Wearing A Mask Keeps Us Safe
Right now, doctors say it is a good idea for everyone to wear a mask.
Masks help to keep you, your family, your friends and other people safe and healthy.

Masks help to protect us from getting sick.
Where do we wear masks?

Your parents might ask you to wear a mask when you go outside of your house or apartment. They want to keep you safe.
Where do we wear masks?

Right now, you need to wear a mask inside of a grocery store.
Where do we wear masks?

Right now, you need to wear a mask on the subway.
Where do we wear masks?

Right now, you need to wear a mask when you walk on the sidewalk.
Where do we wear masks?

Right now, you need to wear a mask when you are standing close to another person that does not live in the same place as you.
There are all different kinds of masks. Some masks are cloth masks. Some masks are colorful. Some doctors might even wear clear shields over their masks.
Now let’s look at some Parkside teachers. Even though you cannot see their mouths, they are still smiling under their face masks!
How do you know if you are wearing your mask the right way?

You know a mask is working if it is covering your nose **AND** your mouth.
An adult can help you put on your mask the right way.
Only 1 person in this picture is wearing their mask the right way.

Remember, it needs to cover your mouth **AND** your nose.

Who is wearing their mask the right way?
You're right!

Jake is wearing his mask the right way because it is covering his mouth **AND** his nose.
It might feel weird or ZOOPY to wear a mask. It might even feel annoying, easy or fun.

How do you feel about wearing a mask?
Here are some things you can try:

- Teach your stuffed animals or dolls about wearing masks.
- Wear your mask on Zoom!
- Decorate your mask!
- Have show and tell with your masks on Zoom.
And just like with ZOOPS, you can:

- Talk to a parent, family member, teacher or therapist.
- Draw a picture or write about how you are feeling.
- Take deep breaths.
- Use a body tool.
By wearing a mask, you can help to keep everyone safe, just like a superhero!
Right now, doctors think it is a good idea for adults AND kids to wear masks. Check out some of our Parkside students wearing a face mask.