

THE ABCs OF WEARING A MASK¹ AT SCHOOL

THIS YEAR, STUDENTS ARE REQUIRED TO WEAR AND CARRY A NEW ITEM IN THEIR SCHOOL BAG: A MASK.

This document provides an overview of the key elements to keep in mind.

How many masks do students need each day?

- It is best to bring **at least two clean masks each day**.
- A mask that is **damp, soiled or damaged cannot be used**.

How to choose a mask?

Depending on the health guidelines in effect, students may be required to wear a procedural mask (blue disposable mask). If this is not the case, a reusable fabric face covering is sufficient. With a reusable face covering, the most important thing is that it fit the student's face well, so that the student is less likely to keep touching their face.

The mask or face covering must cover the nose and mouth and should ideally be snug under the chin.



- Try to select face coverings that make it easy to identify the inside and the outside so that students don't wear face coverings that have already been worn inside out. If the fabric is the same on both sides, you could mark the inside with coloured thread, for example.
- Label face coverings with the student's name.
- If possible, choose face coverings that have at least two layers, since they are more effective.

Parents are responsible for covering the costs associated with face coverings. If you are unable to provide your child with enough face coverings, please contact your school's administration.

LET'S PROTECT OURSELVES
AND OTHERS

The public health guidelines vary according to the alert level of each region. To see which guidelines apply in your region, please consult the following page:

https://cdn-contenu.quebec.ca/cdn-contenu/adm/min/education/publications-adm/covid-19/napperon_parasco-sports-en.pdf

¹ In accordance with current guidelines, this term refers to a procedural mask or to a face covering.

How to carry a mask

It is recommended that students have two resealable bags or pouches with them. As it is not advisable to store a used mask in the same bag as a clean mask, one bag can be used as a transition bag and the other can be used to store the clean mask.

Once students have returned home, it is important to put the procedural masks in the garbage and to wash the face coverings with the rest of the laundry. **The next day, the students must use at least two fresh masks or face coverings.**

How to use a mask

The following rules for safely using a mask apply to both adults and young people.

HOW TO PUT ON A MASK PROPERLY:	
WHAT TO DO <u>when putting on</u> a mask (Practice with your child)	WHAT TO AVOID <u>when putting on</u> a mask (Do not practice this)
<ol style="list-style-type: none">1. Wash or disinfect your hands before touching the mask2. Hold the mask by the elastics (or strings) and secure it behind your ears or on the back of your head3. Adjust the mask on your nose4. Adjust the mask under your chin5. Wash or disinfect your hands	<ul style="list-style-type: none">• Wearing a mask that is damp, soiled or damaged• Touching the mask without washing your hands afterward• Wearing the mask around your neck• Wearing a mask that someone else has already worn

HOW TO REMOVE A MASK PROPERLY:	
WHAT TO DO <u>when removing</u> a mask (Practice with your child)	WHAT TO AVOID <u>when removing</u> a mask (Do not practice this)
<ol style="list-style-type: none">1. Wash or disinfect your hands before touching the mask2. Remove the mask by touching only the elastics (or strings)3. Fold the mask with the insides together, touching only the elastics (or strings)4. Store the mask in a clean bag or, if you have a disposable mask and it is soiled or damp, put it in the garbage5. Wash or disinfect your hands	<ul style="list-style-type: none">• Touching the front of the mask when removing it• Storing your mask anywhere but in the designated place (e.g. a clean bag)• Letting someone else borrow your mask• Touching the inside of the mask• Reusing a mask that is soiled or damp

FOR MORE INFORMATION:

[Québec.ca/back-to-school](https://quebec.ca/back-to-school)