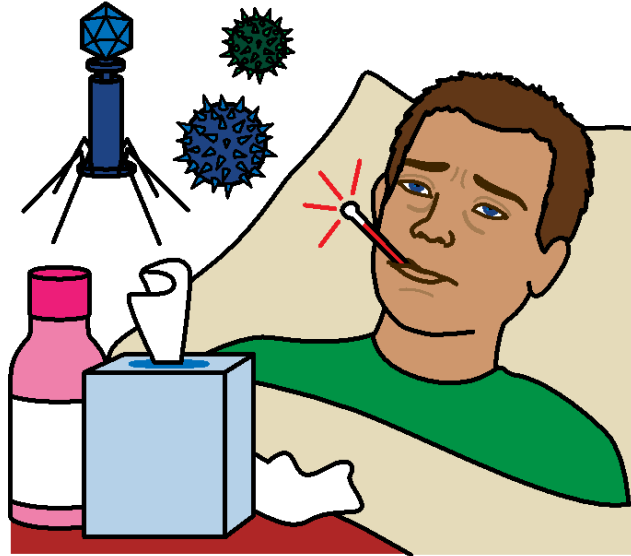
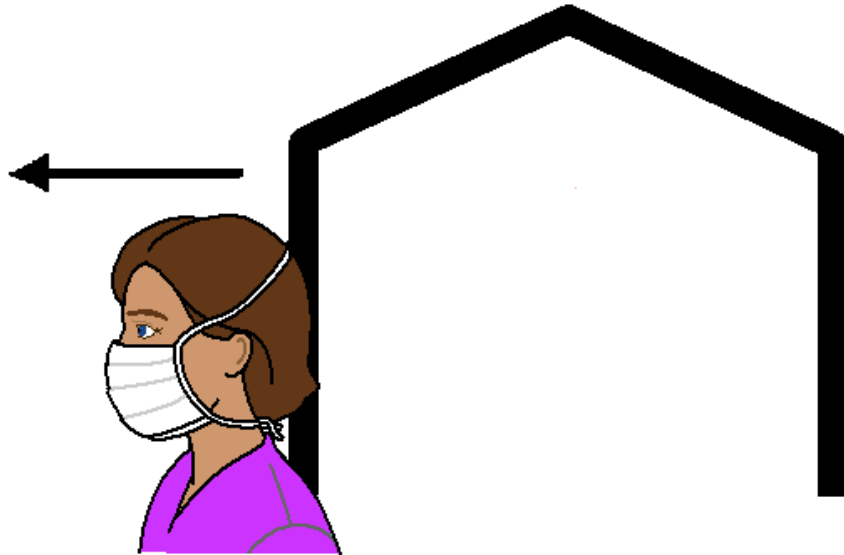


