

I WEAR A MASK TO PROTECT MYSELF





**I wear a mask to protect myself
from germs or getting sick.**



My mask must cover my nose and mouth to work.



My mask must be close to my face and fit under my chin.



**Sometimes wearing a mask
might feel different.**



**I practice wearing a mask at home
so I am more comfortable
wearing a mask.**



**It should be easy to breathe
when I wear my mask.**

I trust you.



**If I need help,
I ask someone I feel safe with
to make sure my mask fits well.**



**I ask people who help me
to also wear a mask
to make sure we do not get sick.**

