

SCHOOL REQUIREMENTS REGARDING FACE MASKS

The coronavirus (COVID-19) is spread mostly by respiratory droplets that are released when people cough, sneeze, talk, or raise their voice. Face masks are used to act as a barrier to help prevent respiratory droplets from traveling into the air and onto other people or surfaces. To be most effective, face masks should have multiple layers and always be worn over the mouth and nose and fit snugly against the sides of the face.

- All students K-12 and staff are required to wear a face mask that covers their nose and mouth. https://www.cdc.gov/wcms/video/low-res/coronavirus/2020/1302130220_317296-How_to_wear_a_cloth_face_covering.mp4
- Face masks must be worn by all students on the bus.
- Students and staff must wash their hands or use hand sanitizer before and after putting on or removing face masks. <https://www.cdc.gov/coronavirus/2019-ncov/global-covid-19/handwashing.html>
- Reusable cloth face masks should be laundered daily at home. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wash-cloth-face-coverings.html>
- Reusable or disposable face masks that become wet or soiled at school must be changed. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html>
- Students and staff should carry extra clean face masks with them, so they may be changed as needed.
- Students and staff should carry a labeled sealed container or plastic bag for soiled or wet face masks.
- Students and staff may not wear face masks with exhalation valves/vents, as they allow exhaled air to be expelled through holes in the material which may allow respiratory droplets to get through.
- Students and staff may not wear gaiters or bandanas, as they may not be effective barriers.

**If your student has a documented medical condition for which they are unable to wear a face mask, please contact a member of the Health Services Staff.*

**If your family is experiencing financial hardship and you are unable to afford face masks, please contact a member of the Health Services Staff and/or school administration.*

DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



DO NOT choose masks that



Are made of fabric that makes it hard to breathe, for example, vinyl



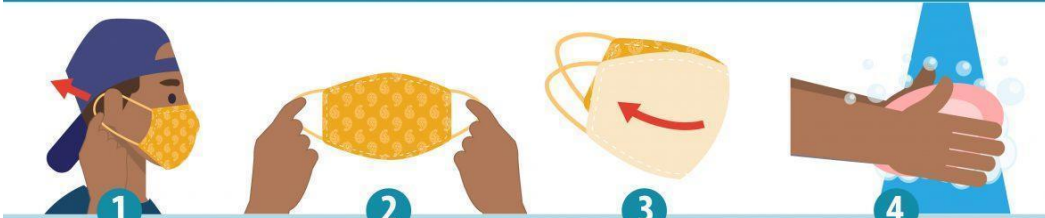
Have exhalation valves or vents, which allow virus particles to escape



Are intended for healthcare workers, including N95 respirators or surgical masks

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How to take off a mask



- 1** Carefully, untie the strings behind your head or stretch the ear loops
- 2** Handle only by the ear loops or ties
- 3** Fold outside corners together
- 4** Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing

WASH YOUR HANDS



- 1** Wet
- 2** Get Soap
- 3** Scrub for at least 20 seconds
- 4** Rinse
- 5** Dry



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Caution: Gaiters & Face Shields



Evaluation is on-going but effectiveness is unknown at this time



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Special Situations: Glasses



If you wear glasses, find a mask that fits closely over your nose or one that has a nose wire to limit fogging

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>
<https://www.maine.gov/doe/framework>