I Can Wear a Face Mask!
A face mask, or covering, can protect me from germs that can make me feel sick.
A face mask is something that covers my mouth and nose, but I can still breathe. Kids AND grownups can wear masks to stay healthy.
Some face masks are made from a paper-like material.
Some face masks are made of cloth.
Some people wear a scarf or a bandana instead of a face mask.
Face masks or coverings can protect me from germs that make me feel sick.
It might feel funny the first time I wear a face mask. It might feel funny on my ears or on my nose.
A grown up can help put on my mask, and make it feel better on my face.
I might need to practice wearing this. I can even have my toys practice!
It is important to remember to listen to grownups about the important rules for wearing a mask.

To keep the germs away, it is important to try and not touch my face.
I can also keep my hands clean by washing them. I know how to wash my hands—and a grown up can help me.
My family will be so proud when I wear my face mask and keep my hands clean!
I am staying healthy! Hooray!!