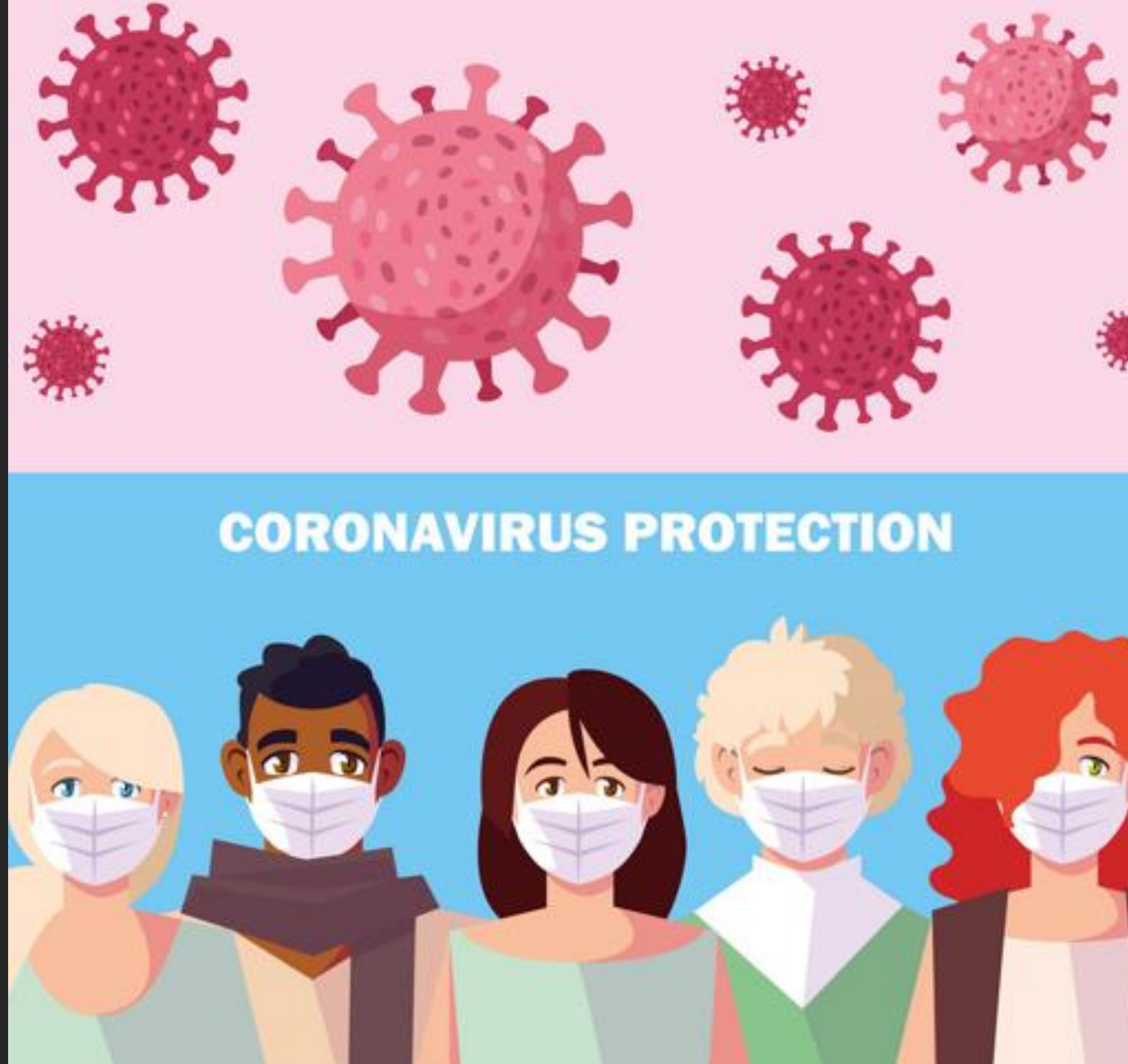


# Wearing a Face Mask

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## How to use a 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 before you leave your house to go outside.
2. When possible read this story in a quiet and calm environment.
3. 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.
4. As you get 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 you are having difficulty understanding 'why you should wear a face mask' to refresh your memory.

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 it may  
be a good idea to  
wear face masks  
to protect us  
from the  
coronavirus...

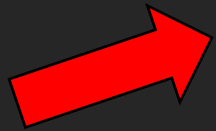


What is a face  
mask?





A face mask is  
made of fabric  
and it looks like  
this



A face mask is something you can wear over your mouth and your nose while you are outside your house



Why do I  
need to wear  
a face mask?



Face masks help to stop us from breathing in the coronavirus







Face masks can help stop us from giving the coronavirus to other people when we cough or sneeze

# Face masks can protect

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



When can I  
wear a face  
mask?





If you want to, you can wear your face mask any time you go outside your house





You can wear your face mask when you are in the park



You can wear your face mask when you go shopping

You can wear  
your face  
mask when  
you are at the  
clinic



You can wear  
your face  
mask when  
you are at the  
pharmacy





Your face mask might be uncomfortable, but keeping it on when you are outside your house can help to protect you and others



How do I  
wear a face  
mask?



First, clean  
your hands  
with soap...



WATER AND SOAP



PALM TO PALM



FOCUS ON THUMBS



BACK OF HANDS



Hold the mask by the ear loops and place them around your ears and the mask over your face





Push the mask tight against your nose and make sure it covers your mouth and nose completely



It should cover your face like this...



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



When you are finished with your mask, throw it in the bin and wash your hands immediately





If you have a reusable mask then you can wash it and use it again.



Wearing your face  
mask can help to  
protect you and the  
people around you



## References

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