
WEARING A MASK



I need to wear a mask to stop the spread of the Coronavirus.



The Coronavirus is an airborne virus, If I breathe in air where an infected person has just coughed or sneezed, then there is a chance that I will also get infected.



So, in order to prevent myself from getting the virus, I need to wear a mask when I am in public areas.



Places that I must wear my mask:

- When I go for a walk outside of my garden.
- Go places where there are lots of people: shopping centres, post office, banks, hospitals and my local grocery store.
- When I go back to school, it is going to be compulsory for everyone to wear a mask.

I might find it really uncomfortable to wear a mask, because a mask can feel strange. But I must keep in mind that this is for my own safety.



During the lockdown period, I need to stay at home. This is a good time for me to practise putting on and taking off my mask. The more I practice wearing my mask, the easier it will become to wear it for longer periods.



Soon the time will come that I will need to go to a public area. By that time, I will be a champion at putting on and taking off my mask. It will also make it comfortable for me to wear my mask for the whole duration of an outing.



When I go to a public space, I will see everyone is wearing a mask. Their masks might look different to mine and that is okay....



I must remember just because I have a mask on, I am not 100% protected from the virus. There are still precautions that I must take when I am in public areas:

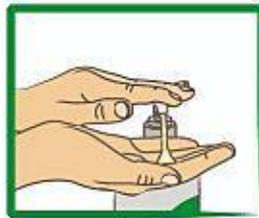


1. Always wear my mask and keep my hands away from my face.
2. Keep a social distance of a 2 metres from the public or people that don't live with me.
3. Sanitize my hands when I touch any surface in a public area.
4. When I get home, I must immediately go and wash my hands with soap and water for 20seconds.

How to wash your hands?



Wet hands with water.



Apply soap.



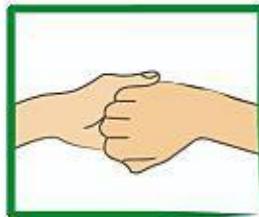
Rub hands palms to palms .



Rub the back of each hands with fingers interlaced.



Rub palms together with fingers interlaced.



Rub with back of fingers to the opposing palms.



Rub each thumb clasped in opposite hands.



Rub the tips of fingers.



Rub each wrist with different hands



Rinse with water.



Dry your hands thoroughly.



Your hands are now clean.

The Coronavirus is not going away any time soon. Our medical professionals are working hard to come up with a vaccine but until we have one, we need to be safe and responsible to protect ourselves from this virus by wearing a mask and maintaining social distance.

