

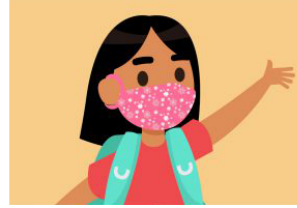


A Guide to Masks for Kids

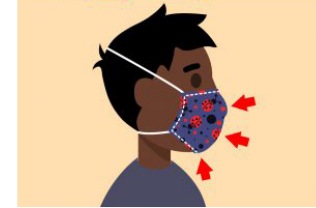
Many kids who have been at home the entire year may not have had the opportunity to wear a mask all day before. Here are some tips to help make mask-wearing more comfortable for your child:

- A child's mask should be snug, cover the nose and mouth with no gaps around the sides.
- Look for masks that are especially made for children.
- Nose wire at the top of the mask also helps to keep a mask in place.
- Masks bought a year ago may no longer be as effective. Inspect masks regularly and dispose of older masks that have begun to wear or fade.
- If you have difficulty finding masks that fit snugly to your child's face, look for "ear savers" that pull the mask straps so that they connect at the back of the head.
- Highland has additional child-sized disposable masks available for children as well.

Children



Find a mask that is made for children to help ensure proper fit



Check to be sure the mask fits snugly over the nose and mouth and under the chin and that there are no gaps around the sides



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps



Have a nose wire to prevent air from leaking out of the top of the mask

