AUTISM SOCIETY
Improving the Lives of All Affected by Autism

WEARING MASKS

Keeps Everyone Safe!

People all around me are wearing masks to keep each other safe from germs.

I can also wear a mask, so I do not catch or spread these germs. If I need help putting it on, I will ask for help.

I can practice wearing a mask at home. I can even try to put it on my favorite doll or stuffed animal.

My mask should cover my nose, mouth and chin, and will tie in the back of my head or have elastic to go around my ears.
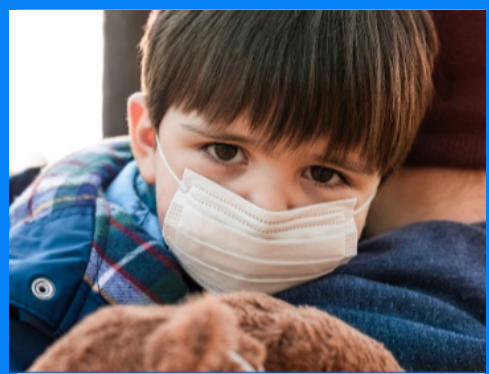
Masks come in all colors and patterns.

If it is difficult or uncomfortable wearing a mask I can try for short periods of time first and then build up to longer amounts of time.

If it hurts to have the elastic behind my ears, I can try it with buttons on my favorite hat or headband.

STAY SAFE

The more I practice wearing my mask, the easier it will be. Wearing masks helps to keep everyone safe.

REMEMBER:

stay safe and wear a mask.