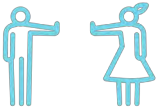


Avoid Close Contact with Others and Practice Physical Distancing



- Stay close to home as much as possible.
- Avoid group activities, events or gatherings of more than 10 people.
- Follow social distancing guidelines by staying at least **6 feet away** from people.
- Make playdates for your kids with just one friend or one other family.
 - Have kids play outside and find activities that don't involve sharing toys or food.

Practice Good Hand Hygiene



- Remind your kids to wash their hands regularly for **20 seconds**, especially when they've been out of the house or in close contact with others.
- Use hand sanitizer if soap and water are not available.
- Teach your children to avoid touching their faces, especially when they're in public.

Cover Your Mouth and Nose with a Cloth Face Covering When You Go Out



- Make or buy a cloth mask or face covering that you and your children feel comfortable wearing.
- Have your kids practice wearing the mask before they leave the house.
- Remind your children that wearing a mask, especially at indoor public spaces, protects you and the people around you.

If You—or Your Child—Start to Feel Sick



- **Stay home!** Call your primary care provider if you have concerns and ask if you need to be tested for COVID-19.
 - To learn more about symptoms go to dhs.wisconsin.gov/covid-19/symptoms.htm.
 - To find community testing sites contact your county's health department dhs.wisconsin.gov/lh-depts/counties.htm.
- Cover your mouth and nose with tissue or use the inside of your elbow when you cough or sneeze and teach your children to do the same.
- Clean surfaces and objects that are touched daily like tables, countertops, light switches, doorknobs and cabinet handles. See more information on cleaning and disinfecting at cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html.

Sources:

Wisconsin DHS, COVID-19: Avoid Illness, dhs.wisconsin.gov/covid-19/protect.htm.

CDC, How to Protect Yourself & Others, cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html.

A Parent's Guide

Helping your child wear a face mask

Your child may have challenges or discomfort when wearing a face mask. After talking about the importance of face masks, ask your child about what might be bothersome and any preferences in type, color, or style. Once you understand, you can help work with your child to help make the face mask more comfortable to wear.



ABOUT FACE MASKS

WHY

Coronavirus can be spread when we breathe, cough or sneeze. Wearing a mask reduces spread from person to person.

WHO

People who wear face masks help prevent the virus from spreading. Children under the age of two and those with breathing challenges should not wear face masks

HOW

When wearing a face mask, make sure it covers both the nose and mouth. After using the face mask, remove it and be sure to wash hands. Disposable masks should be thrown in the trash and fabric masks should be washed in the washing machine.

WHERE

Use face masks when in public settings, especially in places where you are in close contact with others such as a grocery store, laundromat, pharmacy, or bank.

TYPES OF MASKS

Depending on your child's comfort level and face shape



Face mask



Neck Gaiter

GETTING COMFORTABLE

Mask Anxiety

If your child expresses fear over the mask, address what is bothering them. This may be due to fear of the mask itself, itchiness, feeling hot or difficulty breathing.

- Include your child in making the mask or even **decorating** it with stickers or using fun fabrics
- Have a child feel more comfortable with face masks by seeing other family members wear them as well
- When creating or choosing a mask, experiment with **different fabric textures**

Ways to get used to a face mask

Use a "visual timer" technique. Put a timer on and wear a mask alongside your child at home. Incrementally increase the time to allow your child to get used to the feel.



Rewards. Give your child a reward for practicing wearing the mask at home. For example, allow your child screen time while wearing the mask.

How to make a mask:

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/DIY-cloth-face-covering-instructions.pdf>

Be patient! It may take days or even weeks for a child to get used to a face mask. There are people around you who could help. Ask your health care provider to get the support you need.

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