

WHAT TYPE OF MASK IS OKAY?



ALL MCS *students and staff will be required to wear a face mask with two-ply material.

APPROVED

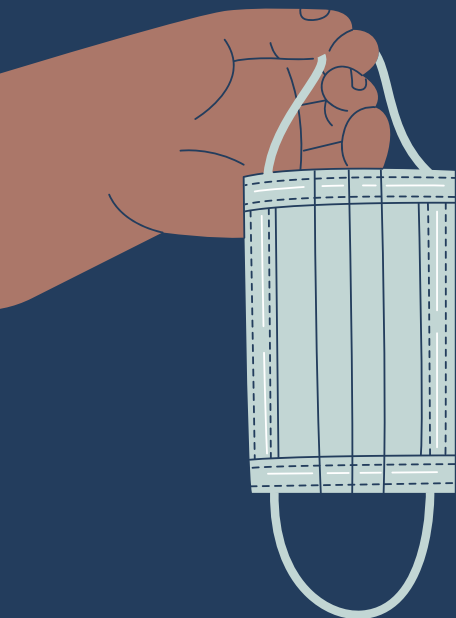


Cloth Face Masks

District-issued, store-bought or handmade any pattern (as long as school appropriate)



Disposable Surgical Face Mask



NOT APPROVED



Bandanas

Bandanas do not sufficiently prevent the spread of respiratory droplets



Gaiters

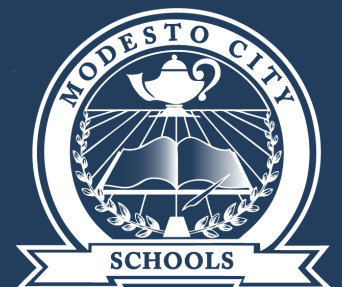
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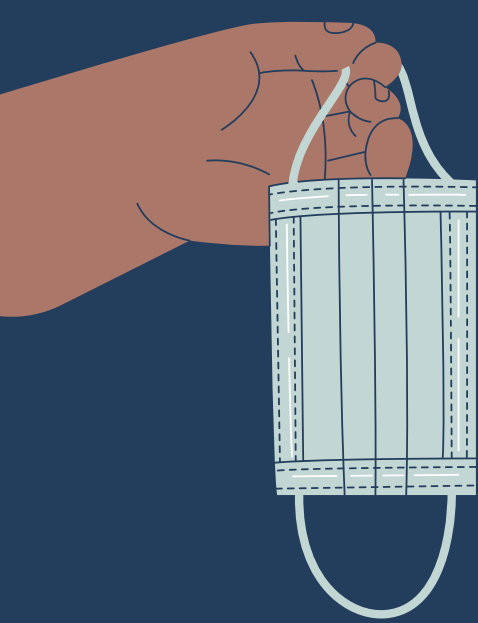


Masks with Valves

Valves release exhaled droplets, and don't protect others

*CDPH exemptions may apply.





HOW CAN I HELP MY STUDENT ADAPT TO WEARING A MASK?

1

EXPLAIN WHY

- Provide clear and simple information using positive phrasing.
 - "Masks help us from spreading germs to others."
 - "Wearing a mask protects others from our germs."

2

PROVIDE BACKGROUND

- "You and your classmates will wear a mask at school."
- "Students riding the bus will wear masks to help them not spread any germs."
- "Make sure you listen to your teacher and keep your mask on except for times when okay to remove such as at lunch."

3

PRACTICE

- Break putting on a mask into smaller steps:
 - Hold the mask by the ear loops/ties
 - Place the mask against your face
 - Secure the ear loops/ties
 - Keep the mask on until an adult says you can take it off
 - Take the mask off by ear loops/ties
 - Keep the mask in a clean spot (on a desk or in a labeled bag)
- Practice the steps above for a 5-10 minutes each day
- Give positive reinforcement
- Model mask wearing for your student

Keep In Mind:

- According to the CDC, fabric masks should be laundered every day.
- We will have disposable masks available for students who forget theirs.

