

Tips for Helping Kids Wear Masks

My mask protects you, your mask protects me.

It may be scary for kids* to start wearing a mask. Here are some tips to help them through it.



Let them pick it out!

Let kids select the color, fabric or style they like best. Decorating is fine as long as it doesn't interfere with the mask integrity.



Make play masks for stuffed animals

Use household materials to make masks for toys. This fun activity can make masks less scary.



Practice wearing it

Practice putting on and taking off masks. Start wearing masks at home for short periods of time. Some kids adjust right away, others need more practice. Being consistent and setting goals can help.



Never share and keep it clean

Mask should never be shared with others or worn when dirty. Cloth masks should be washed after each use.



Wear it properly

Have kids practice washing their hands before touching their mask and making sure their mask covers their nose, mouth and chin. If it becomes difficult to breathe, masks should be easy to remove.



Be a mask role model

Wear your own mask consistently and explain how it keeps you and others safe.

* Masks are only for children over 2 years old. Children under 2 should never wear a mask.



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