



# Wearing a Face Mask

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**Wearing a face mask is important.  
It helps to keep myself and others safe.**



**A virus called coronavirus is making people sick.  
The virus is spread by sneezing or coughing.**



**Wearing a mask helps stop the spread of the virus.**

**A mask protects other people from my sneeze or cough.**





**There are many different kinds of masks.**

**Some masks are made of: fabric, nylon, cotton or even plastic!**



Many people are wearing masks in public places.

At the grocery store

In the park

At their workplace





Hospital and emergency workers wear masks while they are protecting everyone. They wear masks to stay safe.



I want to stay safe too. I can stay safe when I go places by wearing a mask.





My mask covers my nose and mouth. Some masks cover your chin and neck. Some masks are worn around your ears. Other masks tie behind your head.



**Wearing a mask on my face feels different. I can still breathe and talk with my mask on. I need to let someone know if my mask is too tight or uncomfortable.**





Washing my mask is important. Washing my mask helps prevent the spread of germs and viruses. I will have an adult wash my mask.





Remember that wearing a mask is important.

It helps to keep myself and others safe!

**The End**