



Down Syndrome Achievement Centers  
educate. inspire. believe.



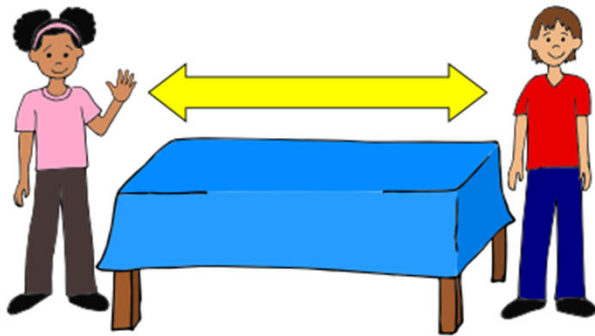
# Wearing A Mask



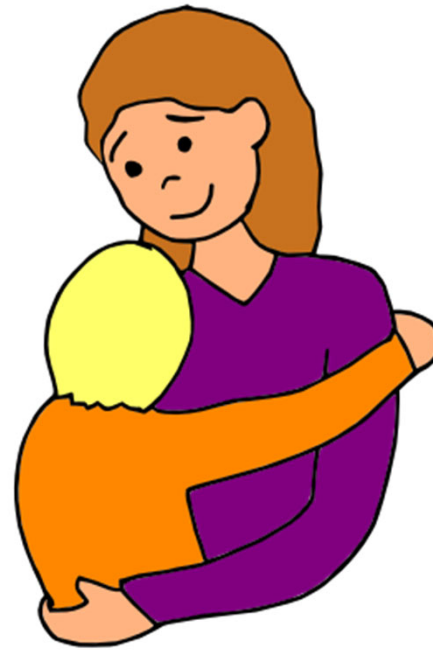
Sometimes we need to wear a mask to protect ourselves and other people from getting sick. Doctors and nurses do this all the time, but this might be something new for me!



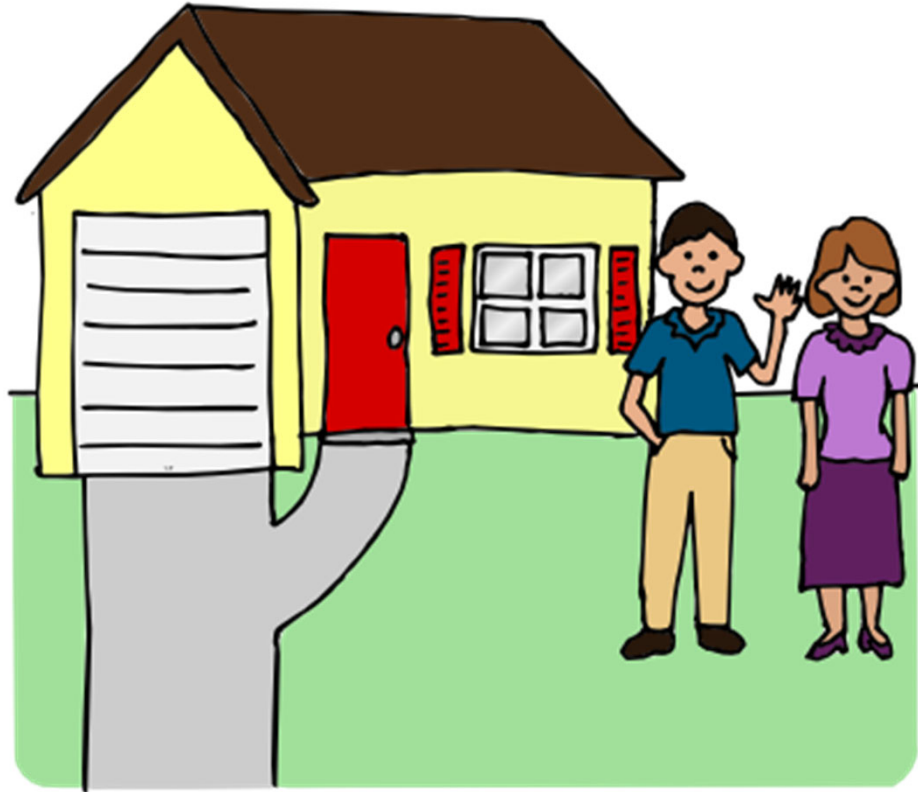
A mask might feel kind of uncomfortable or strange at first,  
but I will get used to it!



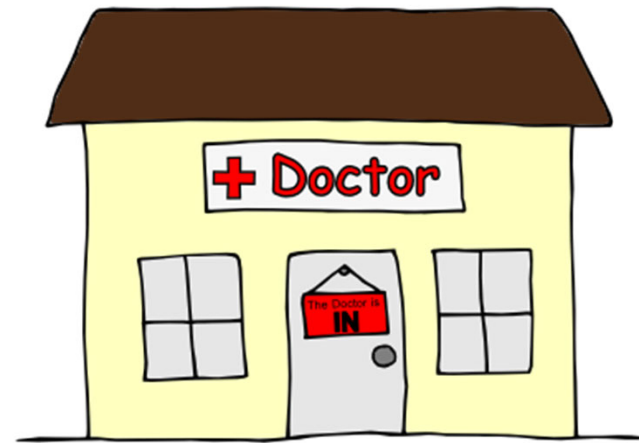
Even when I wear a mask, it is still important to stay 6 feet away from other people. That is about the same distance as a table or a car.



