

Tips on Face Masking for Children During COVID-19



SHOULD MY CHILD WEAR A MASK? IF SO, WHEN?

Children 2 years and up should wear a mask and/or cloth covering when in spaces where it is not possible to remain 6 feet away from others.



ADDRESSING FEAR

It is understandable that children may be fearful of covering their faces. For children under 3, use simple language to answer questions, like saying, "sometimes people wear masks when they are sick."

For children over 3, focus on germs. For example, explain how some germs are good and bad and the masks help to keep away the bad germs.

Both tips can help children understand and be less afraid.



CHILDREN WITH SPECIAL CARE NEEDS

- Children who are severely immunocompromised are encouraged to wear an N95 mask.
- Families of children at higher risk are encouraged to use a standard surgical mask.
- Children with severe cognitive or respiratory impairments may have a hard time tolerating a cloth face covering. For these children, special precautions may be needed.



WEARING THE MASK/FACE COVERING

- Place the cloth face covering over the nose and mouth and stretch it from ear to ear.
- When back inside, avoid touching the front of the face covering by taking it off of the child from behind.
- Wash cloth face coverings after each wearing.
- Remember to wash your hands and your child's before and after.

WHAT KIND OF CLOTH IS BEST TO MAKE A MASK?

Homemade or purchased cloth face coverings are fine for most people to wear. For children, the right fit is important. Pleated face coverings with elastic are likely to work best for kids



FOR MORE ON COVID-19 VISIT:

- National American Academy of Pediatrics (AAP)
www.aap.org
- Illinois American Academy of Pediatrics (ICAAP)
www.illinoisAAP.org
- HealthyChildren.org
www.HealthyChildren.org
- Centers for Disease Control and Prevention (CDC)
www.CDC.gov