Wearing a Mask

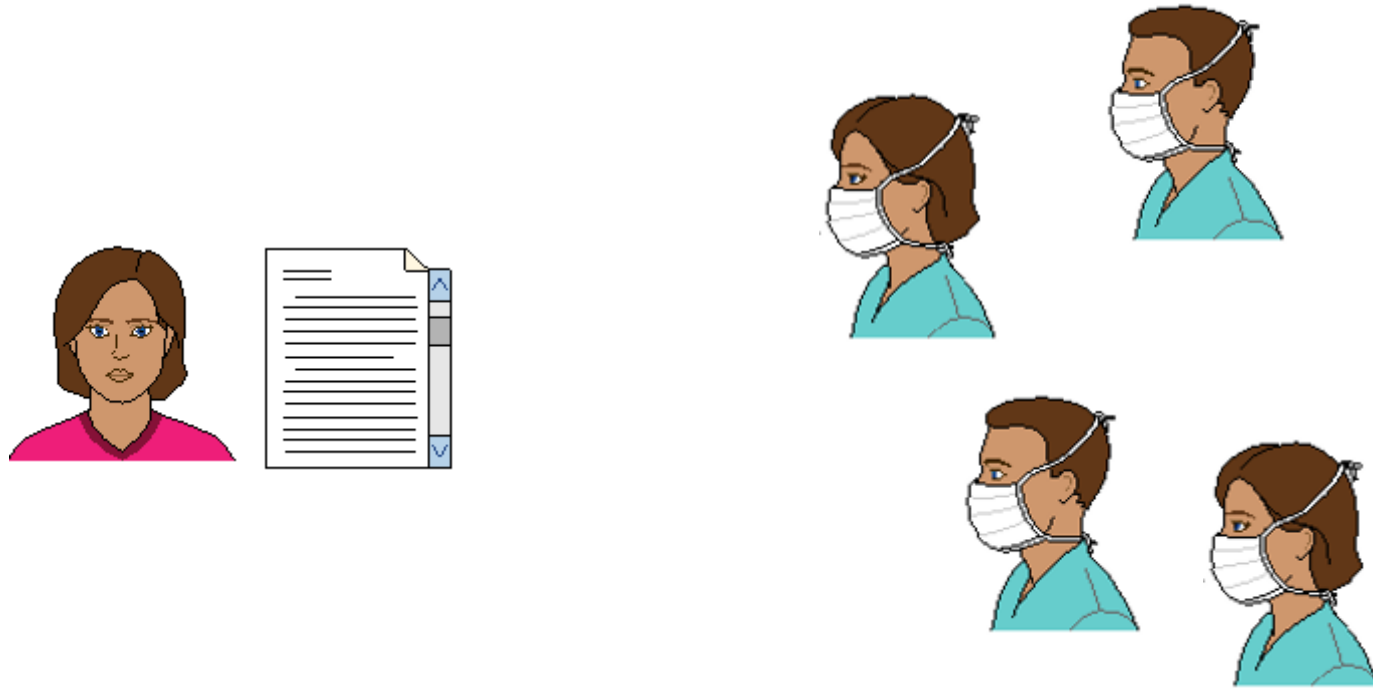




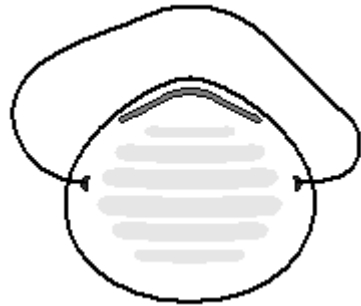
Coronavirus (COVID-19) is the new virus that started last year and made a lot of people sick.



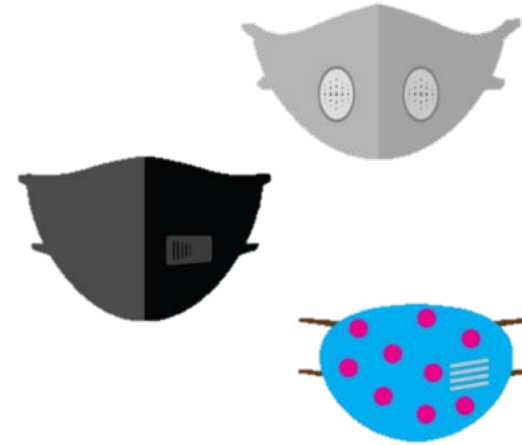
I must wear a mask if I go out of my house into public for now. This keeps us safe from COVID-19.



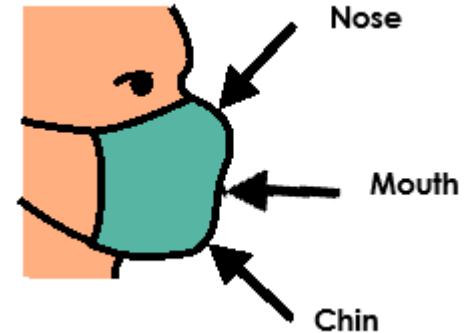
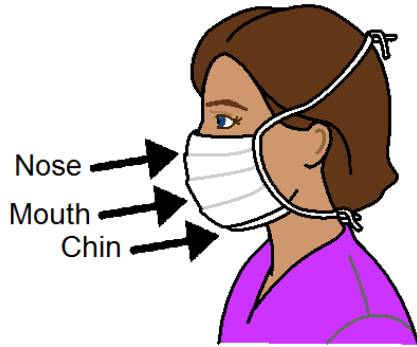
Everyone needs to wear a mask when they are in public for now, unless they have special permission not to.



