I WEAR A MASK TO PROTECT MYSELF







I wear a mask to protect myself from germs or getting sick.



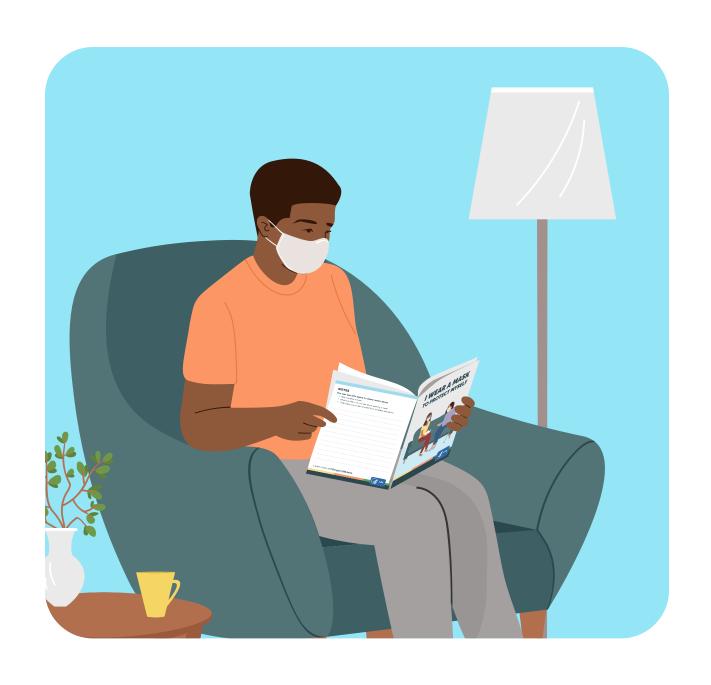
My mask must cover my nose and mouth to work.



My mask must be close to my face and fit under my chin.



Sometimes wearing a mask might feel different.



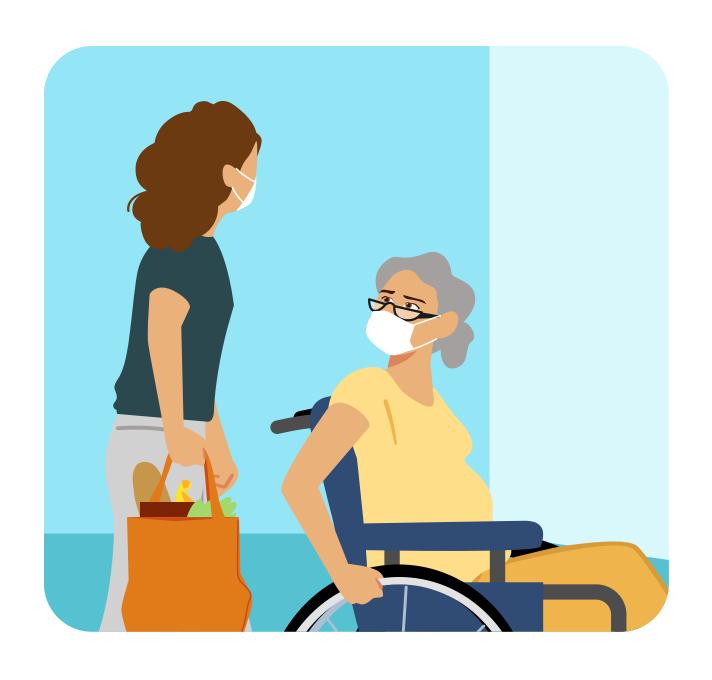
I practice wearing a mask at home so I am more comfortable wearing a mask.



It should be easy to breathe when I wear my mask.



If I need help,
I ask someone I feel safe with
to make sure my mask fits well.



I ask people who help me to also wear a mask to make sure we do not get sick.

NOTES

You can use this space to share notes about

- Why you wear a mask
- What you like or do not like about wearing a mask
- Other ways you protect yourself from germs and getting sick



Learn more at

https://bit.ly/Disability-Materials

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