



Facemask Tips for School

*From Kim Forrest, BSN, RN, CSN
Cedar Mountain School Nurse*

- ❖ Make sure the facemask fits well and does not sag or gap. Make sure it fits snugly but not too tight and covers both the nose and mouth. Most of our students need child size masks.
- ❖ Keep a spare facemask in your child's backpack in case it gets lost, wet, becomes ill-fitting, etc.
- ❖ Cloth face masks should be washed daily after each use. Disposable face masks should be discarded after one use.
- ❖ Wash hands or use hand sanitizer before and after removing the mask. Do not touch the front of the mask-remove by the ear loops/ties.
- ❖ Do not use face masks on children under the age of two.
- ❖ Face masks with valves are not permitted in Vernon Township schools.

If you have any questions or concerns, please reach out to Mrs. Forrest at
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