MY NEMOURS VISIT:
Wearing a Face Mask
Today I am going to Nemours for a doctor’s visit. While I’m there, I will need to wear a face mask. So will my Mom or Dad. All the doctors and nurses will wear a face mask.

Everyone at Nemours who is 2 years old or older wears a face mask. We wear them to protect ourselves and others against an illness called COVID-19.
COVID-19 is caused by a virus called a coronavirus that is so small, I cannot see it. This is a drawing of what it looks like.

When a person who is sick with COVID-19 coughs or sneezes, droplets leave their body through their nose or mouth and travel through the air. If the droplets get in my nose or mouth, I could get sick.
My mask will cover my nose and mouth. The mask lets air go in and out, but not big droplets. I can breathe just fine when I wear my mask.

My Mom or Dad can buy a mask or make one for me. I can even decorate my mask! I may feel nervous about wearing my mask, but that’s okay. I can practice wearing it at home.
If I don’t have a mask for my visit, it’s fine. The people at Nemours will give me one.

My mask has loops that go around my ears. This helps keep my mask in the right place. If I need help putting on my mask, I can tell my Mom or Dad.
I can talk, walk, and play with my mask on. At first, it may feel different to wear it. The mask may get warm when I breathe or talk, but that’s okay.

Taking slow breaths can help me get used to wearing my mask. I will remember that wearing my mask is helping my Mom, Dad and people around me.
I am happy everyone is helping each other be healthy.

Washing my hands often or using hand sanitizer can help me stay healthy. So can staying about 6 feet away from other people. Six feet is about as long as my bed.
When I am at Nemours, people may need to get close to help take care of me. This is fine, because we have our masks on to protect us.

When I see people I can wave hello or give them an air high five, but I won’t touch them or hug them.
Because my doctor and nurse are wearing masks, I can’t see when they are smiling. It’s OK, because I know they are happy to see me.

Everyone will be happy that I wear my mask and am helping to keep them safe. When I get home, I can take my mask off and wash my hands.