MASK TIPS
For Oregon Children
TO STOP THE SPREAD OF CORONAVIRUS

WHO
• Children over 5 are required to wear masks*
• Children over 2 are recommended to wear masks
• Children under 2 should not wear face masks
• Most children with special health conditions can wear face masks, with rare exceptions

WHAT
Cloth masks/coverings should:
• Cover the mouth and nose
• Be thick enough that they are not see-through when held up to the light
• Be regularly washed with hot water
• Not all masks are the same. Try different cloth materials, shapes, and styles. Your child might find one mask more comfortable than another and wear it longer.

WHEN
• Indoors and outdoors, when unable to stay six feet away from people who are not part of your regular household
• Examples: On crowded trails, bike paths, parks, or when playing sports near others. In school. At the grocery store.

Start early: Introduce your child to masks at home before you think they will be required to wear them.

Make it familiar: Practice wearing masks at home and model good mask wearing behavior with parents, older siblings, or a favorite stuffed animal.

Make it fun: Allow some empowerment by letting your child choose their own face mask or help make their own. Choose fun designs or patterns or decorate with stickers or patches.

Be honest: Explain why masks are important. Use positive language about wearing masks like, “Time to put on our masks to make sure we all stay safe.”

Be consistent: Develop regular mask wearing habits when out in public.

Be patient: It may take time for kids to adjust to wearing face coverings.

*The terms ‘face masks’ and ‘coverings’ are used interchangeably in this tip sheet.