



# HEROES WEAR MASKS

If you and your friends follow the Heroes Wear Mask Rules, you'll have a much better chance at staying healthy and keeping your loved ones safe and healthy, too. Sticking to the plan of mask wearing, hand washing and social distancing will help things get back to normal, faster.

## 1. Wear it the right way.

Your mask only works if it's covering your mouth and your nose. Don't take it off unless your parent or teacher says it's okay. If you're outside and 6 feet apart, you can remove your mask.

**ALSO: Wash your hands frequently, and keep your hands to yourself.**



Wrong Way



Right Way

## 2. Spread out when you can.

Follow your teacher's instructions on how to practice social distancing in the classroom and cafeteria. Here are some things that are six feet long, to help you visualize the distance:



Two yardsticks, end to end.



A refrigerator on its side.



A twin bed.

## 3. Keep a good attitude.

Nobody loves wearing masks to school or out in public, but as heroes, we need to set a good example.

- If you feel yourself getting frustrated: stop, relax, and slowly count to 10.
- If you see someone feeling down, give them a supporting word and a smile – keep your mask on; they can see it in your eyes.
- Talk to a trusted adult about what's on your mind.

**Remember, we're all in this together.  
You can do this. We're so proud of you.  
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