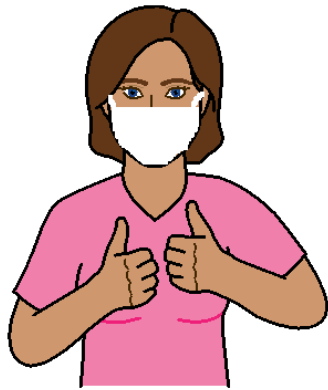
Reusables



I might see different types of masks made from different materials. Some are disposable and some can be reused.



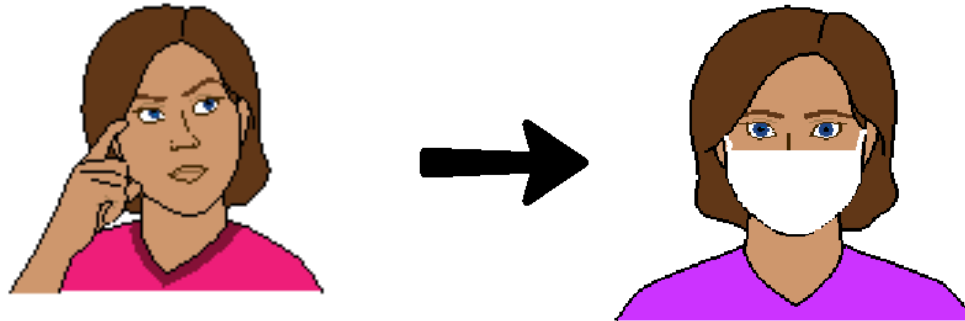
It's important to wear masks properly. The straps go over the ears or around the head and the material must cover the nose, mouth, and chin.



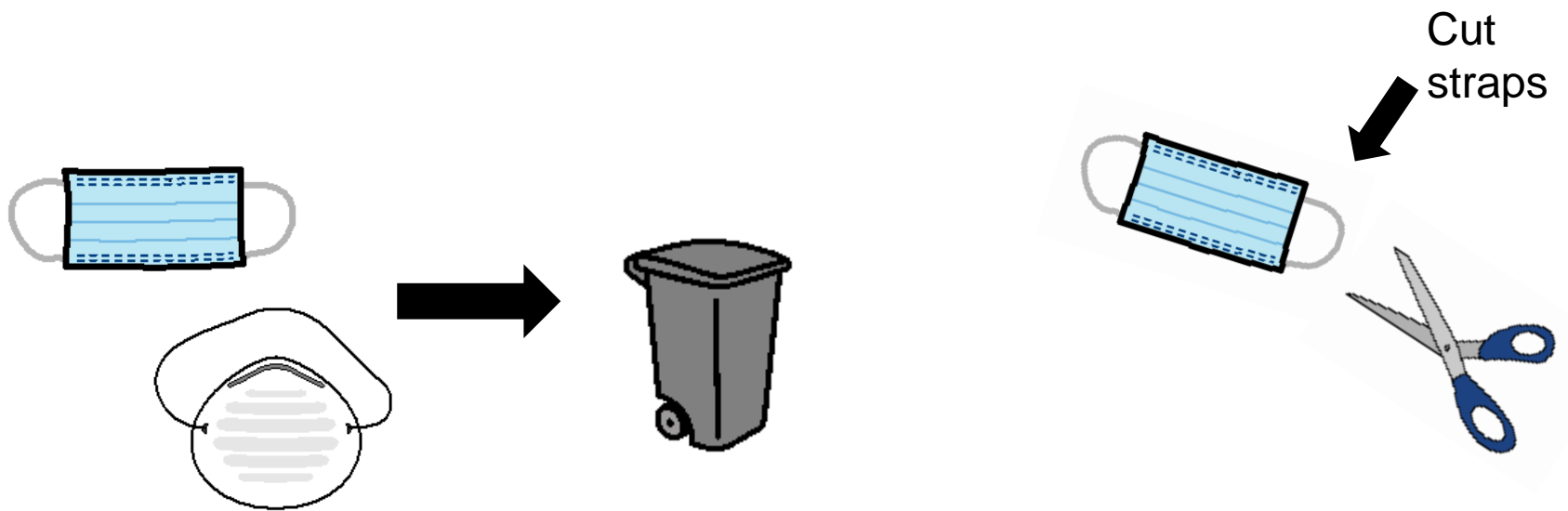
I need to wear a mask even if I feel healthy.
It can help make sure I don't get sick.