It is still OKAY to touch and hug my family.

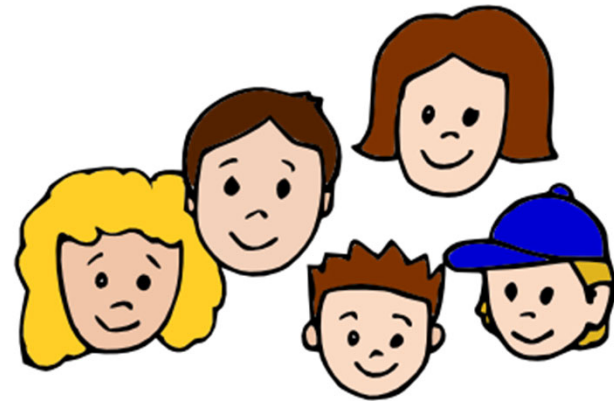


I usually don't need to wear a mask in my home or my yard.



If I go to a store or to an appointment, I need to wear a mask.





If I go somewhere with my family and there are other people around,  
I should wear a mask.





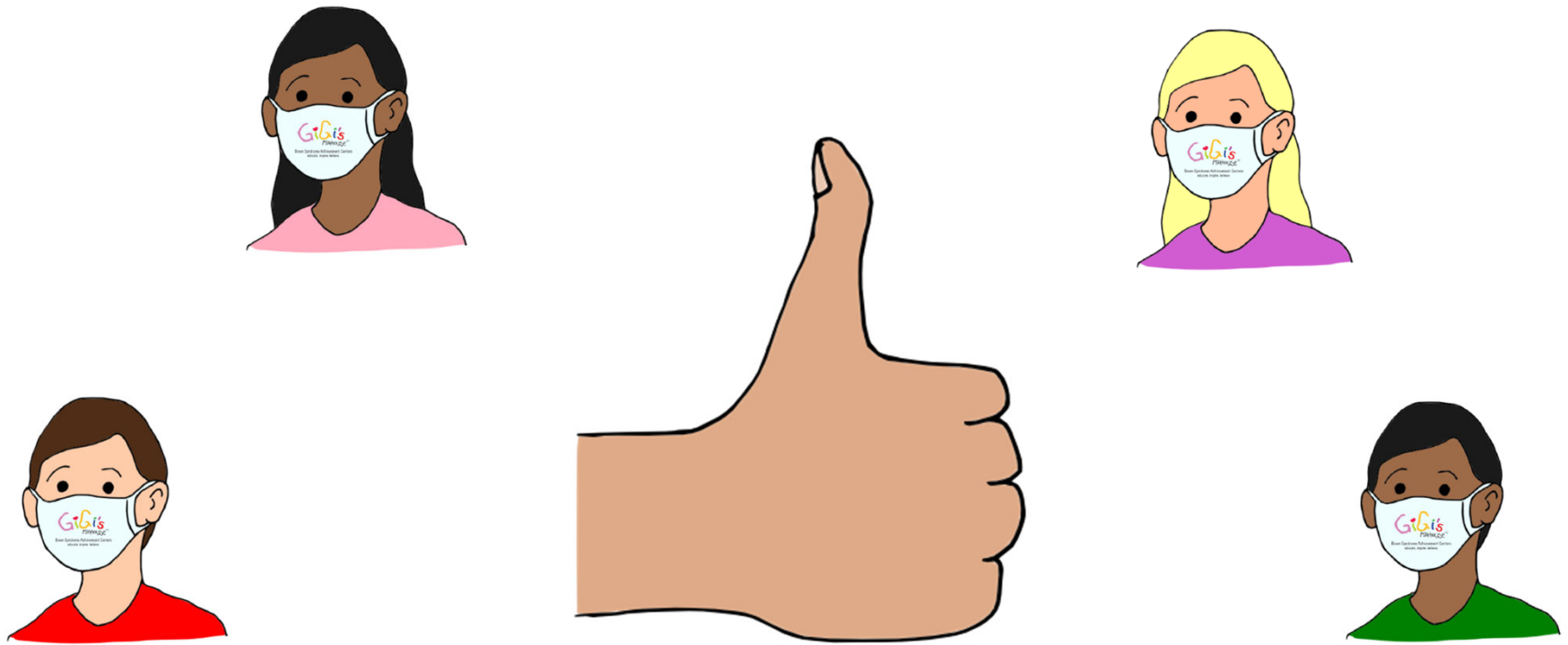
A mask can protect other people if I cough or sneeze.  
It will also protect me if other people cough or sneeze.



It is still important to wash my hands or use hand sanitizer.



Doctors are working hard to find ways to make COVID-19 go away.  
Once it is gone, I won't need to wear a mask anymore.



Wearing a mask is different, but it will be OKAY!