**I Can Stay Healthy by Wearing a Face Mask**





**I have been staying at home more because of the coronavirus. The coronavirus are germs that make people sick.**

**Coronavirus germs are so small that I can’t see them.**

**Coronavirus can be passed from person to person and make me and other people sick.**

**That is why I can’t go to the places I usually do.**



**The coronavirus can be spread through the air.**

**Some ways that it spreads are when people breathe, cough or sneeze.**



**Wearing a face mask is an important way I can prevent coronavirus from spreading.**

**When I leave my house, there are many places I should wear a face mask.**

**Most of the time, these places will be where**

**there are groups of people in one place.**

**There are different types of face masks.**



**Doctors, nurses, and others who work in health care wear certain types of face masks.**



**There are other types of face masks for people like me.**

**I can help make my own mask or even decorate it for fun!**

**The mask should cover my mouth and nose.**



**If the face mask feels uncomfortable to me,**

**I can let someone know.**

**Together, we can try different ways to make it feel better for me when I wear it.**

**I can get used to the feeling by practicing wearing it at home.**



**After coming inside, I wash my hands after I take off my face mask.**



**If my face mask is made of cloth, I need to wash it in the washing machine to keep it clean.**



**I can wear a face mask next time I leave the house.**

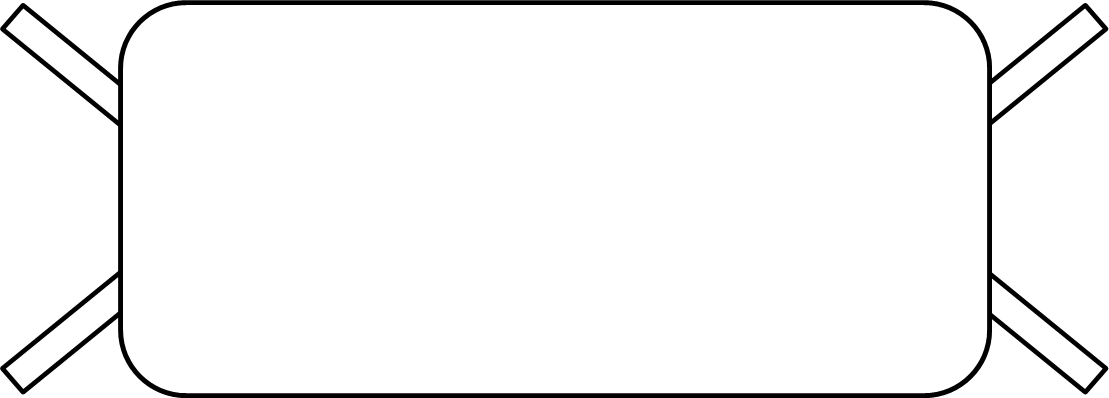
**Wearing a face mask keeps me from**

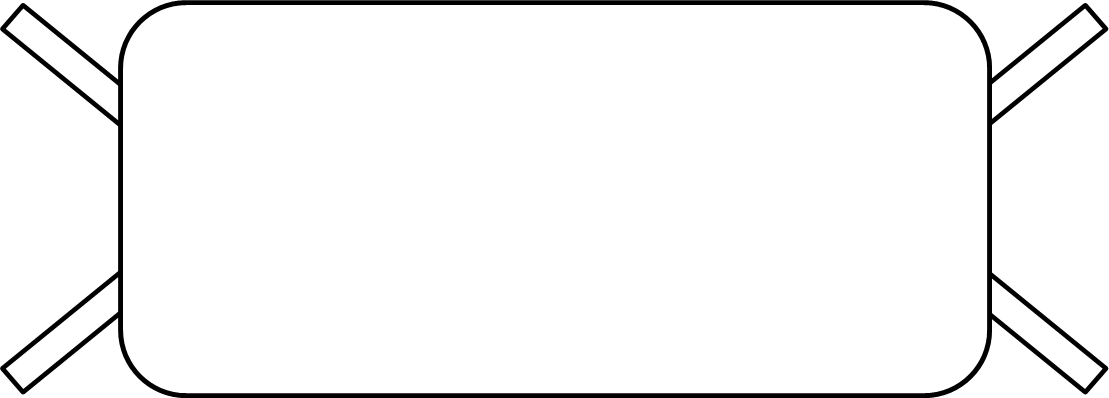
**getting and spreading coronavirus.**

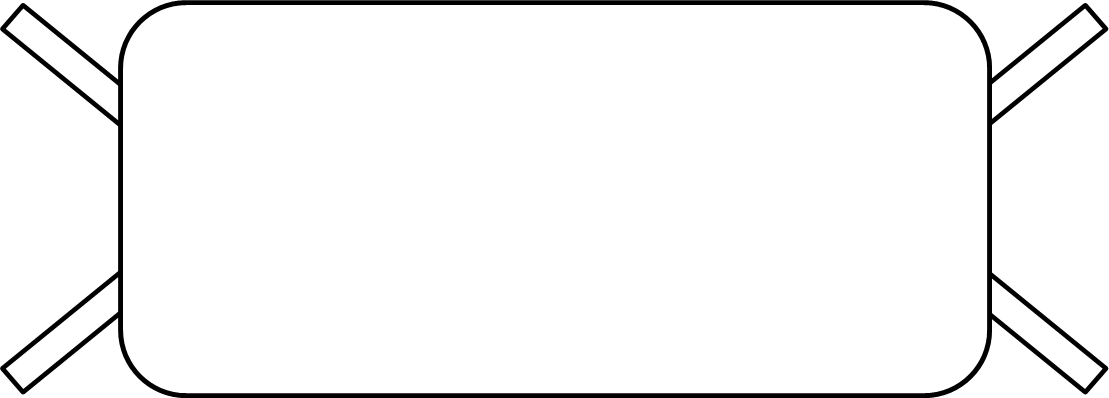
**It helps keep me and everyone else healthy**

**and safe.**

**Try decorating pictures of these face masks in ways that you like.**









Developed by Michaela Domaratzky, M.D. Candidate, Rutgers Robert Wood Johnson Medical School in partnership with

[Children’s Specialized Hospital](http://www.childrens-specialized.org) and The Boggs Center on Developmental Disabilities, New Jersey Leadership Education in Neurodevelopmental and Related Disabilities Program (NJLEND).

Kohls Cares

Through a partnership with Kohl’s Cares, Children’s Specialized Hospital is improving access to care for children with special health care needs.

© 2020 Children’s Specialized Hospital