

### **Face coverings for kids should:**

- Be made out of thicker, more densely woven fabric, like cotton
- Have multiple layers of fabric
- Be clean and in good shape (no holes or wear and tear)
- Be able to be washed in the washing machine and dryer and after daily use
- Fully cover their nose, mouth and chin
- Fit comfortably – but snugly – against their face
- Allow them to breathe easily

Overall, finding or making a good face covering for your child involves finding a balance: You want fabric that doesn't allow droplets to pass through while ensuring you can still breathe properly with your mask in place.

### **Face coverings for children should not:**

- Be see through or thin enough to allow light through (translucent); hold your child's mask up to the light to check for holes where light is coming through
- Be uncomfortable, forcing your child to fidget or adjust their mask, potentially with dirty hands
- Be difficult to breathe in
- Have exhalation valves or vents; these vents do not contain the germs within the mask, making it possible for someone without symptoms to spread COVID-19

### **Also remember:**

- Instruct (and help) your child wash their hands before they put their face covering on
- Remind them that they shouldn't touch the facial covering again until they're ready to remove it
- Have your child wash their hands after they remove their mask, too
- If their mask gets dirty or hard to breathe through, make sure that they take it off and do not wear it again until it's been washed in the laundry
- Do not share or trade face coverings
- Keep dirty and clean masks separate
- Do not wear cloth face coverings when swimming, as wet masks make breathing more difficult