

Is your child wearing their mask correctly?

Fabric and non-medical masks can help reduce the risk of COVID-19; however, masks that are not used properly can actually cause more harm than good. Children in grades 1 and up are required to wear a mask on the bus and while at school. In JK and SK masking is encouraged but not mandatory. For this reason, building a classroom routine for masking may be difficult.

To prevent the spread of germs and to keep your child safe, CK Public Health has some tips.

Parents can help their child learn:

- How to properly put on and take off their mask or face covering, handling only the straps and avoiding touching the outside of the mask. This prevents germs on the outside of the mask from getting on your child's hands.
- To clean their hands before putting on and after taking off their mask.
- NOT to trade or share their mask with other children.
- To store their mask in a labelled, clean and dry bag or container (e.g. paper bag or pencil case) when taking it off for lunch, break or other outside periods of the day.
- Store their clean and used masks separately.
- To change their mask when damp or dirty.



Encourage your child to build their own routine with their mask. Help them to know that when they choose to wear a mask, they should keep it on and not play with it.

Parents can show and practice these skills at home so children will feel confident when wearing their mask on the bus and at school. If your child is having difficulties with their mask or problems following these tips, you may need to decide if they are ready to wear a mask. Remember, masks only help prevent the spread of germs if worn properly.



Talk with your teacher about mask behaviour in the classroom to see if your child needs more practice before wearing their mask at school. For more information on masks and COVID-19, check out our Schools and COVID-19 page at <https://ckphu.com/schoolscovid/>.