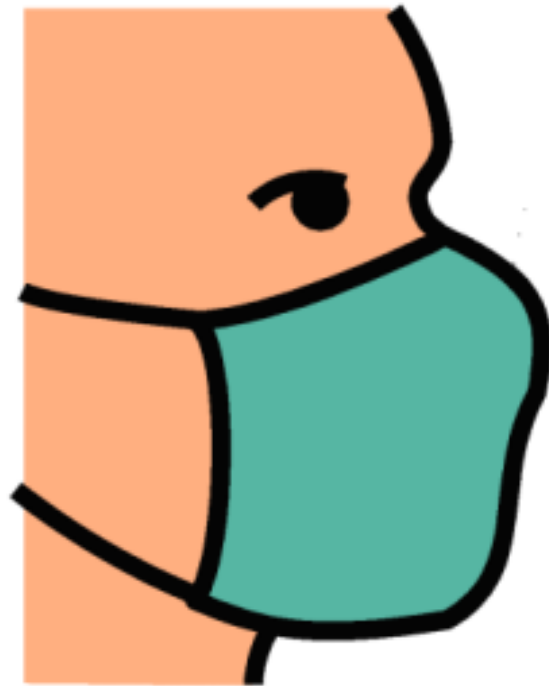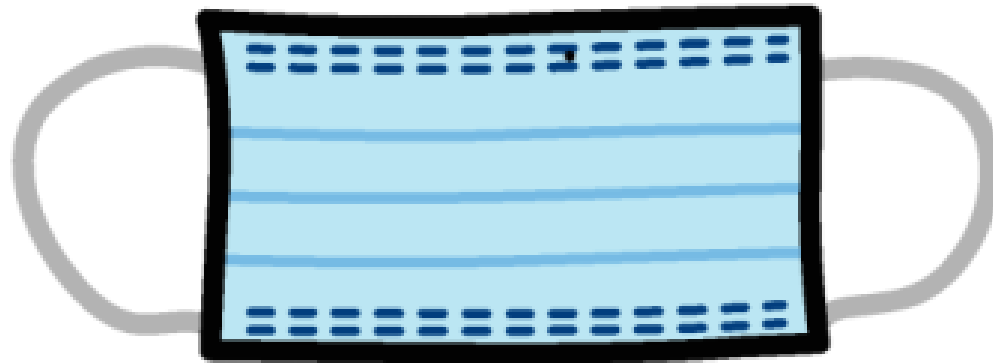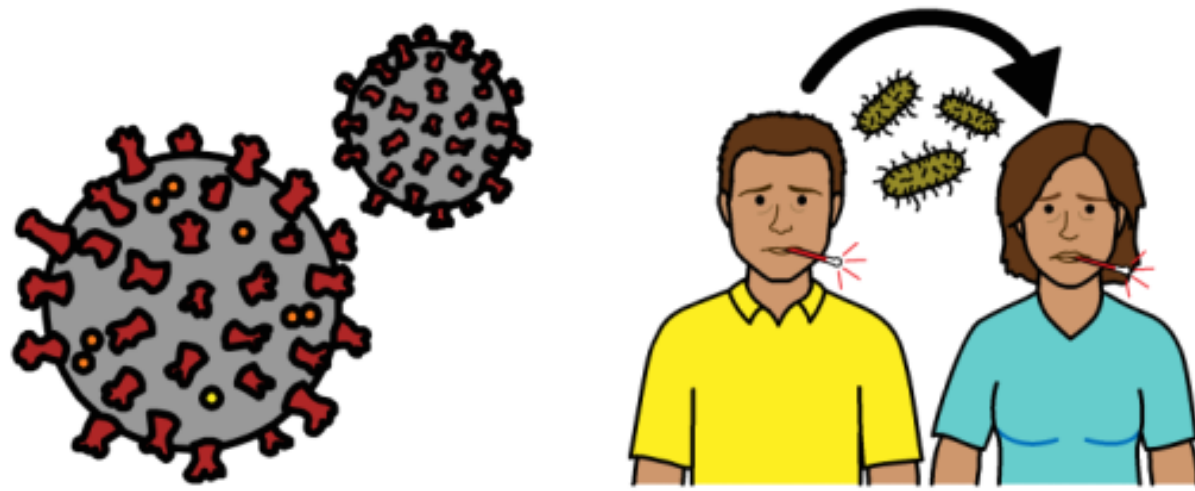# Why Do I Need to Wear a Mask?

