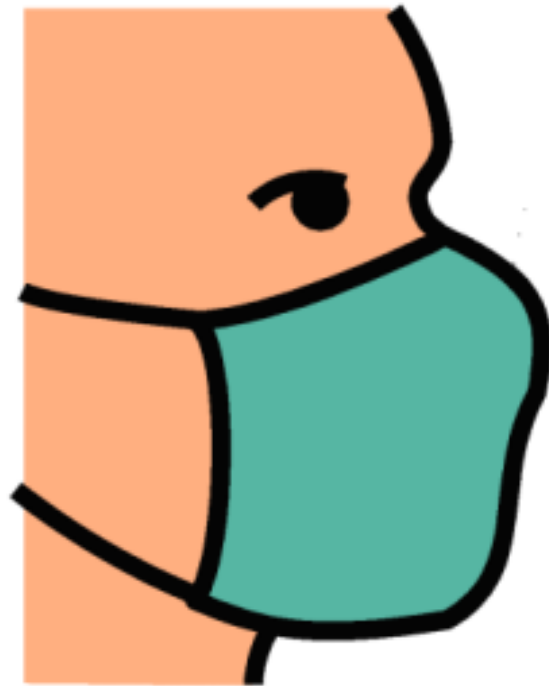
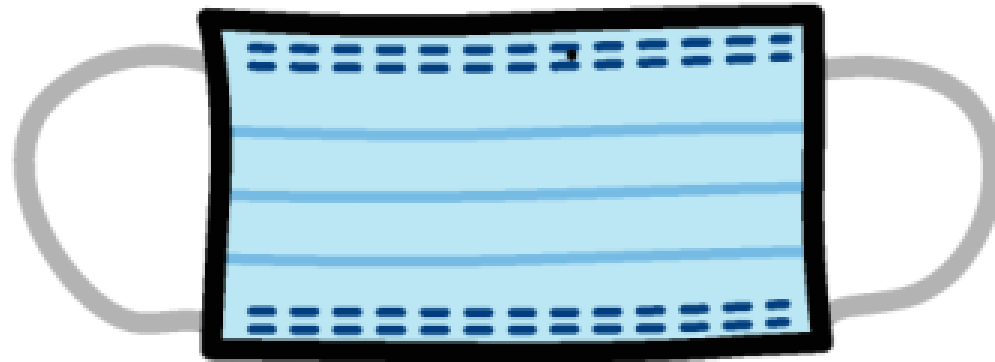


