FACE COVERING GUIDANCE

1. Get familiar
Follow these steps when using your face covering:
- Wash your hands before touching the face covering.
- Put it over the nose and mouth and secure it under the chin.
- Make sure the covering fits snugly against the sides of the face.
- Make sure your child can breathe easily.

2. Start now
It takes a lot of repetition to develop a habit. It is recommended that families begin having their school-aged children practice wearing a face covering for short periods in the days leading up to the start of school.

3. Set rules
Talk to your child about appropriate use for their own face covering and the face coverings of others. Remind your child of the following examples of face covering etiquette:
- Keep your hands to yourself. Do not touch anyone else’s face covering.
- Do not share face coverings with other people.

4. Reassure
The changes students experience at school can be scary to our youngest students. Take the time to reassure your child that the protective measures being taken are meant to keep students, teachers, and other adults in the school healthy. Remember, families mold the attitude of students. Your support is appreciated!

Adapted from the IDOE’s Back-to-School Face Covering Guidance
CARE INSTRUCTIONS
FOR FACE COVERINGS

Removing your face covering

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine or wash by hand
- Be careful to not touch your eyes, nose, or mouth and wash hands immediately after removal

Cleaning your face covering

- Washing by Hand
  - Prepare a bleach solution by mixing: 5 Tbsp. (⅓ cup) household bleach per gallon of room temperature water + 4 tsp. household bleach per quart of room temperature water
  - Check the label to see if your bleach is intended for disinfection. Some bleach products, such as those designed for safe use on colored clothing may not be suitable for disinfection
  - Ensure the bleach product is not past its expiration date
  - Never mix household bleach with ammonia or any other cleanser
  - Soak the face covering in the bleach solution for five minutes
  - Rinse thoroughly with cool or room temperature water
- Washing Machine
  - Wash your face covering with your regular laundry
  - Use regular laundry detergent and the warmest appropriate water setting for the cloth used for the face covering

Drying your face covering

- Make sure to completely dry cloth face coverings after washing
- Dryer
  - Use the highest heat setting and leave in the dryer until completely dry
- Air Dry
  - Lay flat and allow to completely dry. If possible place the cloth face covering in direct sunlight