

Wearing a Mask or Plastic Face Shield

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Just like everyone, I have to wear a mask or plastic face shield when I am out.

2



It is important to keep it on at all times so that we can protect ourselves and others from harmful droplets.

3



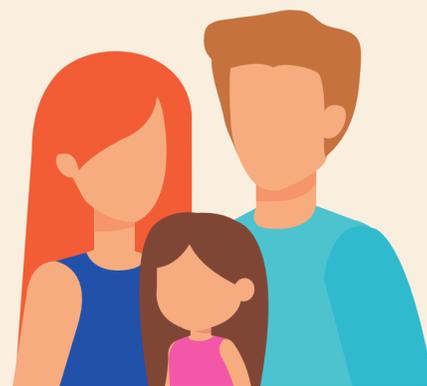
If I need to adjust my mask or remove it for a short while (when eating, drinking or washing my face), I have to wash my hands first. After I am done, I will put it back on quickly.

4



I may feel a little uncomfortable wearing them, but they are important for protection.

5



I can ask my parents or teachers for help when I feel uncomfortable wearing them.

6



My parents and teachers will be proud of me when I keep my mask or plastic face shield on!