

# Important information about masks

**All TLDSB students, Kindergarten to Grade 12, must wear a non-medical cloth face-covering/mask while at school and on the school bus.**

Cloth face-coverings/masks are recommended as they are breathable but also trap droplets that are released when the student talks, coughs, or sneezes. They are easy to find or make, and can be washed and reused. They can be made from common materials, such as sheets made of tightly woven cotton.



Cloth face coverings/masks must be made of at least two layers of tightly woven material (such as cotton or linen), fit securely to the head with ties or ear loops, maintain their shape after washing and drying, and be large enough to completely and comfortably cover the nose and mouth without gaping.

Face-coverings/masks can be used until they become damp, visibly soiled, or damaged. Parents/guardians are asked to send additional masks to school in case students need to change their mask during the school day. Paper bags will be provided for used masks.

## Families must provide their own masks

\*There will be cloth masks available if a student forgets to bring a mask to school.

## Cleaning cloth face-coverings/masks:

- Put masks directly into the washing machine or a bag that can be emptied into the washing machine.
- Wash masks with other items using a hot cycle and laundry detergent, and dry thoroughly.
- Wash your hands after putting the face covering into the laundry.
- All face coverings that cannot be cleaned should be thrown out and replaced as soon as they get slightly wet, damaged, dirty or crumpled.

If a mask is not soiled and is to be reused, fold and store it in a clean paper bag, or in a cleanable container with a lid. Discard paper bags after use. Clean and disinfect reusable containers after each use. Label bags and containers with the student's name to prevent accidental misuse.

**It is important to wash your hands before putting on, removing, or handling face-coverings/masks.**

## Practice wearing a mask at home

Make wearing a mask a fun activity with the whole family to help lessen anxiety for your child. It can help younger children to put a mask on a favourite stuffed animal or toy. Take a photo of your child and/or of your family wearing a mask. Have your child look at themselves in the mirror while wearing a mask and talk about how they feel. Your child can get used to the sensation of wearing a mask by practicing.

