

# Saints John and Paul School

## Guidelines: Face Covering

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Saints John and Paul School continues to review our procedures regarding the COVID-19 pandemic and making modifications after obtaining guidance from reliable authorities. Per NY State guidelines, adults and children should wear face covering while in public. Face covering is considered a cloth, surgical, or N95 masks, bandana or other covering that extends over nose and mouth. A face shield can be worn over face covering but not instead of, but it is not mandatory in school. Cloth face coverings should be made from fabric you **cannot** see through when held up to the light. They must be cleaned before reusing. Disposable face masks should be for single use only because they cannot be properly cleaned. The best way to prevent COVID-19 is to continue social distancing (staying at least 6 feet away from others), even when wearing a face covering.

Children must wear masks or face covering while in school. Each child must wear a face covering to school and another should be placed in a clean paper or plastic bag with the child's name written on the bag in the event the first one gets soiled, wet or contaminated. At minimum, each child should have two face coverings. The final New York State guidelines on minimum age for wearing masks or face coverings in school will be updated when the guidance is released.

What can be done now? Parents should help their children adapt to wearing a mask now. Starting early will get your child more comfortable with the process when school begins. We have included some quick tips and vendors that sell cloth masks for children. You can sew your own and have your child choose the fabric (color, favorite animal, favorite superhero, prince or princess, etc.)

- Quick Tips for Parents

1. Explain why...
2. Practice makes perfect...
3. Let's pretend or play dress up as healthcare worker...
4. Take a picture of family members wearing masks...
5. Get creative...
6. Stuffed animals and dolls need masks too...
7. Start with familiar clothing...

Link to details on how to help your child **adapt** to wearing a face covering or mask:  
<https://biasbehavioral.com/wp-content/uploads/2020/05/Wearing-a-Mask-Tips.pdf>

**Safety Tips on how to put on and take off face covering:**

- **DO** clean your hands with soap and water or if that's not available, 70% alcohol-based hand sanitizer, before putting on your mask or face covering.
- **DO** make sure the mask or face covering covers both your nose and mouth.
- **DON'T** wear your mask hanging under your nose or mouth or around your neck. You won't get the protection you need
- **DON'T** wear the face covering on top of your head, or take it off and on repeatedly. Once it is in place, leave the covering in place until you are told to remove it
- **DO** clean your hands with soap and water or if that's not available, alcohol-based hand sanitizer, before taking off your mask or face covering
- **DO** remove your mask or face covering only touching the straps
- **DO** wash your hands or sanitizer after mask is removed

As parents, we are able to present it as being the child's superpower. **The message to our children: You have the power to help prevent the spread of a virus. Putting on a mask means you're doing something wonderful for your teachers, classmates, families, friends, the nation, and even the world. In other words, you are a superhero.**

