



# MASK TIPS

## For Oregon Children

### TO STOP THE SPREAD OF CORONAVIRUS

## WHO

- Children over 5 are required to wear masks\*
- Children over 2 are recommended to wear masks
- Children under 2 should not wear face masks
- Most children with special health conditions can wear face masks, with rare exceptions

## WHEN

- Indoors and outdoors, when unable to stay six feet away from people who are not part of your regular household
- Examples: On crowded trails, bike paths, parks, or when playing sports near others. In school. At the grocery store.

## WHAT

Cloth masks/coverings should:

- Cover the mouth and nose
- Be thick enough that they are not see-through when held up to the light
- Be regularly washed with hot water
- Not all masks are the same. Try different cloth materials, shapes, and styles. Your child might find one mask more comfortable than another and wear it longer.

**Start early:** Introduce your child to masks at home before you think they will be required to wear them.

**Make it familiar:** Practice wearing masks at home and model good mask wearing behavior with parents, older siblings, or a favorite stuffed animal.

**Make it fun:** Allow some empowerment by letting your child choose their own face mask or help make their own. Choose fun designs or patterns or decorate with stickers or patches.

**Be honest:** Explain why masks are important. Use positive language about wearing masks like, "Time to put on our masks to make sure we all stay safe."

**Be consistent:** Develop regular mask wearing habits when out in public.

**Be patient:** It may take time for kids to adjust to wearing face coverings.

