



ASHLAND PUBLIC SCHOOLS HEALTH SERVICES

August 2020

"A mask or cloth face covering may not protect the wearer, but it may keep the wearer from spreading the virus to others." (CDC, 2020)

Face Masks & Face Coverings

Why Should Face Coverings Be Worn?

As part of a multi-layered strategy that includes physical distancing and hand washing, face masks are an effective way to mitigate transmission from individuals who are infectious, even when they do not have symptoms. When worn properly, masks limit the spread of droplets and smaller aerosols when people breathe, speak, cough, or sneeze. (Harvard, 2020)

Who Shouldn't Wear a Face Covering?

- All students and staff should wear a face mask/face covering. Exceptions to this requirement will be made on an individual basis.

Mask Safety

- Face coverings should NOT have any attachments (such as buttons, stickers, etc.) that may be a choking hazard
- Remove face coverings while children are sleeping, eating, or swimming (or when they would get wet).
- Don't put the covering around your neck or up on your forehead
- Do not share your mask with anyone

Tips to Help Children Adapt

Getting your child to wear a cloth covering can be challenging. Here are some expert tips:

- As early as the preschool years, children can understand simple explanations about why we wear face coverings (keeping germs away or keeping germs we may have away from others). Use simple words that won't worry or frighten your child.

<https://www.pbs.org/video/wearing-mask-helps-stop-spread-germs-mjig7e/>

- Adults and older siblings are great role models. When we wear cloth face covering, children will want to do it too.
- Children learn through play; you can introduce the idea by placing a face covering or mask on your child's favorite doll or stuffed animal during play time.
- Let your child choose a color or pattern for their face covering.
- Show pictures of other children wearing face coverings.
- Color face coverings on pictures in a storybook or draw pictures of people wearing face coverings.
- Practice wearing face coverings at home. Give your child a small reward (examples: sticker, five minutes screen time) each time they can wear the face covering for short periods (example: 5 minutes to start, increasing to 15 and slowly working up to 2-3 hours).

How Do I Choose the Right Mask?

Cloth masks may vary greatly in filtration efficiency and breathability, depending on the fabric and layering.

<https://www.nbcnews.com/shopping/wellness/face-masks-kids-how-buy-them-according-experts-n1231341>

The World Health Organization recommends that masks be at least three layers thick, where the different layers serve to either limit the spread of droplets from the wearer's mouth or protect the mask from outside contamination and penetration.

More tightly woven materials, such as cotton fabrics with higher thread counts, are preferable, while elastic materials are not recommended due to the higher pore size and lower filtration efficiency. (Harvard, 2020) **For this reason, APS will not allow students or staff to wear neck gaiters, bandanas, or masks with exhalation valves.**

How to make your own face mask:

<https://www.youtube.com/watch?v=tPx1yqvJgf4>

****Cloth face coverings are NOT surgical masks or N95 respirators. Currently, surgical masks and N95 respirators are critical supplies that should only be reserved for healthcare workers and other first responders.****

Size and Fit

- Face covering should fit snugly and comfortable
- Face covering should cover nose and mouth
- Multiple layers are best (preferably three layers)

Wear your Face Covering Correctly

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Pinch the metal nose piece, if your covering has one
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html>

While Wearing Your Face Covering

- Do not touch the front of the face mask. If you do, clean your hands and dry thoroughly.
- Avoid touching your face, as infection can still be introduced by touching your eyes or if you are not wearing your face mask correctly.
- Face masks should not be moved during use. This includes being pulled up or pulled down below your chin. If you need to remove your mask (for example, to eat) - remove it safely, dispose of it appropriately (or wash if a home-made facial covering or cloth mask) and clean your hands.
- Replace the face mask if it becomes damp, damaged, or soiled.

How to Take Off Your Cloth Face Covering

- Clean your hands with soap and water or use hand sanitizer. Ensure your hands are dry
- Remove the face mask from behind (do not touch the front of the mask) by untying ties or removing loops and pull it away from your face. Be careful not to touch your eyes, nose, and mouth when removing your mask
- Fold outside corners together
- Clean, store or dispose of it appropriately
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.



How to Clean Your Face Covering

Washing machine:

1. You can include your face covering with your regular laundry.
2. Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the face covering.

Dryer: Use the highest heat setting for the cloth used and leave in the dryer until completely dry.

Air dry: Lay flat and allow to completely dry. If possible, place the cloth face covering in direct sunlight.

For more information on cleaning, please click [here](#)

Being Prepared for School

- Masks or face coverings are required for all students grades PreK-12.
- Students should come to school with at least 2 masks daily.
- Masks should be clearly labeled with student's name on the outside of the mask.
- A labeled bag or container should be brought to school for mask storage.
- Nebulizers will not be allowed in school. If you child requires a nebulizer treatment, please speak with their pediatrician about getting an inhaler.
- Bring a bottle of water. Water fountains will not be in use.



Helpful Videos & Links:

CDC Cloth Face Coverings

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

Children & Face Masks

<https://www.peacehealth.org/healthy-you/children-and-face-coverings-what-you-need-know>

How to Buy Face Masks for Children:

<https://www.nbcnews.com/shopping/wellness/face-masks-kids-how-buy-them-according-experts-n1231341>

CDC: Masks Prevent the Spread

https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html?deliveryName=USCDC_2067-DM25135

From Mass.gov – Stop the Spread

<https://www.mass.gov/doc/use-face-coverings-effectively/download>

MA DPH How-To Video

<https://www.mass.gov/doc/use-face-coverings-effectively/download>

CDC – Wearing a Mask Safely

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/cloth-face-covering.pdf>

CDC – Stop the Spread of Germs

https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread_poster.pdf