

Learning to Wear a Mask



Tips to Help Children Learn to Wear a Mask



1. Let your child pick out their mask.
2. Have multiple masks.
3. Teach them to wear it properly. Let them practice putting it on a stuffed animal.
4. Begin with them wearing it for a short amount of time and gradually increase the time.
5. Have them wear it during screen time.
6. Use a reward and positive reinforcement system.

Wearing Your Mask Correctly

1. First, wash your hands.
2. Put the mask over your nose and mouth and secure it under your chin.
3. Try to fit it snugly against the sides of your face.
4. Make sure you can breathe easily.



***Don't** put the mask around your neck or up on your forehead.

***Don't** touch the mask, and, if you do, wash your hands or use hand sanitizer to disinfect.



Removing Your Mask



1. Be very careful not to touch your eyes, nose, or mouth when removing your mask.
2. Untie the strings behind your head or stretch the ear loops off your ears.
3. Handle only by the ear loops or ties.
4. Fold the outside corners together.
5. Wash your hands immediately after removing your mask.

Follow us on Twitter [@LearnPromethean](#), subscribe to our [Promethean Video](#) YouTube channel, [sign up](#) to hear from us, and [visit our website](#) to learn more.

