Wearing a Face Mask

Coronavirus Protection

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How to use this social story

- Social stories™ are short, simple stories that help people to understand what is going on (Gray 2010).

- During this pandemic, there has been a lot of change. Social stories are very helpful to understand some of these changes.

- **Follow these steps when using this social story:**
  1. Read this story to your child before you put their mask on
  2. When possible read this story to your child in a quiet and calm environment.
  3. Tell your child what you will do, e.g. "This story is about wearing a face mask. Let's read it together".

- Maintain a positive, reassuring and patient attitude when reviewing the story.

- Review the story as often as required - some social stories will be reviewed once a day, others just before the situation for which they were written.

- As your child gets used to the new situation and the story no longer seems necessary, you can phase out the story. For example, you can read it only when your child is having difficulty wearing their mask or perhaps occasionally just to refresh their memory

- It is a good idea to personalise this social story. The following are examples of how you can do this:
  - Page 1 – insert a picture of your family
  - Page 5 – use a picture of the mask you would like your child to wear
  - Page 11 – Insert a picture of your child with their mask on
  - Change the colour of the background on each page to your child's favourite colour
  - You can customize any page in the social story as long as the message remains consistent

- We hope that you enjoy using this social story

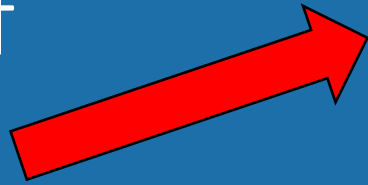- Reference: Gray, C. (2010) *The New Social Story™ Book,* Future Horizons: Texas.

This is a story about why you, me and everybody should wear a face mask to protect us from the coronavirus...

What is a face mask?

A face mask is made of fabric and can look like any of these

A face mask is something you wear over your mouth and your nose.

You wear a mask when you are not in your home.

Why do I need to wear a face mask?

We use a face mask to stop us from breathing in the coronavirus.

If we are sick, a face mask stops us from giving the coronavirus to other people when we cough or sneeze

Face masks protect

- Me
- My family
- My friends
- My doctor
- My carers

When should I wear a face mask?

You wear your face mask any time you go outside your house

You wear your face mask when you are in the park or playground

You wear your face mask when you go shopping

You wear your face mask when you are at the clinic with your doctor or therapist

Even though you might not like wearing your face mask...

And it might be a little bit uncomfortable...

Remember... It is important to wear it when you are outside your house
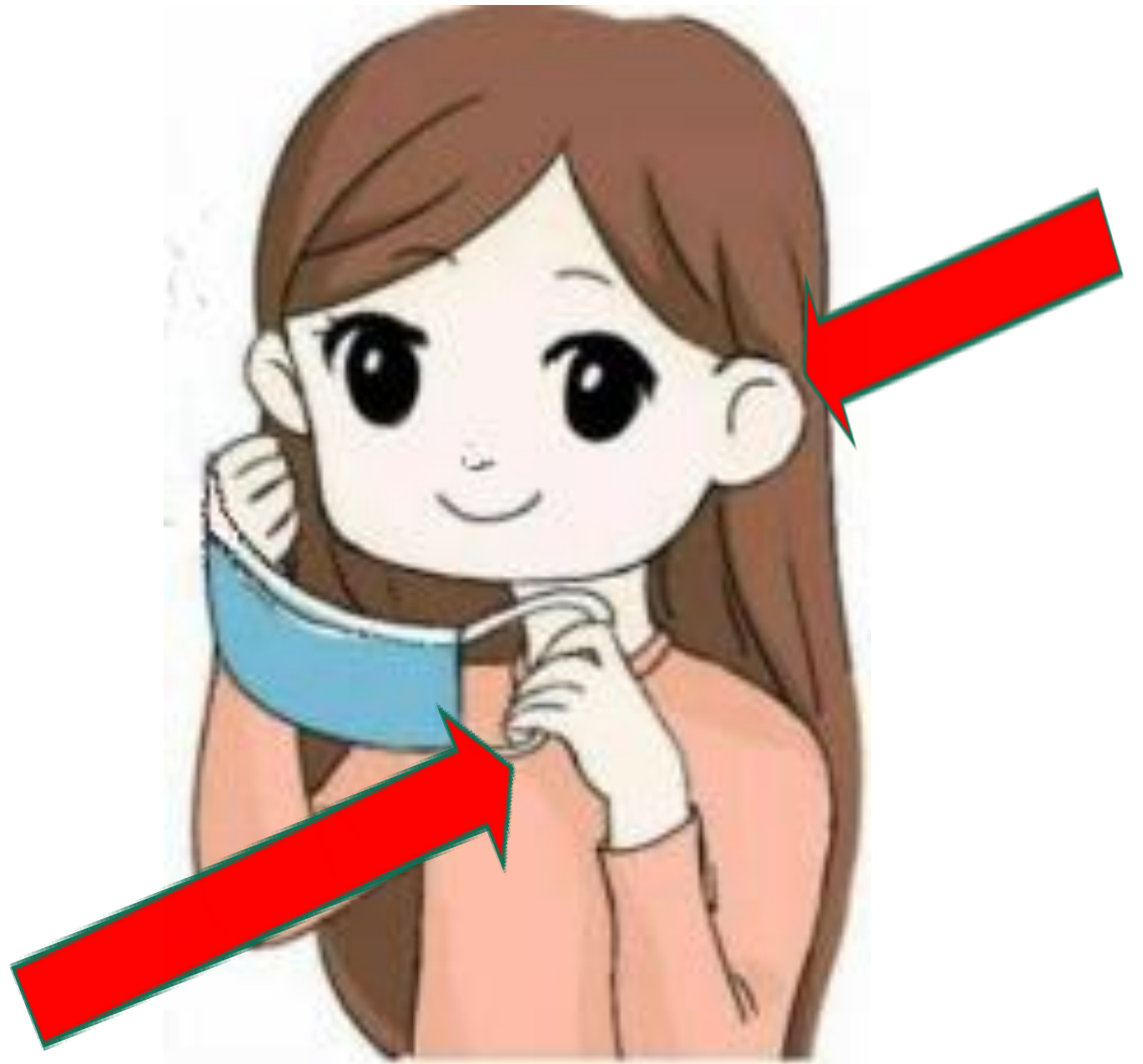
How do I wear a face mask?