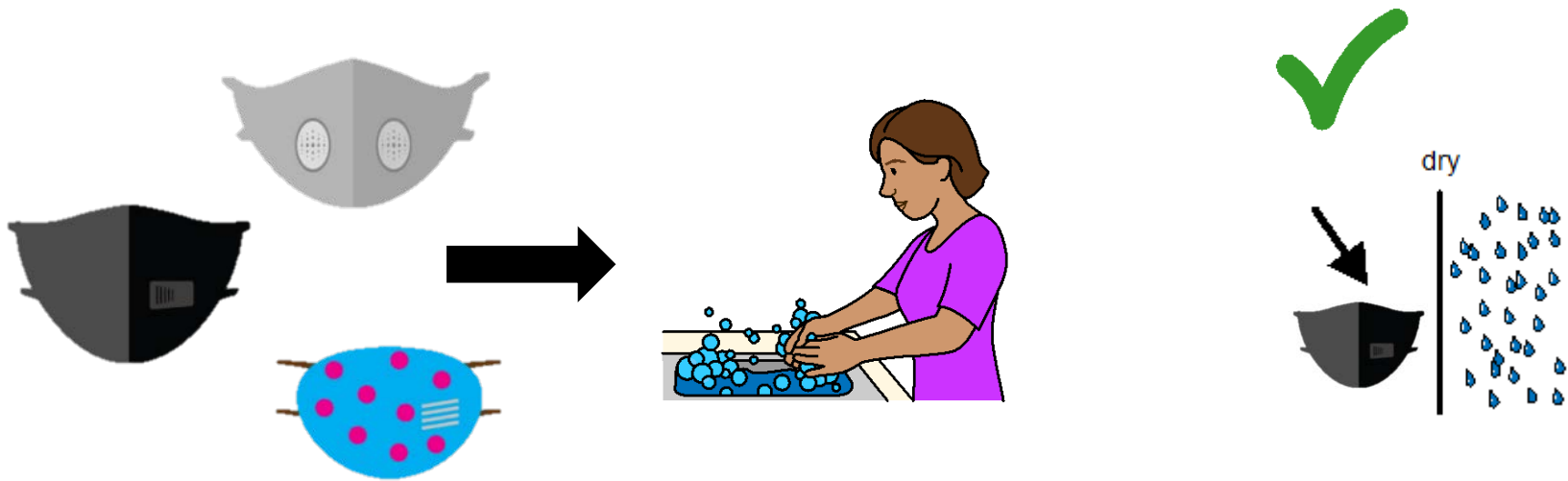
Masks help keep me and the people around me safe.



When I first wear a mask it may feel new different. I might feel warmth on my face when I breathe out and the mask might have a new smell.



If I use disposable masks, I need to throw them in the bin after I have used them. Don't forget to cut the straps to protect wildlife.



If I use reusable masks, I need to wash them after each time I wear them. I can only wear it again when it's dry. Someone might help me clean them.



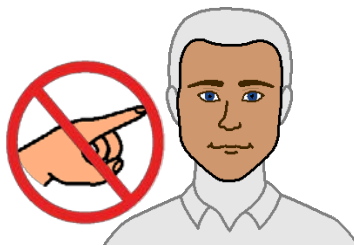
Use hand sanitizer



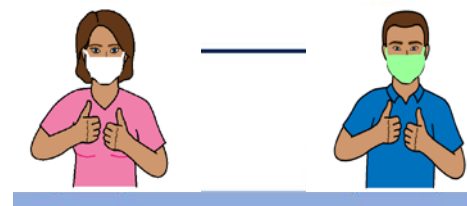
Wear a mask



Cough into my elbow



Keep hands away from my face



Stay 1.5m away from each other

Even though we need to wear masks we still need to do other safety actions to keep safe from COVID-19.



If I'm upset about feeling unwell, about COVID-19 or about wearing a mask, that's okay. Everyone feels upset sometimes. I can try do things to help me feel better.



Arts and
crafts



Listen to
music



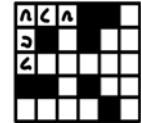
Talk to
someone



Play
games,
watch TV
shows or
movies



Do
exercise



Do a
puzzle

These are some things I can try to help me
feel better.



Wearing masks helps keep everyone healthy and safe! It won't be forever just until we are safe without them.



The End.