

THE ABCs OF WEARING A MASK¹ AT SCHOOL

BELOW ARE A FEW SUGGESTIONS TO HELP YOUR CHILD BECOME FAMILIAR WITH WEARING A MASK AT SCHOOL.



The mask or face covering must cover the nose and mouth and should be snug under the chin.

How to use a mask?

The following rules for safely using a mask apply to both adults and young people.

HOW TO PUT ON A MASK PROPERLY:

WHAT TO DO when putting on a mask

(Practise with your child)

1. Wash or disinfect your hands before touching the mask
2. Hold the mask by the elastics (or strings) and secure it behind your ears or on the back of your head
3. Adjust the mask on your nose
4. Adjust the mask under your chin
5. Wash or disinfect your hands

WHAT TO AVOID when putting on a mask

(Do not practise this)

- Wearing a mask that is damp, soiled or damaged
- Touching the mask without practising hand hygiene
- Wearing the mask around your neck, pushed up on your head or hanging from one ear
- Wearing a mask that someone else has already worn

HOW TO REMOVE A MASK PROPERLY:

WHAT TO DO when removing a mask

(Practise with your child)

1. Wash or disinfect your hands before touching the mask
2. Remove the mask by touching only the elastics (or strings)
3. Fold the mask with the insides together, touching only the elastics (or strings)
4. Store the mask in a clean bag or, if you have a disposable mask and it is soiled or damp, put it in the garbage
5. Wash or disinfect your hands

WHAT TO AVOID when removing a mask

(Do not practise this)

- Touching the front of the mask when removing it
- Storing your mask anywhere but in the designated place (e.g. a clean bag)
- Letting someone else borrow your mask
- Touching the inside of the mask
- Reusing a mask that is soiled or damp

LET'S PROTECT OURSELVES AND OTHERS

For more information about the guidelines in force, [consult the fact sheet on wearing a mask.](#)

¹ Depending on the guidelines in force, this may be a procedural mask, a pediatric procedural mask or a face covering.

FOR MORE INFORMATION:

[Quebec.ca/en/education](https://quebec.ca/en/education)