



I Can Wear a Mask

Social Story



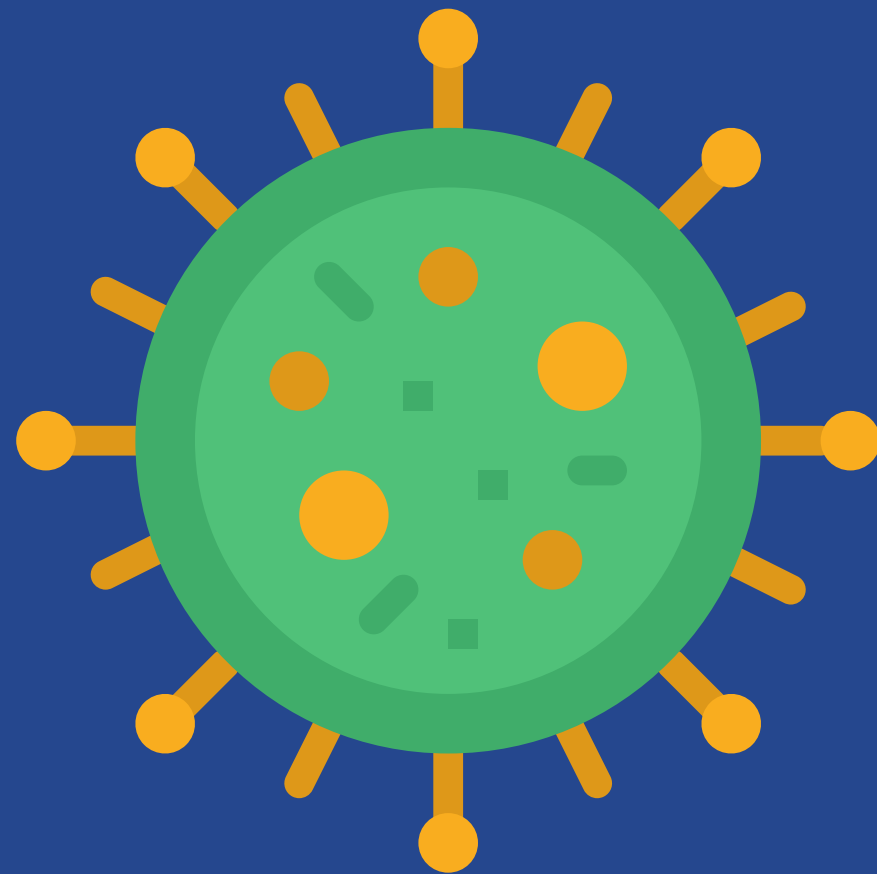
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Right now, some people around the world are sick with a virus called COVID19.



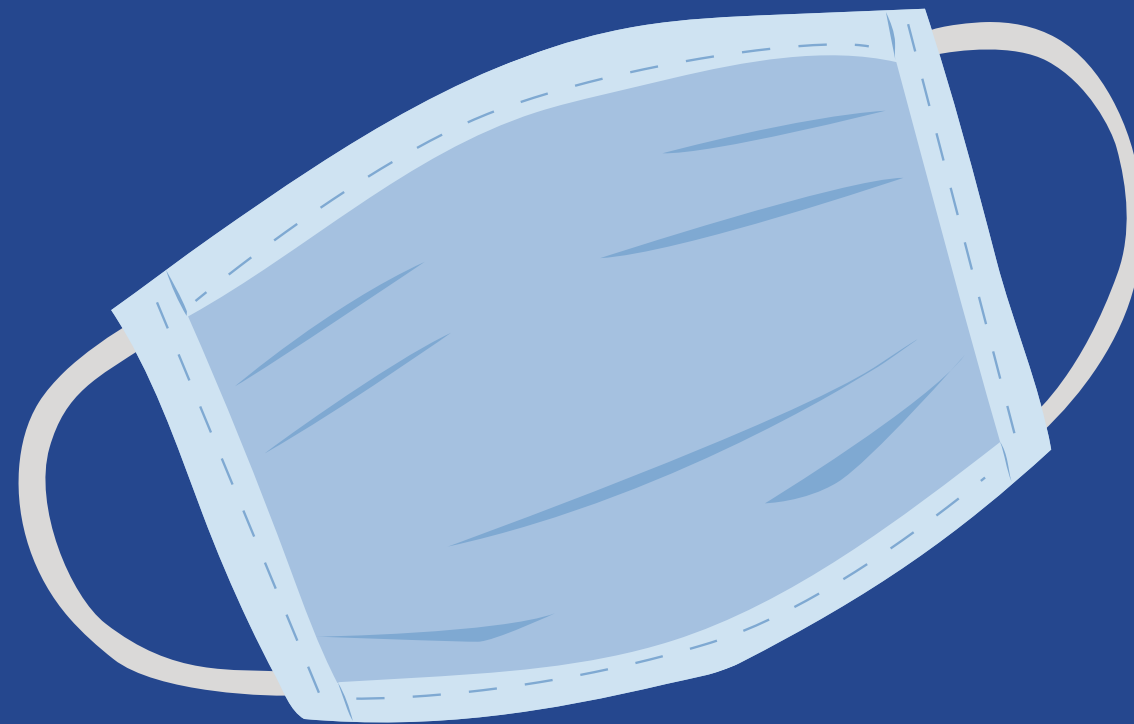
I cannot see the virus because it is very small, but people with microscopes have seen the virus.

