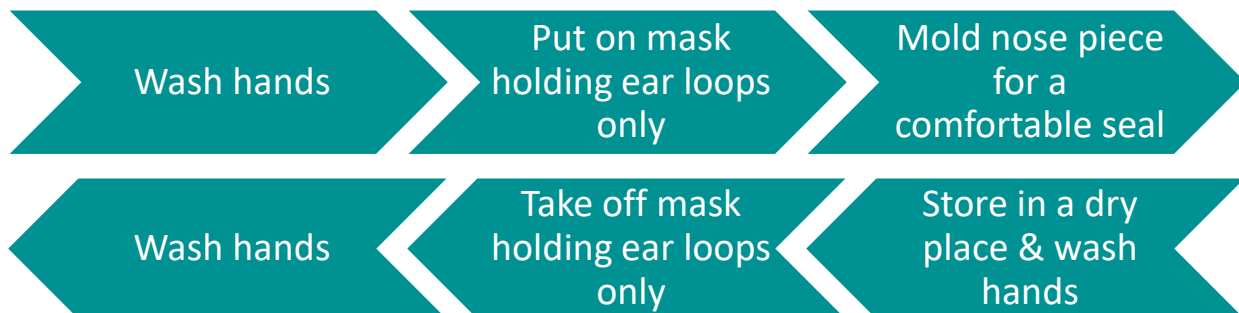


# School with a mask

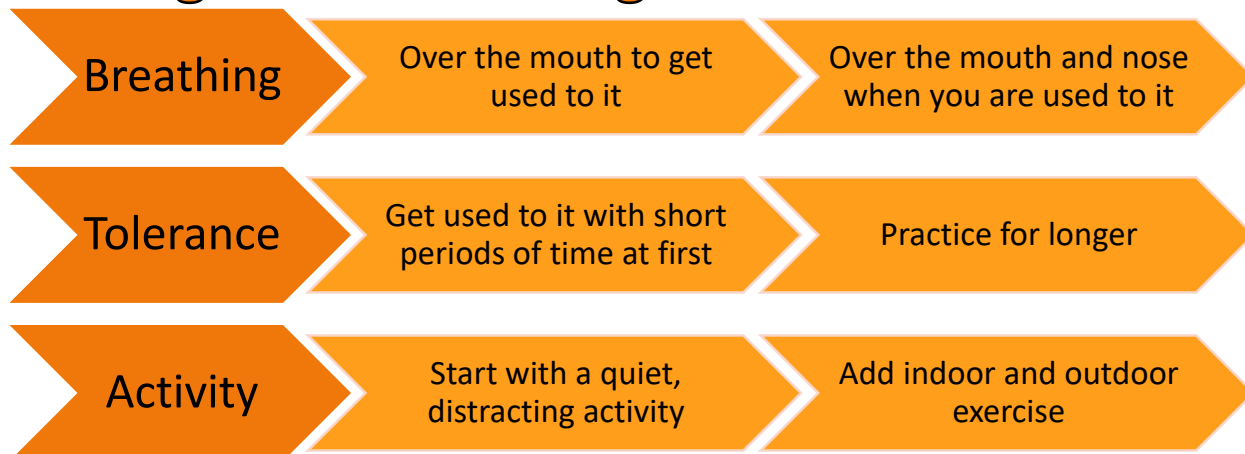
## Keys to a good mask fit

Fit	<ul style="list-style-type: none"><li>• Firm over the nose and sides of the face</li><li>• Adjust to avoid glasses fogging</li></ul>
Comfort	<ul style="list-style-type: none"><li>• Common pressure points are behind the ears and nose</li><li>• Should not see marks or skin break down</li></ul>
Breathing	<ul style="list-style-type: none"><li>• Masks should be 3-4 fine textured cotton layers</li><li>• Masks should not be too thick or hot</li></ul>
Safety	<ul style="list-style-type: none"><li>• Masks are safe. They do not affect your ability to breathe.</li><li>• Be sure that straps are not a strangulation hazard</li></ul>

## Putting on and taking off your mask



## Getting used to wearing a mask



# Mask care

## Clean mask

- Store in a dry paper bag or towel
- Keep the face side clean
- Check with the school mask plan

## Dirty mask

- Wash in soap and hot water
- Wash masks daily or if they get damp
- Were you exposed to aerosols? Change your mask.

**NEVER  
share  
masks!**

# Face care

## Moisturize

- Daily moisturizer for your skin type
- Lip balm to minimize dry, chapped lips
- Use petroleum jelly on irritated spots before bed

## Products

- Avoid new products
- Cut down on irritating skin products

## Make up

- Avoid using it under the mask area
- Make up under the mask can clog pores and promote acne

## Troubleshooting

- Always use clean masks & non-irritating laundry detergent
- Ensure good mask fit & avoid synthetic fabric
- Take a 15 minute break in a safe place every 4 hours
- Switch between mask types daily to give your ears a break

# Resources

**Choosing your mask** <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/about-non-medical-masks-face-coverings.html>

**Putting on your mask** <https://www.canada.ca/en/public-health/services/video/covid-19-wear-non-medical-mask-face-covering-properly.html>

**Breathing easier in a mask** <https://www.folio.ca/how-to-breathe-easier-while-wearing-a-protective-mask/>

**Caring for masks** <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/q-a-on-covid-19-and-masks>

**Stressed skin?** <https://www.aad.org/public/everyday-care/skin-care-secrets/face/prevent-face-mask-skin-problems> and <https://www.aad.org/public/everyday-care/injured-skin/burns/face-mask-skin-problems-treatment>

**Stressed out?** <https://www.cps.ca/en/blog-blogue/how-to-help-youth-tackle-the-blues-during-covid-19>

**Learn about COVID-19** <https://www.ualberta.ca/alberta-respiratory-centre/covid19-links.html>

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