



Mask on!

You need:

a mouth-and-nose protection in a suitable size and with a motif that the child likes well. Take care that the mask fits well and that the (rubber) bands do not pinch.

Wearing a mask aims ...

... to curb the corona virus. A mouth-and-nose protection works as an obstacle that impedes the transmission of viruses to others through breath droplets or spit when breathing, coughing, or sneezing.

To limit the spread of the corona virus, children from the age of six should wear a mask, more precisely a mouth-and-nose protection, when they move around in public spaces.

Mask on!

What to do:

- Wash your hands! Since the mask is worn on the face, it should be as clean as possible. It is therefore best to wash your hands before putting on the mouth-and-nose protection.
- Cover your mouth, cover your nose! When putting on the mask, make sure that the mouth and nose are covered up and that the mouth-and-nose-protection fits tightly.
- Hands off! It is best not to touch the mask while wearing it.
- When taking the mask off, reach out for the (rubber) straps.
- And last, but not least: Wash! Do not only wash your hands once more, but also wash the mask regularly. Cloth masks should be washed at 60 to 95 degrees.
- Please note: Children who wear glasses put on their mouth-and-nose protection first, then the glasses. If the edges of the glasses rest on the face mask, the glasses stay clear more easily.

*Listen attentively,
when your child reports
his concerns and needs!*



www.shutterstock.com (figure), Andrea Aeckerle-Müller (photo)
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