

Staying Safe During COVID-19: Wearing a Mask



An **ausm**[®] Social Narrative
autism society of minnesota

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 when I am out in the community. Wearing a mask helps keep germs from spreading. I can still breathe with a mask on my face.



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 the elastic bands on my mask irritate my ears, there are options I can try, such as:

- A. Wearing a mask that ties in the back
- B. Making a mask from soft cloth (from a t-shirt, pillowcase, bandana, etc.)
- C. Wearing a hat or headband with a button to affix the elastic
- D. Buying or making “mask extenders”

...and more!



A.



B.



C.



D.

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 may be signs and other visual cues* in public places to help everyone stay at a safe distance from each other.



* Example: these red lines are placed six feet apart.

Many places are trying to keep people safe by regularly cleaning and disinfecting commonly-used items (like shopping carts) and high-traffic areas (like public restrooms).



It is also important that I wash my hands with soap & water (for at least 20 seconds) and/or use hand sanitizer at least several times a day.

I can carry hand sanitizer with me when I'm out in the community in case soap & water is unavailable.

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



As we work through these unprecedented days altered by the COVID-19 pandemic, **AuSM is here for you.**

For more information and resources, visit
<https://ausm.org/resources/covid-19-pandemic.html>.

You may also reach out to us via phone (651.647.1083) and e-mail (info@ausm.org).