A Story about Wearing a Mask in Public

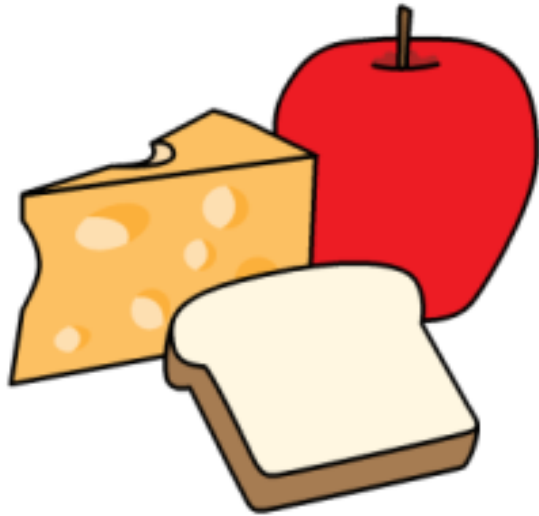by Shannon Sousa, MS, CCC-SLP of Community Autism Resources

To protect myself and others, it is important to wear a mask out in public.

COVID-19 or Coronavirus is a virus that is spreading very quickly and making some people sick.
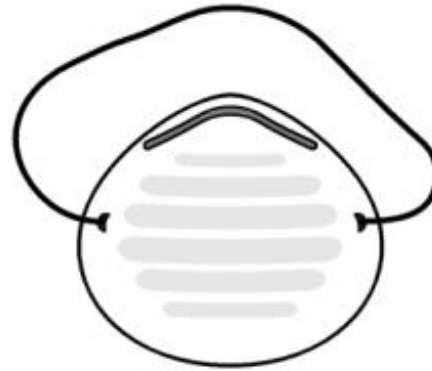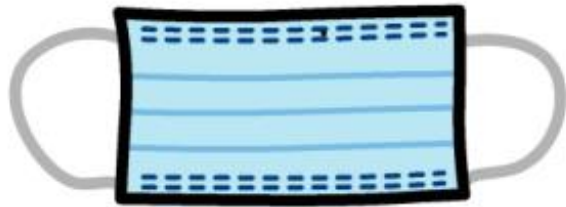
Because of the virus, it is important that we stay home. This is hard to do, but we can get through it together.
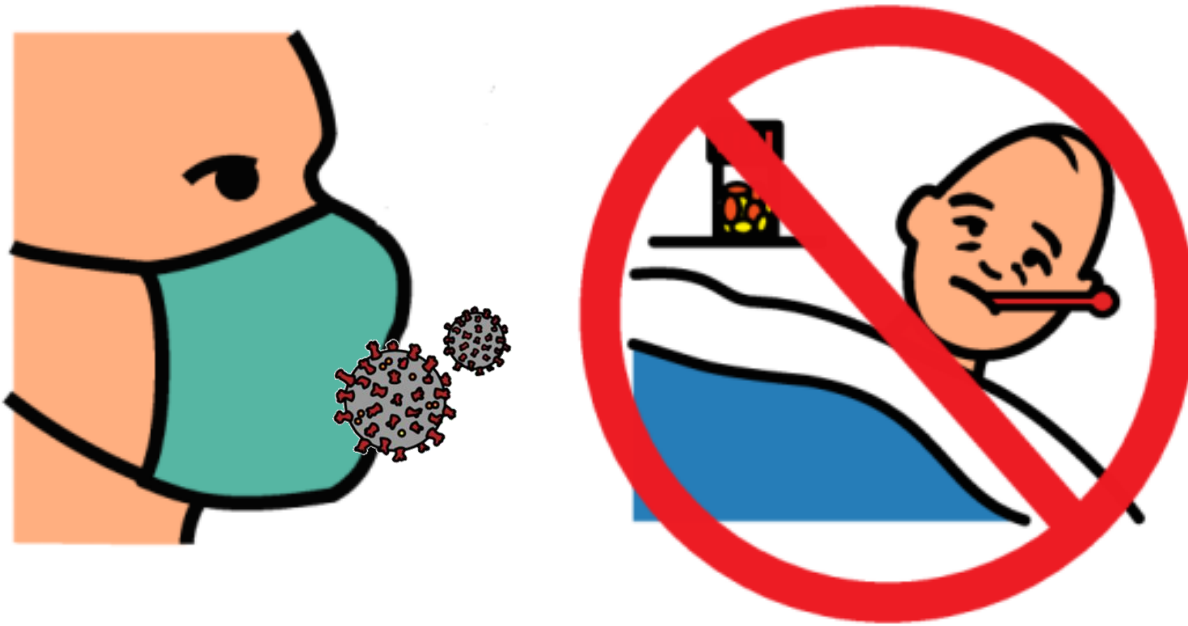
Sometimes, we may need to go to the store for essentials. Essential means things that are very important. Food and medicine are essential.

