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.
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.
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.