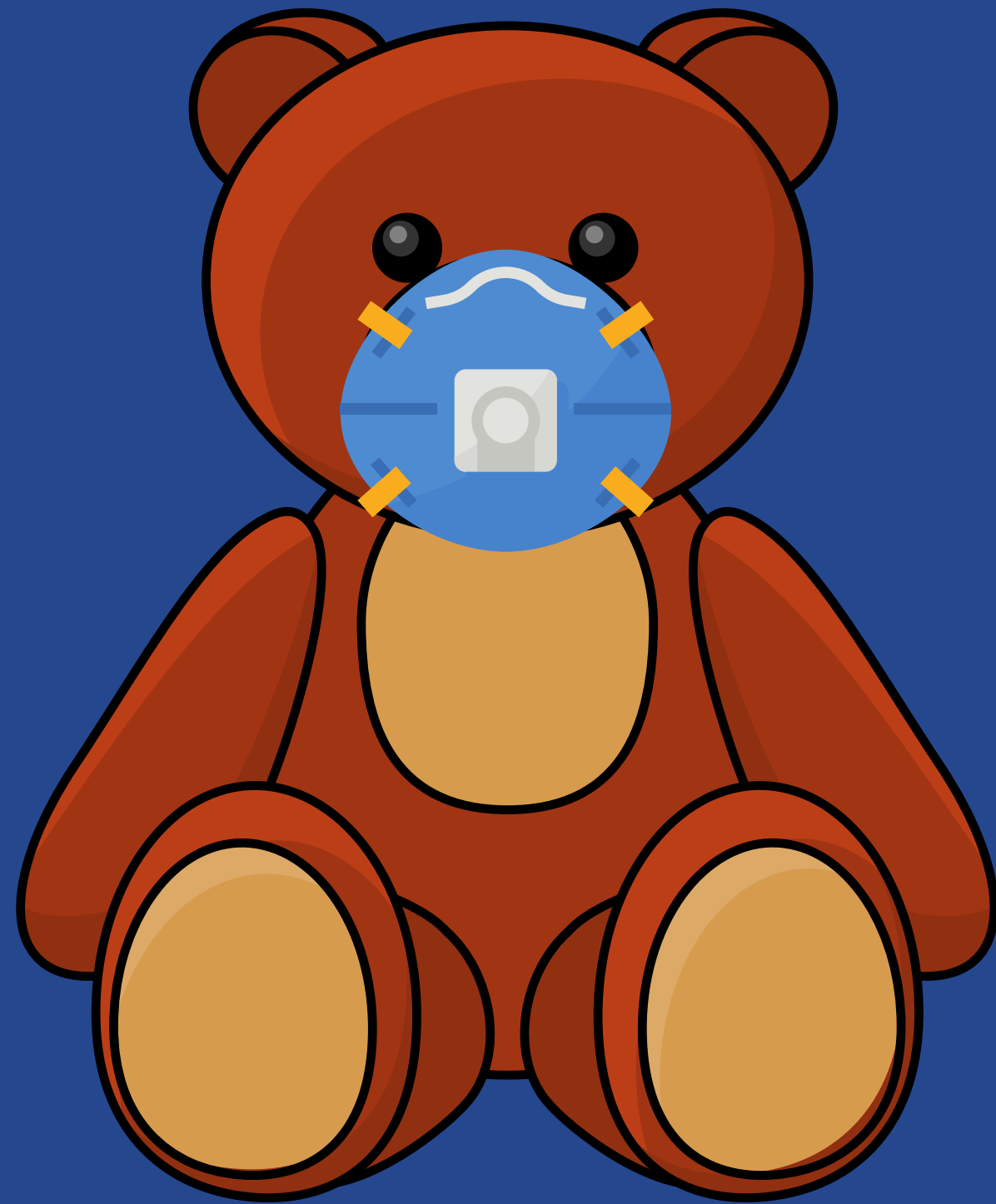




The virus can pass from person to person through tiny droplets that come from a person's mouth or nose when they cough or sneeze.

I can help prevent catching and spreading the virus by staying home. When I need to go out, I can help prevent spreading germs by wearing a mask.

