



Mask Suggestions

Rationale: Mask use has been demonstrated to be highly effective in preventive the spread of COVID-19 from patients to healthcare workers in the hospital setting, and masks are widely required as a major pillar of safety in school pandemic plans. Although face shields are being suggested by some to be a reasonable alternative to masks, their adoption in schools has been controversial due to concerns that aerosols and droplets can transmit freely around the shield.

Mask type: Proper masks cover the nose and mouth by spanning from the bridge of the nose below the chin. They are fixed around the ears or head by loops to prevent mask movement during head and mouth movement. ****Gaiters, bandanas, and valve masks are NOT acceptable forms of masking.*

Mask materials: Any comfortable material is appropriate for children's masks.

Mask Fit: It is important that the mask fits the child comfortably, without falling below the nose during activity. Masks should have a moldable firm material over the bridge of the nose, allowing for a shaped fit over the nose. At the top of the mask, there should not be a significant gap between the mask and face, it should fit snugly around the nose and cheeks. Masks should be large enough to fit comfortable under the chin, without falling down while talking.

Mask problem solving: a properly fitting mask is easy to wear for prolonged periods of time.

1) The mask keeps falling below the nose when the child talks.

This is likely due to 1) lack of a good moldable clip over the nose bridge 2) the loops are too long, allowing the mask to pull easily away from the face or 3) The mask is too small causing the chin to pull the mask down when the child talks.

2) The child keeps playing/fidgeting with the mask.

This is likely due to 1) a material that the child finds irritating or 2) a mask that is too tight or small

3) Masks come in a variety of shapes and sizes. Try various masks to identify one that your child likes.

Mask Training: It is important to start getting your child used to wearing a mask for prolonged periods of time. While masks may be poorly tolerated at first, we have observed that most children quickly accommodate to wearing them. It is important that this training is completed at home prior to the start of school.

Number of masks: We suggest that you purchase 5-10 masks per child to allow for daily use and washing. Each day, your child should come to school with at least two masks, just in case the one they wear to school is broken, lost, or soiled.

Suggested masks:

<https://www.inspiremasks.com/collections/youth-masks>

<https://donnalewisusa.com/alfresco-childrens-mask-shop-new/>

<https://www.etsy.com/listing/820794121/toddler-face-mask-kids-face-mask-face?ref=related-1&pro=1&frs=1>