



# I Can Wear a Mask

## Social Story



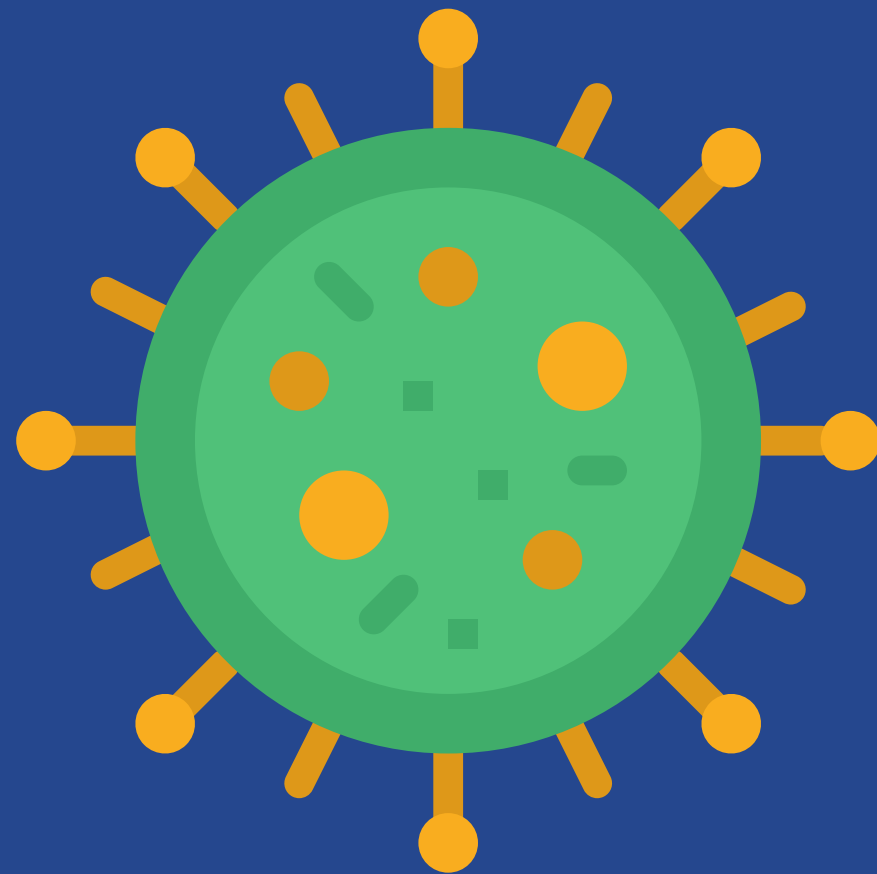
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**Right now, some people around the world are sick with a virus called COVID19.**



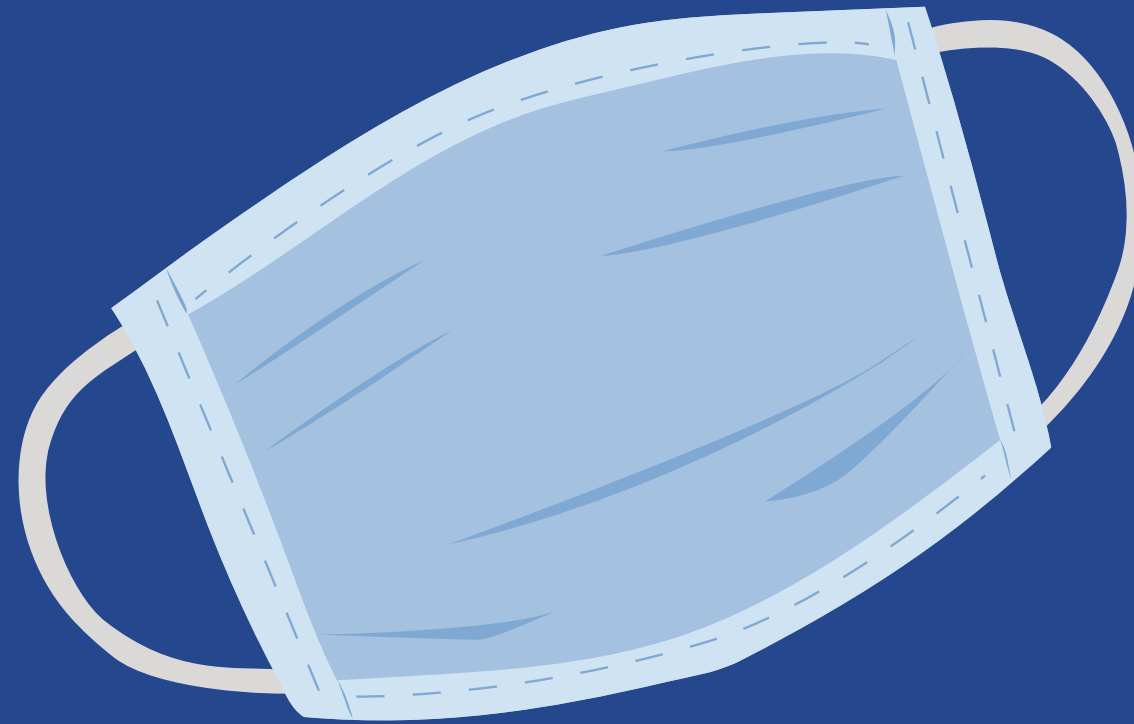
**I cannot see the virus because it is very small, but people with microscopes have seen the virus.**





