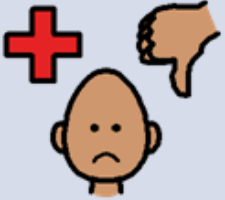




I can wear a mask



At the moment there are some people unwell with a virus called COVID19.



The virus can be passed through coughing and sneezing. We can't see these germs.



If I need to go out I can stop the spread of germs by wearing a mask.



I can try my mask on in the house to help me get used to it.



My mask is made from material. It will cover my nose and mouth.



I will still be able to breathe with my mask on but I might feel warmer because of my breath.



It might feel different wearing a mask and other people might look different.



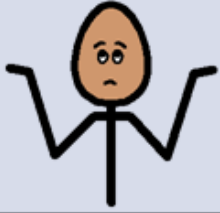
I can wear a mask



If other people see me wearing my mask they will know why.



My mum, brother and sister might want to wear a mask to help stop the spread of the virus.



If I need help to put my mask on I can ask my mum or a grown up.



I can try my mask on in the house to help me get used to it.



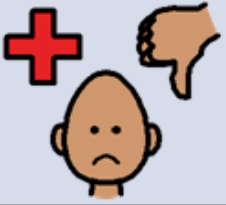
Lots of other people including doctors, nurses, dentists, shop assistants and many more may wear masks.



When I get home I can remove my mask and wash my hands.



Wearing masks



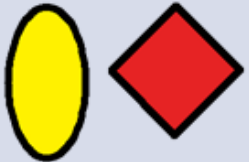
At the moment there are some people unwell with a virus called COVID19.



The virus can be passed through coughing and sneezing. We can't see these germs.



Lots of people are wearing masks to help stop the virus spreading.



Masks can look different. They can be different colours or materials.



If I see other people wearing a mask I don't need to be afraid. Underneath they are just like me.



I won't be able to see people smile underneath their mask.



Instead of smiling I can wave or give a thumbs up. Other people might wave back.