

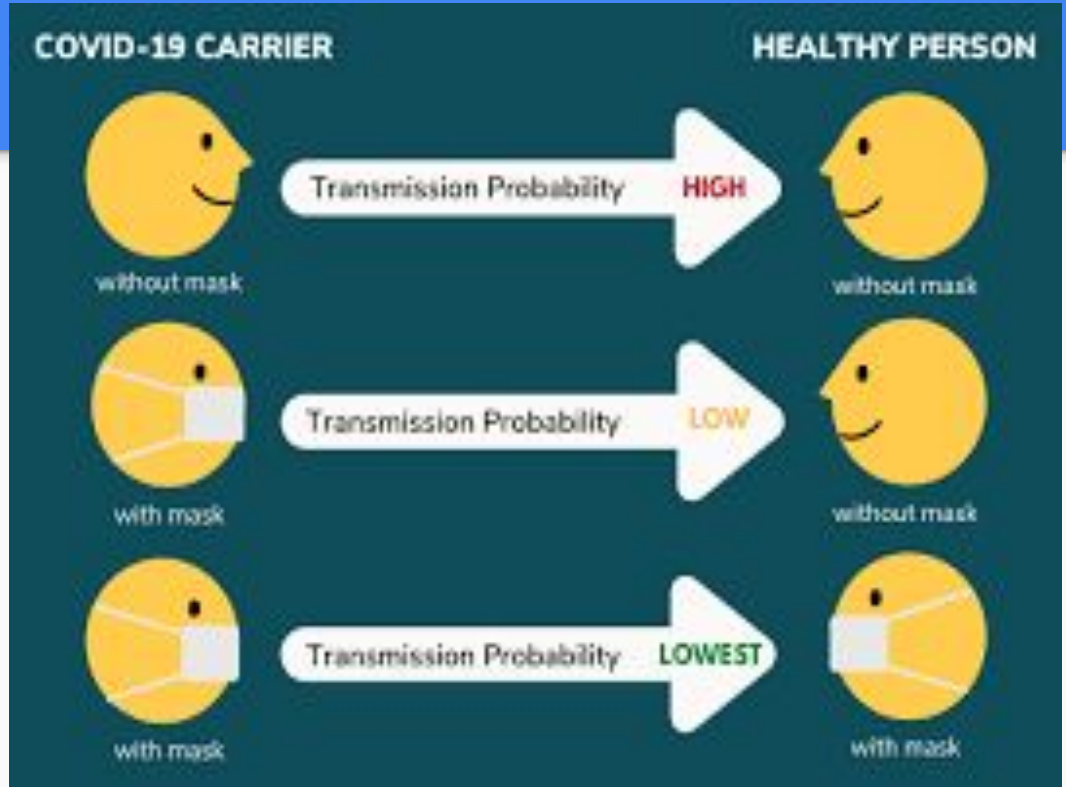


# Wearing A Mask at FRMS

Keeping Everyone Safe and Healthy

# Why do we need to wear a mask?

We know that the risk of catching or transmitting COVID-19 is lowest when everyone wears a mask. In order for schools to open and stay open during the pandemic, students and staff must wear masks.



## DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps

## 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

## Do wear a mask that



- Covers your nose and mouth and secure it under your chin.
- Fits snugly against the sides of your face.

## How NOT to wear a mask



Around your neck



On Your forehead



Under your nose



Only on your nose



On your chin



Dangling from one ear



On your arm

## Gaiters & face shields



Wear a gaiter with two layers, or fold it to make two layers



Not recommended: Evaluation of face shields is ongoing, but effectiveness is unknown at this time.

## Glasses



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

# More on Mask Wearing

1. If you are wearing a scarf or ski mask due to the cold, wear those over your mask. Scarves, ski masks, and balaclavas are not substitutes for masks.
2. Bandanas are not masks unless they are doubled and fit securely over the chin/mouth/nose.
3. Wash your hands or use a hand sanitizer before putting on a mask.
4. Do not touch the mask when you are wearing it.
5. Do not share your mask with anyone. At all.

# Where at school do I have to wear a mask?

**Answer: Everywhere!**

Masks are required on the bus, when you arrive at school, in the building, on the fields, under the covered area, etc.



# Do I need to wear a mask in the restroom?

Yes. Please keep your mask on at all times, even in the restrooms. Remember masks must be worn on the bus, in the hallways, outside, on the field, and when you are using the restroom.





# What about lunch?

You can take off your mask when you are actually eating. Make sure your mask doesn't touch anyone else and put the mask back on as soon as you are done eating.

If you are hanging out at lunch socially distancing with your friends, masks must be on, whether you are outside or in the commons.

If you forget your mask or your mask becomes dirty or wet:

**We have masks in the office that students can use.**



# One last thing about masks.....

**Did you know that the FRMS dress code applies to masks?**

**Please don't wear to school masks that;**

**Promote hate or hate groups**

**Promote drugs or alcohol**

**Promote or condone violence**

**Promote bias or discrimination**

**Students who wear masks deemed inappropriate by staff will be asked to switch to a disposable mask for the day and not to wear that mask to school again.**

# Questions?

Ask your teacher

Ask Mr. Carman, Mr. Chambers, or Ms. Johnson

