

How to help your child wear a face covering

It's understandable that children may be afraid of wearing face coverings at first. Here are a few ideas to help make them seem less scary:

- Let your child pick out and decorate their own face covering.
- Try different styles to find one that's a comfortable fit.
- Put a face covering on a favorite stuffed animal or draw one on a favorite book character.
- Introduce the mask when everyone is relaxed and comfortable but not too sleepy.
- Practice wearing the face covering at home to help your child get used to it.
- Play some "let's pretend" games with characters that wear masks.
- Point out other people wearing masks while you're out.



Children under the age of two or who can't remove a face covering should not wear one.

For more information visit
healthoregon.org/coronavirus or call 211

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