



## CHILD FACE MASKS OR COVERINGS

July 2020

In response and anticipation of California state guidelines for the coming school year, effective Monday, July 27, 2020 we will require each child to bring a face mask or covering daily and to wear a face mask or covering while in our program.

- The children will wear a mask or face covering
  - TK/Kindergarten will wear their face masks or covering 25% of the day
  - First Grade will wear their face masks or covering 50% of the day
  - Second Grade will wear their face masks or covering 75% of the day
  - Third Grade and up will wear their face masks or covering 100% of the day -
- The children WILL NOT wear a face mask/covering when engaged in physical activity or playing outside.

Staff will continue to be required to wear a face mask/covering when working with children and any visitor will be required to wear a face mask/covering while onsite.

Families provide the following for their child:

- Face mask/covering – labeled with child's name
- The CDC recommends daily laundering of face mask/covering, this can include hand washing

***Each site will have a limited number of children's face masks available in case a child forgets a mask or face covering.***

### **What about children with special health care needs?**

- Children who are considered high-risk or severely immunocompromised are encouraged to wear an N95 mask for protection. *We do not have children's N95 masks* at any locations – please bring one from home.
- Families of children at higher risk are encouraged to use a standard surgical mask if they are sick to prevent the spread of illness to others.
- Children with severe cognitive or respiratory impairments may have a hard time tolerating a cloth face covering. For these children, special precautions may be needed. Please consult with your pediatrician for safe alternatives.

### **Breathing issues with children and masks that a family should know about.**

- When a mask impedes a child's ability to breathe normally, or when they are unable to remove the mask on their own if needed, the CDC recommends that a face covering should not be worn. These are important factors to keep in mind. Any child who is incapacitated or unable to remove the covering on their own if needed should not wear cloth face coverings. Please consult with your pediatrician for safe alternatives.

### **What kind of cloth face covering is best?**

- Homemade or purchased cloth face coverings are fine for most people to wear. For children, the right fit is important. Pleated face coverings with elastic are likely to work best for children. Adult



Footsteps Child Care, Inc.

374 El Camino Real Belmont, California 94002

T 650.610.0715 F 650.610.0751 E office@footstepschildcare.org W footstepschildcare.org Tax ID 94-3206278

cloth face coverings are usually 6x12 inches, and even a child-sized 5x10 inch covering may be too large for small children. Try to find the right size for your child's face and be sure to adjust it for a secure fit.

**Is there a “right way” to wear a cloth face covering?**

- Yes, place the cloth face covering securely over the nose and mouth and stretch it from ear to ear. Remember to wash your hands before, after you wear it, and avoid touching it once it is on your face. When back inside, avoid touching the front of the face covering by taking it off from behind. Cloth face coverings should not be worn when eating or drinking.
- Wash cloth face coverings after each wearing.

**What if my younger child is scared of wearing a face covering?**

It is understandable that children may be afraid of cloth face coverings at first. Here are a few ideas to help make them seem less scary:

- Look in the mirror with the face coverings on and talk about it.
- Put a cloth face covering on a favorite stuffed animal.
- Decorate them so they are more personalized and fun.
- Show your child pictures of other children wearing them.
- Draw one on their favorite book character.
- Practice wearing the face covering at home to help your child get used to it.