



Mask Up Lakers!

Laker Health & Safety Starts at Home

What features should I look for in a mask for my child?

All masks should, regardless of the age of who's wearing it, have multiple (3) layers. The American Academy of Pediatrics recommends pleated face coverings with elastic for younger children.

When choosing a mask, also make sure that it's the right fit. Since a mask for kids might not fit all, a mask with an adjustable ear strap might provide more flexibility for your child. Masks should sit across the nasal bridge without slipping down under the nose or gapping on the upper cheeks. Both the nose and mouth must be covered to be effective.

Some online retailers selling both adult and youth masks include Old Navy, Macy's and Target. Parents should make sure they check the product's targeted age group before making a purchase.

Keeping the mask secure will also ensure that your kid doesn't have to touch it throughout the day and risk the spread of germs. Kids need to be able to put on and take off the masks unassisted. Therefore, we recommend ear loop type masks rather than tie strap masks, especially for younger students.

If you want a cost effective option, the CDC provides a [tutorial](#) on how to create your own cloth masks at home.

Wearing a mask all school day will get easier over time. We want everyone to be as comfortable as possible--if your student is having difficulty adjusting to the mask, please encourage him/her to speak to their teacher.

Please note that face shields and gaiters are NOT acceptable alternatives to face masks per our RTS guidelines.

How many masks does my child need?

The CDC says cloth face coverings should be washed after each use. With that in mind, we recommend each child bring two masks each day, in case a backup is needed.

What happens if my child forgets their mask?

We will have disposable paper masks available for students who are in need.

How do I get my child used to wearing a mask?

Starting at home can ensure that children are adjusted to the mask mandate before in-person schooling begins.

Our community physicians suggest practicing putting masks on children's stuffed animals or a doll and wearing masks themselves for short periods of time. Rewarding positive behavior, instead of pointing out negative behavior, can motivate children to keep face coverings on for extended periods of time.

Are there accessories that I can get for my child's mask?

Different accessories, such as extenders and lanyards, can make masks more comfortable and accessible. Extenders take pressure off the ears when wearing masks for extended periods, and can also provide a better fit to the mask, keeping it more flush against the face. We have also found kids touch the mask less when it is attached to an extender, headband, or hat because the mask is less likely to loosen and shift.

Accessories are widely available on Amazon, Etsy, bbSNAPS, and other online retailers or you can make your own at home. We have included links to some of the accessories we have tried successfully. Please note, these are just suggestions- and we are not affiliated with any company listed below. All of the suggested options can be made at home as well, with simple items such as large buttons, cloth headbands, bits of thick elastic or ribbon, and navy blue ball caps.

Mask Accessories:

- All elementary age students will be provided with a breakaway clasp lanyard to help keep track of their mask. Lanyards will be available at the MS/HS upon request.



- **Mask Extender:** Elastic, plastic, foam, and crochet options available on [Amazon](#) and [Etsy](#). Examples include:



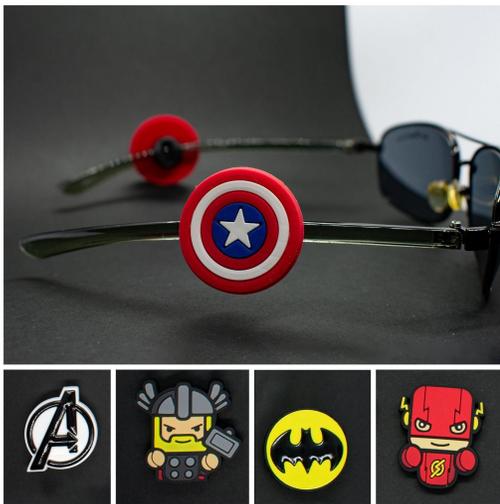
- **Ball Cap:** [Plain Royal or Navy Blue](#) or LMC logo with sewn buttons or [bbSNAPS](#).



- [Headband with buttons](#) or [bbSNAPS](#). Examples include:



- **Mask sliders** for glasses allow the elastic loop to hook on to a button on the arms of the glasses rather than the ears. Many options on [Etsy](#). Examples include:



To prevent fogging of glasses, we recommend masks that have a wire inside that form-fits over the nasal bridge. Placing the glasses on top of the mask can be helpful to avoid fogging.*