First, clean your hands with soap

Hold the mask by the ear loops.

Place the ear loops around your ears and the mask over your face

Push the mask tight against your nose.

Make sure it covers your mouth and nose completely.

You can ask a grown up for help to make sure you are wearing your mask correctly...

It should look like this when it is on...

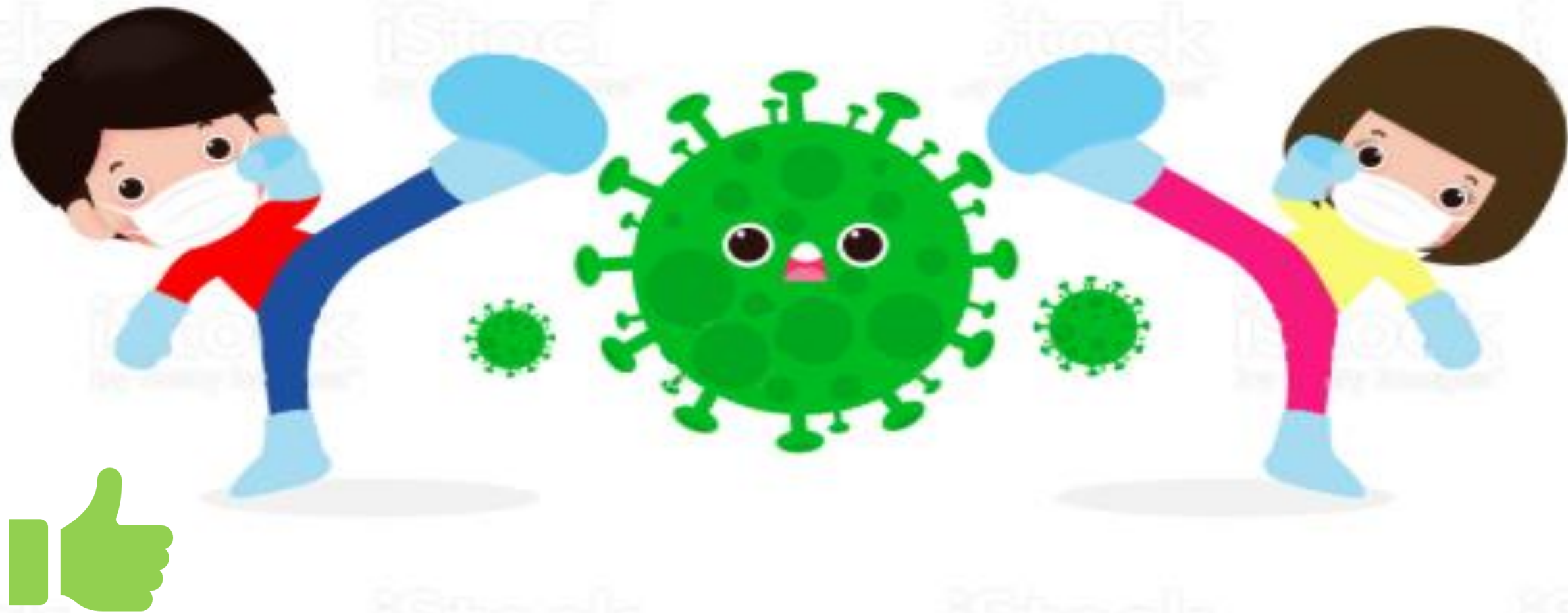Try not to touch your face when you are wearing your mask

When you get home take off your mask...

Wash your hands right away....

Ask a grown up to wash your mask.

Wearing your face mask helps to fight the coronavirus and to protect you and everybody else

References

Image page 1: https://www.vecteezy.com/vector-art/831234-family-wearing-protective-medical-masks
Image page 2: https://www.shutterstock.com/image-vector/children-wearing-surgical-mask-prevent-virus-1631021197
Image page 3, 6, 11, 18: https://www.freepik.com/premium-vector/kid-boy-thinking-face_5136153.htm
Image page 4:https://www.pksaonline.com/index.php?main_page=product_info&products_id=114990
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Image page 25: https://www.vectorstock.com/royalty-free-vector/sick-boy-wearing-mask-on-white-background-vector-29224598
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