

# MASK

## Requirements and Tips

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### Mask Requirements

- All students, staff, and visitors must wear an appropriate mask or face covering while inside a CPS building, aboard CPS transportation, or within < 6 ft. of another person outdoors.
- Masks must cover the nose, mouth and chin.
- Families should send 1 or more extra masks to school, along with a plastic baggie, in case your child needs to change their mask during the day.

### Masks Available from CPS

- CPS schools and buses will have backup, high quality masks in child and adult sizes if needed.
- Schools will assist families that have any difficulty obtaining them.

### Washing & Reusing

- If you choose a disposable, surgical-type mask, it may be re-worn as long as it is not visibly damaged. After use, place this type of mask in a paper bag with a date on it at the end of the day. The mask can then be worn the following week.
- If you choose a cloth mask or face shield, please wash them daily and label them to avoid confusion.

**If your child has a medical or disability-related reason that they are unable to wear a mask at school**, please contact their IEP case manager or the contact person for their 504 Plan or Individualized Health Plan.

- If they do not currently have any of the above, please obtain a letter from your child's doctor and then reach out to the school Principal to discuss further.
- If your child cannot wear a mask, please see if a face shield or a hat with a visor attached would work as an alternative. If you need help obtaining these options, the school can help



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# Choosing a Mask



## Approved

- **Masks vary in design, so finding one that's wearable is most important for children.** If mask wearing is difficult, try out and practice with many different types of masks to find the one that your child will be able to wear all day.
- **Recommended by experts:** One brand of highly protective surgical mask, with good breathability, is called AirQueen masks. They can be purchased at [airqueenus.com](http://airqueenus.com).
- **Face shields** are less protective than a mask, but students who have too much difficulty with a regular mask are encouraged to try them out. Hats with a clear visor, serving as a shield, offer more protection than no mask at all.
- **Cloth Face Masks** vary in quality and level of protection. For greatest effectiveness, pay attention to:
  - **Fit:** The best fit is often achieved with cone- or cup-shaped masks that seal well to the sides of your face and do not touch your mouth. A bendable metal strip in the nose-bridge holds the mask in place and seals the gaps below your eyes.
  - **Comfort:** You should be able to breathe easily with the mask fitting snugly.
  - **Filtration:** Look for two or three layers of fabric. The mask should be thick enough that you cannot see through it.



## Not Allowed

- **Masks with valves** are unsafe for others and may not be worn unless covered by a second, surgical-quality mask.
- **Bandanas, gaiters, and fleece or knitted face-coverings** do not stay in place very well, are not as effective and should not be worn.
- Beware of counterfeits and low-quality masks, particularly those available on eBay and Amazon.

# Wearing a Mask

- Practice keeping them on and in place with your child before the start of school.
- **Glasses-wearers:** wear glasses on top of the mask to reduce fogging.
- **To get a good fit, try adjustable velcro ear savers** that go all the way around the head by attaching to the ear loops.
- **Masks that tie in the back** may also achieve a better fit, and there are cloth masks with adjustable ear loops, as well.