



## **Marlboro Alliance for the Prevention of Substance Abuse**

We are a community that cares!  
We are here to try and help you during this pandemic.  
If you have questions or concerns please email  
[Drugalliance@marlboro-nj.gov](mailto:Drugalliance@marlboro-nj.gov)

### **Children and Face Masks**

As the COVID-19 pandemic continues to evolve so do the recommendations. The most recent recommendation by the CDC is for all, including children, to wear "cloth face coverings in public settings where other social distancing measures are difficult to maintain." Please note that the CDC specifically states that "cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the masks without assistance."

For many children seeing so many people wearing masks might be scary. As parents/guardians help them understand that it is important to wear them not just for their protection but to help protect others. It's common for children to have lots of questions and it's best to answer them in language they understand. Let them know they won't have to wear them forever just until there are better medicines that would help keep them safe from "yucky" germs. As a parent/guardian always model wearing a mask when outdoors.

Some things you can do to help children get used to wearing masks:

- Teach them how to put them on and off; let them wear them around the house first.
- Depending on the type of masks let them decorate them with markers or stickers.
- Show your children pictures of other children wearing masks.
- Look in the mirror while wearing the mask and talk about the positive benefits.
- Draw them on their favorite book character or put one on their favorite stuffed animal.

Below are some links that provide additional information:

<https://parents.com/health/should-i-wear-a-face-mask-to-prevent-coronavirus/>

<https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/04/mask-safety-101>

<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-mask/art-20485449>

<https://www.christopherreeve.org/blog/life-after-paralysis/masks-and-protective-equipment>

Visit this link from the CDC for directions on how to make a face mask:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>