When I go to a store, I need to wear a mask.

There are lots of different kinds of masks.

A mask covers my nose and mouth so that germs cannot get in and make me sick. This mask is different from a Halloween mask.
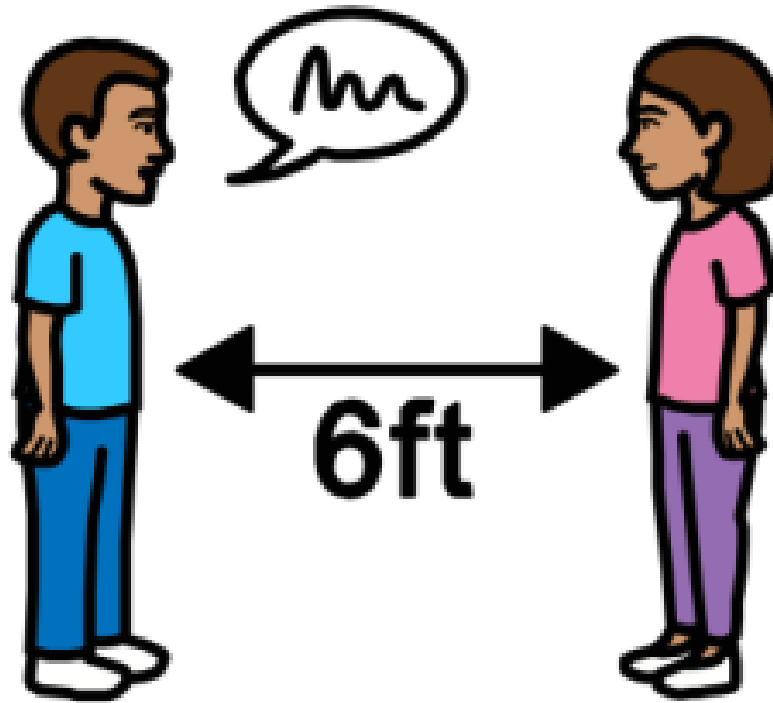
I can still breathe and talk with a mask on. With a mask on, my breath might feel warm on my face.

When I am in the store, I will not touch things.
This is a way to spread germs.

I will try not touch my face. Germs can get into my body when I touch my nose and mouth.

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. My family may clean some of the food items to make sure we get rid of all the germs.

I will put my mask in a safe location.

We are all working together to stay healthy!