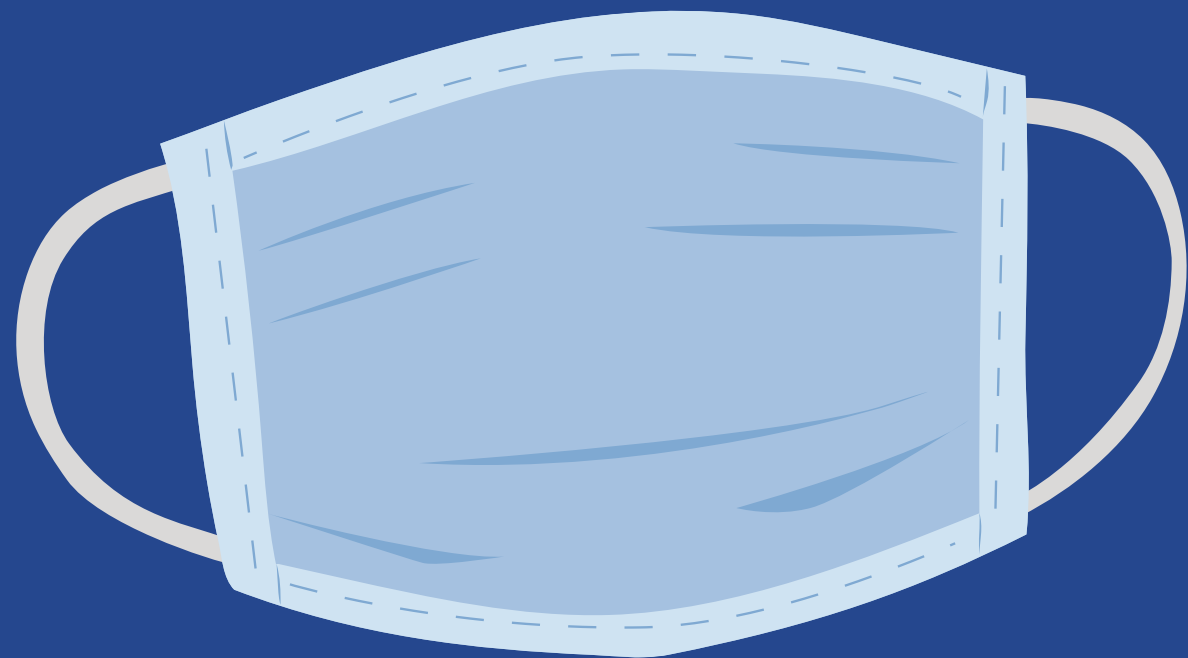




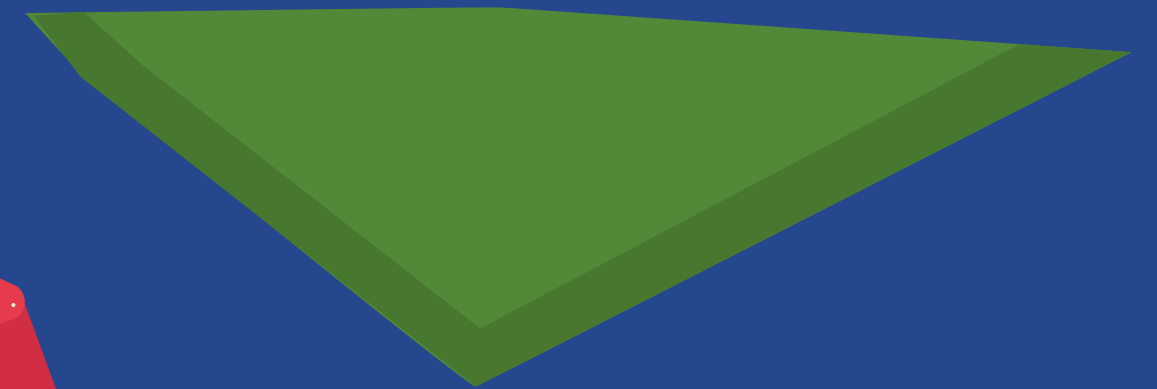
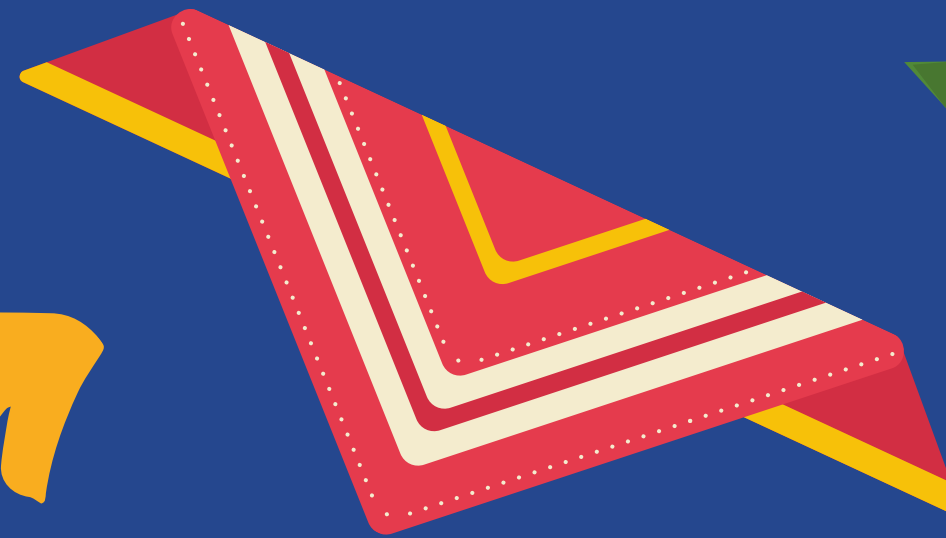
I can practice wearing a mask at home.



goes around ears



Masks are made of paper or cloth. The mask will cover my nose and mouth and may have fasteners that go around my head or ears.



goes around head





**It may feel different to have
a mask on my face.**

**It may feel different to have
fasteners around my head
or over my ears. This will
help the mask stay in place.**





**I can ask for help putting
my mask on if I need to.
The mask may become
warm from my breath, and
that is ok.
I can still breathe with a
mask on my face.**



If I see other people wearing masks, I do not need to feel afraid. Underneath the masks, they are just like me.



When I wear a mask outside, people can see I am helping to prevent spreading the virus. If my family prefers to wear masks that is ok too.





Some people may not be wearing masks.

This may be because they do not have masks, or they have forgotten or for another reason.

We should stay six feet away from other people whether or not they are wearing a mask. That's about the length of my bathtub or couch!






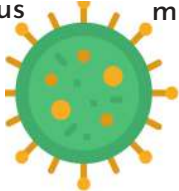



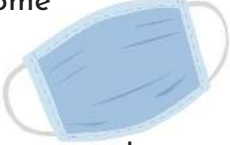




**When I get home, I can
take the mask off carefully
and then wash my hands.
I can ask for help removing
my mask if I need to.**



I Can Wear a Mask Social Story

Courtesy of the Autism Research Institute

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<p>Right now, some people around the world are sick with a virus called COVID19.</p>	<p>sick </p>
<p>I cannot see the virus because it is very small, but people with microscopes have seen the virus.</p>	<p>virus  microscope </p>
<p>The virus can pass from person to person through tiny droplets that come from a person's mouth or nose when they cough or sneeze.</p>	<p>sneeze or cough  particles</p>
<p>I can help prevent catching and spreading the virus by staying home. When I need to go out, I can help prevent spreading germs by wearing a mask.</p>	<p>stay home  wear a mask outside </p>
<p>I can practice wearing a mask at home.</p>	<p> practice with masks at home</p>
<p>Masks are made of paper or cloth. The mask will cover my nose and mouth and may have fasteners that go around my head or ears.</p>	<p>around ears  around head </p>
<p>It may feel different to have a mask on my face. It may feel different to have fasteners around my head or over my ears. This will help the mask stay in place.</p>	<p>mask around ears </p>