# Why Do I Need to Wear a Mask?

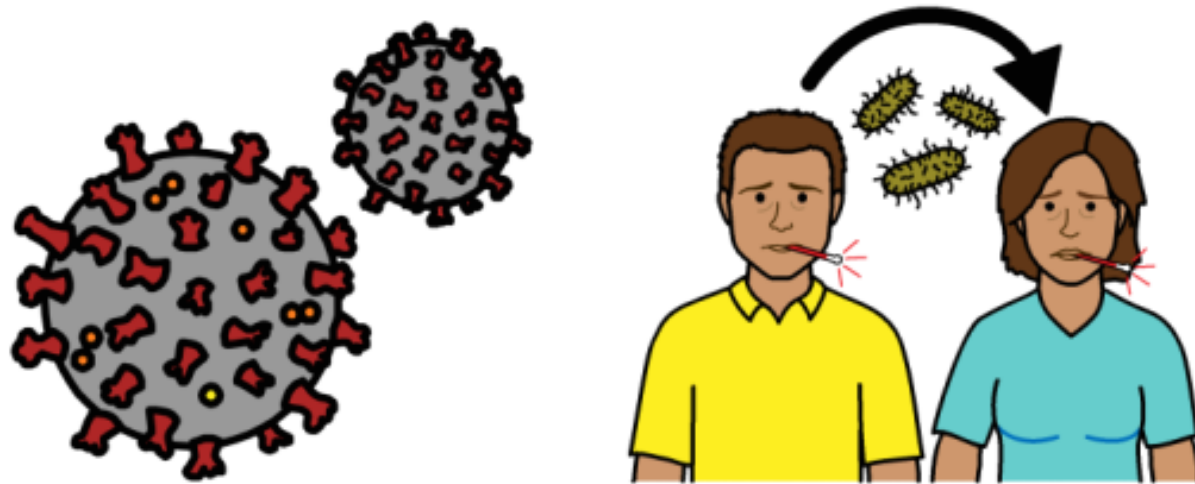


## A Story about Wearing a Mask in Public

by Shannon Sousa, MS, CCC-SLP of Community Autism Resources



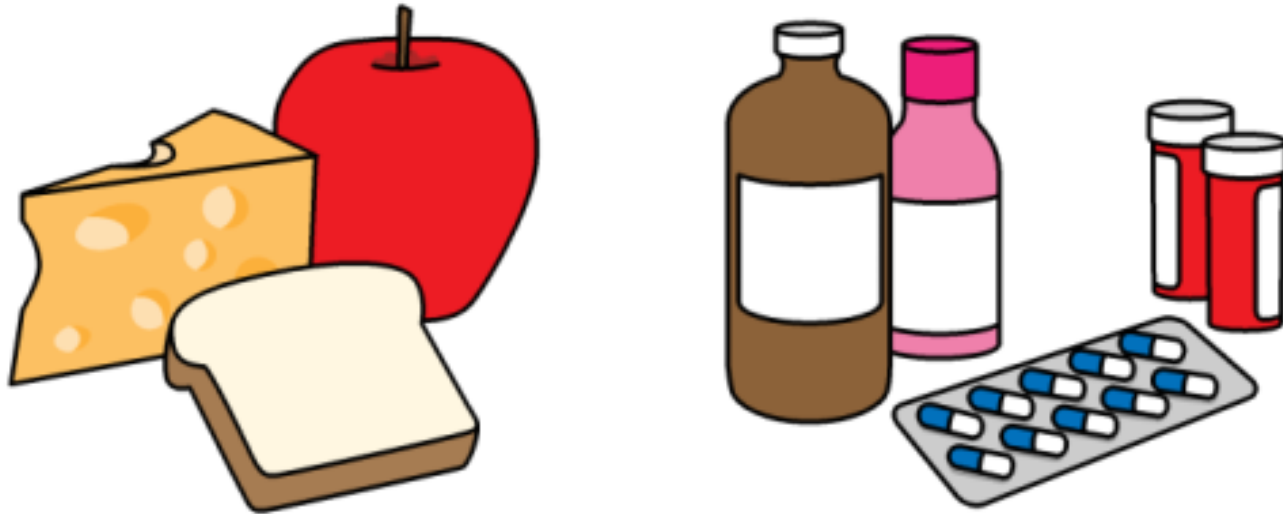
To protect myself and others, it is important to wear a mask out in public, such as this blue mask. It is rectangular in shape, to cover your nose and mouth, and has elastic loops on each end to place around your ears.



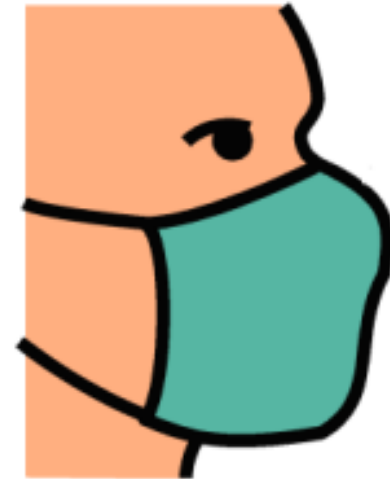
COVID-19 or Coronavirus is a virus that is spreading very quickly and making some people sick. Very tiny droplets of the virus can be transferred from person to person when you cough, sneeze or speak.



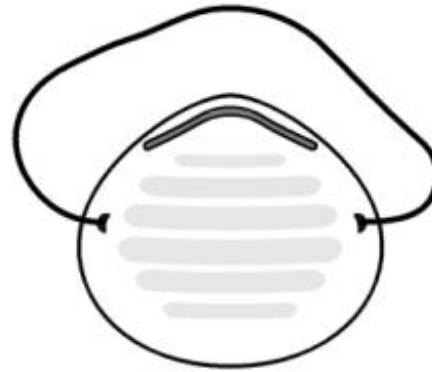
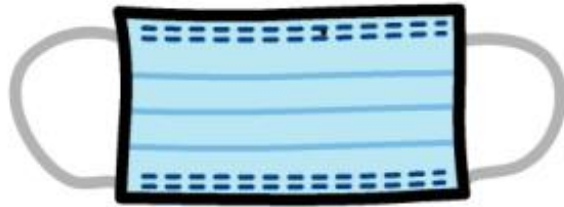
Because of the virus, it is important that we stay home. This is hard to do, but we can get through it together.



