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MY NEMOURS VISIT:
Wearing a Face Mask



Today I am going to Nemours for a doctor's visit. While I'm there, I will need to wear a face mask. So will my Mom or Dad. All the doctors and nurses will wear a face mask.

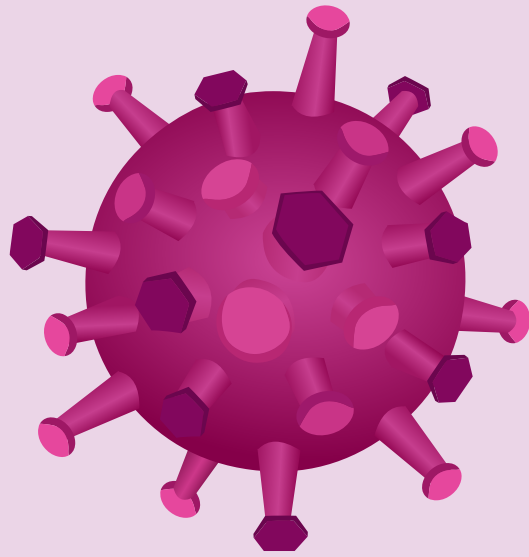


1



Everyone at Nemours who is 2 years old or older wears a face mask. We wear them to protect ourselves and others against an illness called COVID-19.

2



COVID-19 is caused by a virus called a coronavirus that is so small, I cannot see it. This is a drawing of what it looks like.



3



When a person who is sick with COVID-19 coughs or sneezes, droplets leave their body through their nose or mouth and travel through the air. If the droplets get in my nose or mouth, I could get sick.

4



My mask will cover my nose and mouth. The mask lets air go in and out, but not big droplets. I can breathe just fine when I wear my mask.



5



My Mom or Dad can buy a mask or make one for me. I can even decorate my mask! I may feel nervous about wearing my mask, but that's okay. I can practice wearing it at home.

6



If I don't have a mask for my visit, it's fine. The people at Nemours will give me one.



7



My mask has loops that go around my ears. This helps keep my mask in the right place. If I need help putting on my mask, I can tell my Mom or Dad.

8



I can talk, walk, and play with my mask on. At first, it may feel different to wear it. The mask may get warm when I breathe or talk, but that's okay.



9



Taking slow breaths can help me get used to wearing my mask. I will remember that wearing my mask is helping my Mom, Dad and people around me.

10



I am happy everyone is helping each other be healthy.



11



Washing my hands often or using hand sanitizer can help me stay healthy. So can staying about 6 feet away from other people. Six feet is about as long as my bed.

12



When I am at Nemours, people may need to get close to help take care of me. This is fine, because we have our masks on to protect us.



13



When I see people I can wave hello or give them an air high five, but I won't touch them or hug them.

14



Because my doctor and nurse are wearing masks, I can't see when they are smiling. It's OK, because I know they are happy to see me.



15



Everyone will be happy that I wear my mask and am helping to keep them safe. When I get home, I can take my mask off and wash my hands.

16