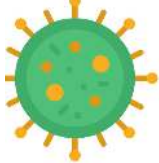








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<p>I can ask for help putting my mask on if I need to. The mask may become warm from my breath, and that is ok. I can still breathe with a mask on my face.</p>	 <p>help putting on mask</p>
<p>If I see other people wearing masks, I do not need to feel afraid. Underneath the masks, they are just like me.</p>	 <p>masks are good!</p>
<p>When I wear a mask outside, people can see I am helping to prevent spreading the virus. If my family prefers to wear masks that is ok too.</p>	<p>family wearing masks</p> 
<p>Some people may not be wearing masks. This may be because they do not have masks, or they have forgotten or for another reason.</p>	 <p>mask no mask</p>
<p>We should stay six feet away from other people whether or not they are wearing a mask. That's about the length of my bathtub or couch!</p>	 <p>6 feet away</p>
<p>When I get home, I can take the mask off carefully and then wash my hands.</p>	 <p>wash hands</p>
<p>I can ask for help removing my mask if I need to.</p>	<p>help taking off mask</p> 





¡Puedo usar una mascarilla!

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<p>En este momento, algunas personas están enfermas con un virus llamado COVID19.</p>	<p>enfermo </p>
<p>No puedo ver el virus porque es muy pequeño, pero los médicos y científicos con microscopios han visto el virus.</p>	<p>COVID-19  el microscopio </p>
<p>El virus puede pasar de una persona a otra a través de pequeñas partículas que salen de la boca o la nariz de una persona cuando tose o estornuda.</p>	<p>estornudar o toser </p>
<p>Puedo ayudarme a mí mismo y a los demás a mantenerse sanos quedándome en casa. Cuando necesito salir, puedo ayudar a prevenir la propagación de gérmenes usando una mascarilla.</p>	<p>quedarse en casa  llevar una mascarilla fuera </p>
<p>Puedo practicar el uso de la mascarilla en casa.</p>	<p> Puedo practicar en casa</p>
<p>Las mascarillas están hechas de papel o tela. La mascarilla me cubre la nariz y boca, y puede tener cuerdas que van alrededor de mi cabeza u orejas.</p>	<p>alrededor de las orejas  alrededor de la cabeza </p>
<p>Me puedo sentir diferente llevando una mascarilla en la cara. Puedo sentirme diferente notando unas cuerdas alrededor de mi cabeza o mis orejas. Las cuerdas ayudarán a que la mascarilla permanezca bien colocada en mi cara.</p>	<p>la mascarilla alrededor de las orejas </p>

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<p>Puedo pedir ayuda para ponerme la mascarilla si lo necesito. La mascarilla puede calentarse cuando respiro, y eso está bien. Todavía puedo respirar con la mascarilla en la cara.</p>	 <p>ayuda para ponerse la mascarilla</p>
<p>Si veo a otras personas usando mascarillas, no necesito sentir miedo. Detrás de las mascarillas, son como yo.</p>	 <p>las mascarillas son buenas</p>
<p>Cuando llevo una mascarilla fuera, otras personas pueden ver que estoy ayudando a prevenir la propagación del virus. Si mi familia prefiere usar mascarillas, también está</p>	<p>familia usando mascarillas</p> 
<p>A veces veo gente que no lleva mascarillas. Esto puede deberse a que no tienen mascarillas, que se les hayan olvidado, o por otro motivo.</p>	<p>una mascarilla sin una mascarilla</p> 
<p>Si veo a alguien que no lleva una mascarilla, debo mantenerme a seis pies (o dos metros) de distancia de ellos. ¡Eso es más o menos lo que mide mi bañera o mi sofá!</p>	 <p>a seis pies (o dos metros) de distancia</p>
<p>Cuando llegue a casa, puedo quitarme la mascarilla después de lavarme las manos.</p>	 <p>lavarse las manos</p>
<p>Puedo pedir ayuda para quitarme la mascarilla si lo necesito.</p>	<p>ayuda para quitar la mascarilla</p> 