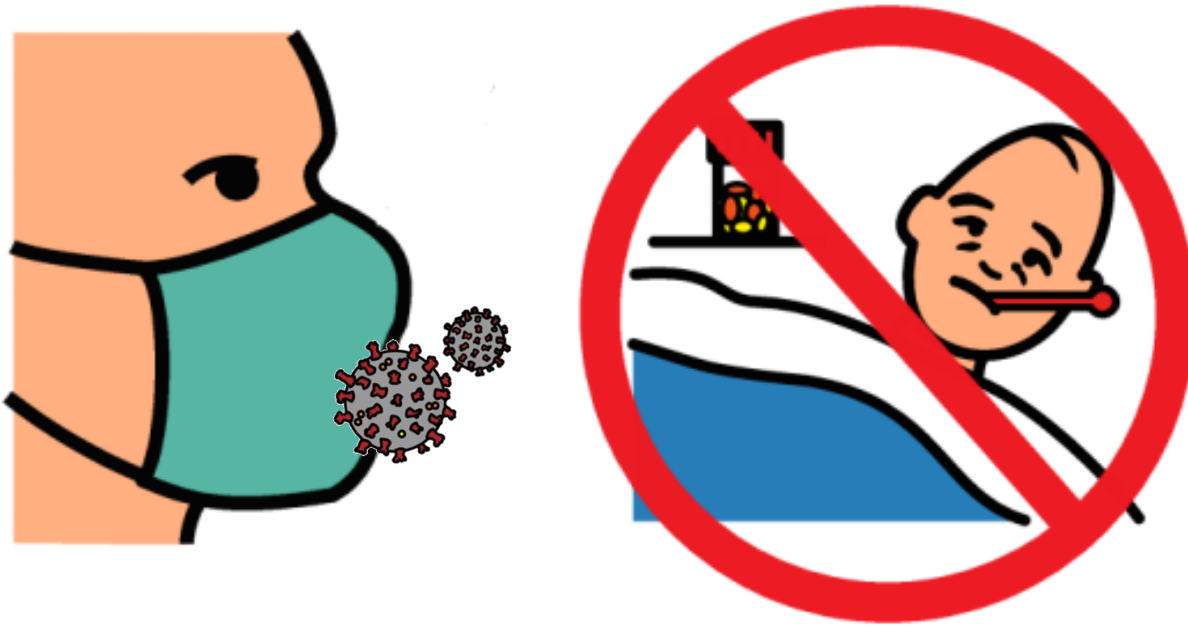
Sometimes, we may need to go to the store for essentials. Essential means things that are very important. Food and medicine are essential. Food such as apples, cheese and bread, and medicines that come in bottles, capsules or small containers are essential.



When I go to a store, I need to wear a mask that covers my nose and mouth and ties behind my head.



There are lots of different kinds of masks to cover your nose and mouth. For example, a rectangular cloth or paper mask with elastic ear loops; a square bandanna folded into a triangle to tie behind your head; or a circular stiff paper mask with an elastic band to go around your head.



A mask covers my nose and mouth so that germs cannot get in and make me sick such that I might have a fever and need to rest. This mask is different from a Halloween mask.





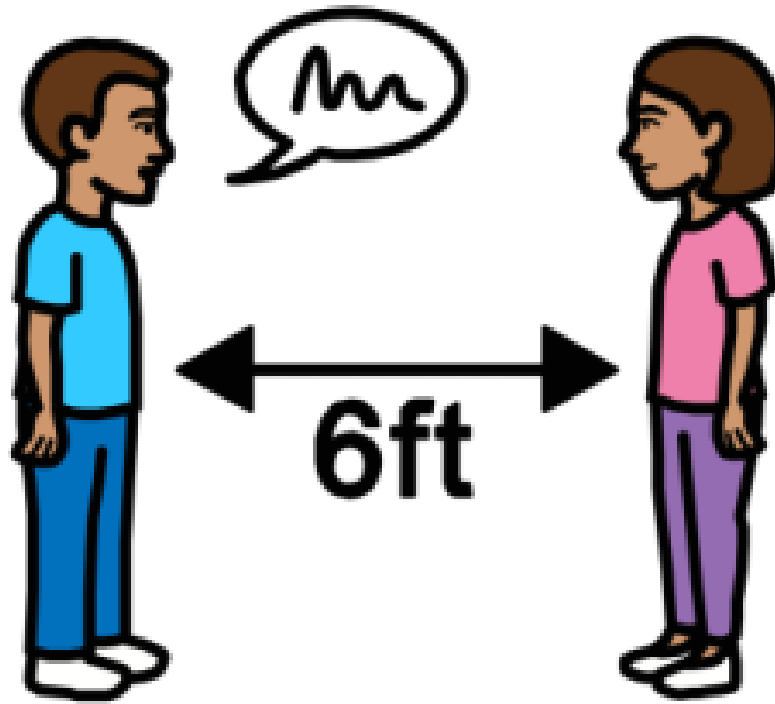
I can still breathe and talk with a mask on. With a mask on, my breath might feel warm on my face.



When I am in the store, I will not touch things with my hands or fingers. This is a way to spread germs.



I will try not touch my face. Germs can get into my body when I touch my eyes, nose and mouth with my hands or fingers.



I will also stay 6 feet away from other people.



Other people will be wearing masks too.



When I get home, I need to wash my hands with warm running water and soap in the sink. My family may clean some of the food items with a cloth and cleaner to make sure we get rid of all the germs.



I will put my mask in a safe location such as in the closet hanging from a hanger.



We are all working together to stay healthy, which can make us smile and give a thumbs up!



- Thank You -

## Audio

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