**

Either one, or both together, can do a good job, but keep in mind:

- 1. Mask should be fitted to their face and 2-3 layers if made of cloth:** A neck gaiter is not an effective mask and cannot be used for this purpose
- 2. Check the fabric:** When held up to bright light, a cloth mask should not let light through
- 3. Check the fit:** Have your child lightly place their hands near the outside edges of the mask and breathe; no air should flow out from the sides or up towards their eyes, only through the front; built-in nose wires help
- 4. Mask hygiene:** Wash cloth masks daily; do not wear disposable masks for more than one day; teach kids to handle the mask by the ear loops, not the mask fabric; provide them with a plastic baggie to keep their mask in during lunchtime or mask breaks

### **How do I get a mask to fit better on my child?**

- 1. Purchase a child-sized mask:** both cloth and disposable options are available at many retailers and online, some with fun colors and prints
- 2. Tighten the ear loops:** On a disposable mask, knot the loops near where they met the mask sides; if this creates a gap on the side, simply fold/tuck it in; look online for easy to follow pictures and videos of how to do this
- 3. Consider layering a cloth mask over a disposable one:** Even a single-layer, well-fitting cloth mask will press around any side gaps that may occur with a disposable mask, offering the best all-around protection