**The virus can pass from person to person through tiny droplets that come from a person's mouth or nose when they cough or sneeze.**

**I can help prevent catching and spreading the virus by staying home. When I need to go out, I can help prevent spreading germs by wearing a mask.**

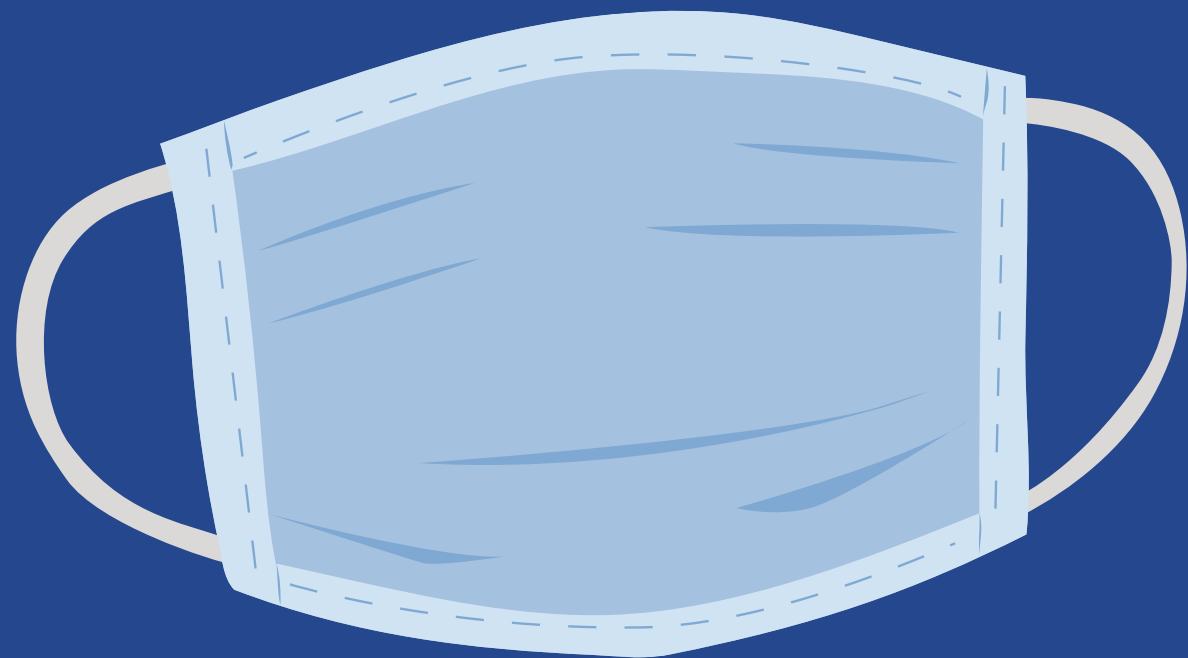




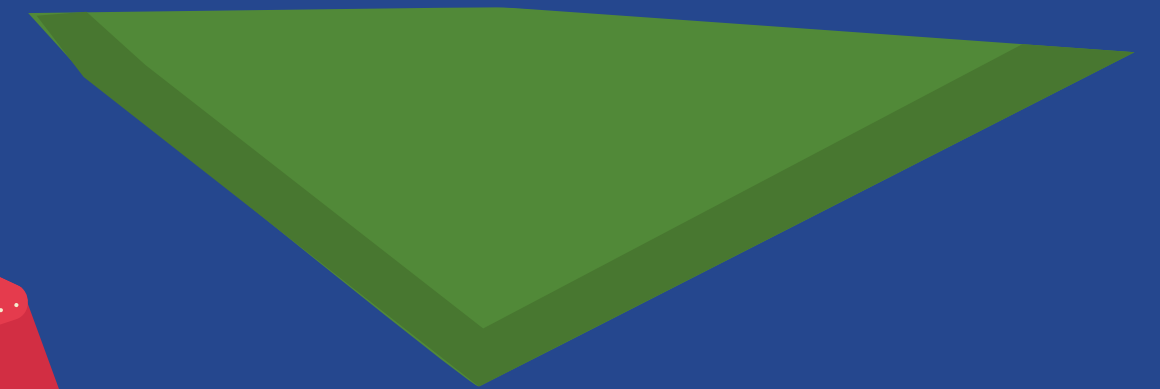
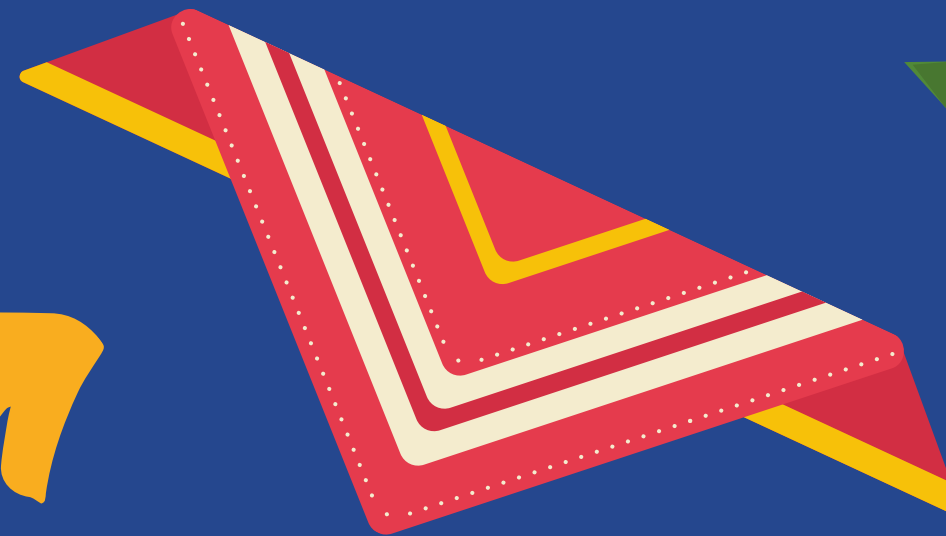
**I can practice wearing a  
mask at home.**



**goes around ears**



**Masks are made of paper or cloth. The mask will cover my nose and mouth and may have fasteners that go around my head or ears.**



**goes around head**





**It may feel different to have  
a mask on my face.**

**It may feel different to have  
fasteners around my head  
or over my ears. This will  
help the mask stay in place.**







**I can ask for help putting  
my mask on if I need to.  
The mask may become  
warm from my breath, and  
that is ok.  
I can still breathe with a  
mask on my face.**



**If I see other people wearing masks, I do not need to feel afraid. Underneath the masks, they are just like me.**



**When I wear a mask outside, people can see I  
am helping to prevent spreading the virus.  
If my family prefers to wear masks that is ok  
too.**





**Some people may not be wearing masks.**

**This may be because they do not have masks, or they have forgotten or for another reason.**

**We should stay six feet away from other people whether or not they are wearing a mask. That's about the length of my bathtub or couch!**





**When I get home, I can  
take the mask off carefully  
and then wash my hands.  
I can ask for help removing  
my mask if I need to.**

