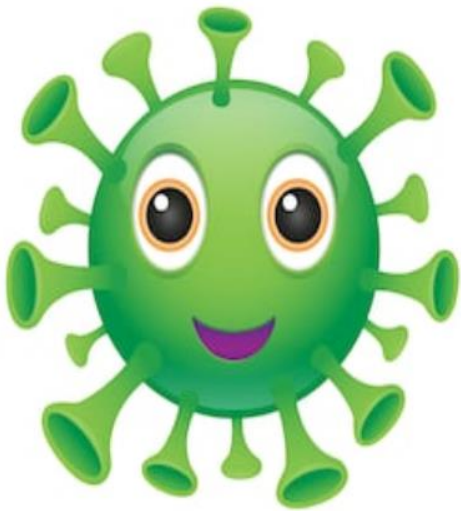


Wearing a Mask



There is a virus called COVID-19 making people feel sick.



You cannot see the virus, but it can pass from person to person through sneezing or coughing.



You can stay home to avoid catching the virus.



When you go out in the community, you can wear a mask to protect yourself and others.



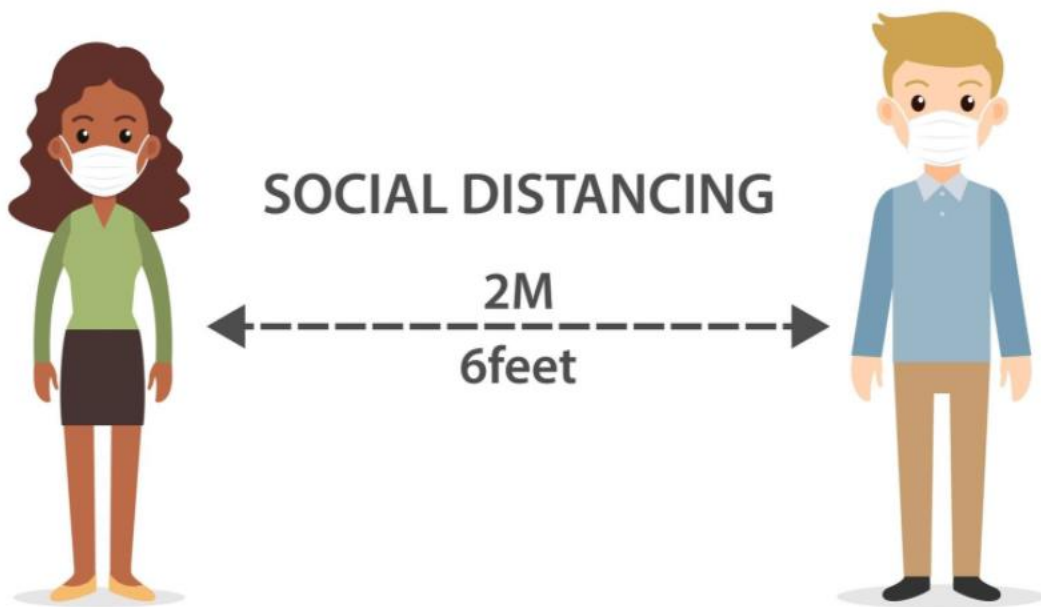
A mask covers your nose and mouth and goes around your ears or head.



It may feel uncomfortable at first. It may even feel warm when you breathe. You can practice wearing it at home with your family.



When you wear your mask in the community, still try to stay 6 feet away from others. This is about the length of your bed!



Wearing a mask will help keep everyone healthy.



So you have more energy to play and spend time with your family!



You can help the doctors and nurses working hard to fight COVID-19 by wearing a mask. It may be different, but you won't need to wear it forever.

