

Staying Safe with AuSM: Wearing a Mask



Social Narrative

Right now, a virus called COVID-19 has been making people sick. Another name for COVID-19 is the coronavirus.

This virus can pass from person to person through germs. These germs are in the tiny droplets that come from someone's mouth when they cough, sneeze, breathe, and talk.



I can help myself and other people stay safe from the virus by wearing a mask. Wearing a mask helps keep germs from spreading. I can still breathe with a mask on my face!



At AuSM, we want everyone to stay safe and healthy.

All AuSM staff and visitors are expected to wear masks when attending AuSM events.



Most masks are made of paper or cloth.

It is important that my mask covers my mouth and nose, since those are the places where germs leave my body when I cough, sneeze, breathe, and talk.

My mask protects other people from my germs and protects me from other people's germs.



Wearing a mask may cause different sensations that make me feel uncomfortable. I can practice wearing a mask at home to get used to what it feels like.

There are also different kinds of masks that I can try wearing so I am as safe and comfortable as possible.



If I need to take a break from wearing my mask, that is okay. I can ask AuSM staff to help me stay safe during my break.

Even when I wear a mask, it is still important for me to try to stay at least six feet away from other people, since germs typically do not travel that far.



There will be signs and other visual cues* to help everyone stay at a safe distance from each other.

I can ask AuSM staff to help me or other people stay six feet apart as well.



* Example: these colored circles are placed six feet apart.

AuSM staff will make sure our activity spaces are safe by cleaning and disinfecting all event areas before and after every AuSM program.



It is also important for all AuSM staff and visitors to wash their hands with soap & water (for at least 20 seconds) and/or use hand sanitizer at least several times a day.

If soap & water is unavailable, AuSM will provide hand sanitizer.

Keeping my hands clean helps **everyone** stay safe by killing the germs that make people sick.

