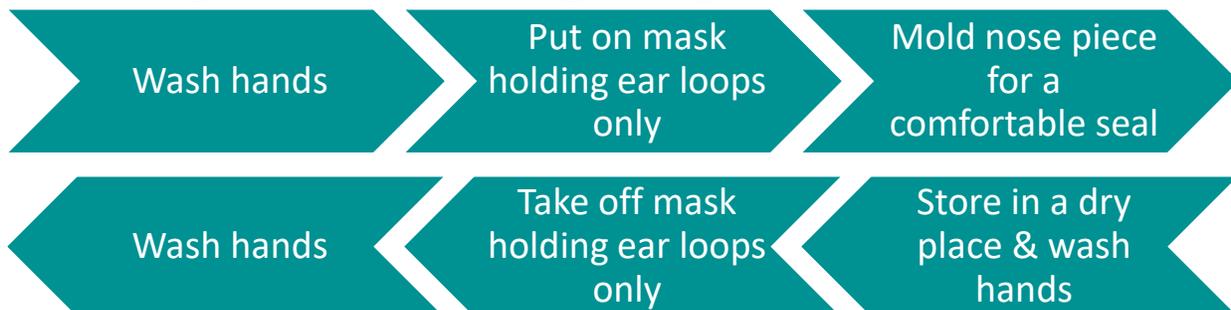


School with a mask

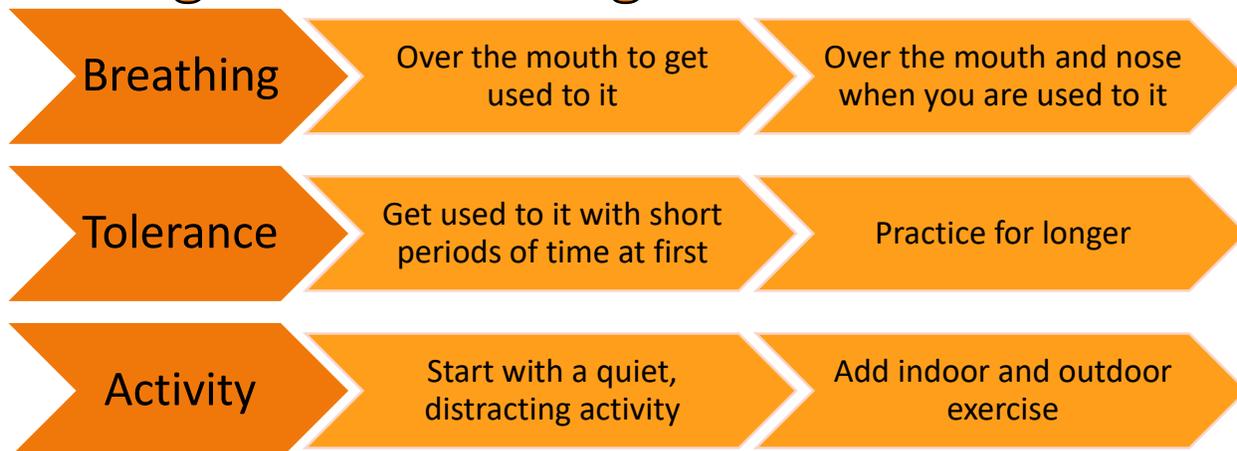
Keys to a good mask fit

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

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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