



FACE MASK GUIDELINES

Why do we wear face masks? According to the CDC, cloth face coverings (face masks) serve as a simple barrier to help prevent respiratory droplets from traveling into the air and onto other people when the person wearing the cloth face covering coughs, sneezes, talks, or raises their voice. COVID-19 can be spread to others even if you do not feel sick. A cloth face covering helps prevent a person who is sick from spreading the virus to others.

How to choose a face mask and assure proper fit? When selecting a face mask, it must completely cover the nose and mouth. There are many choices. Here are some dos and don'ts.

DO choose masks that

-  Have two or more layers of washable, breathable fabric
-  Completely cover your nose and mouth
-  Fit snugly against the sides of your face and don't have gaps

DO NOT choose masks that

-  Are made of fabric that makes it hard to breathe, for example, vinyl
-  Have exhalation valves or vents, which allow virus particles to escape
-  Are intended for healthcare workers, including N95 respirators or surgical masks

To be clear, unacceptable face masks include gaiters, see through, bandanas, vinyl, and face masks with exhalation valves or vents. Also unacceptable are face shields that are worn without acceptable face masks under them. Unacceptable items either allow virus particles to escape or they have not been fully tested. Do not send students to school wearing unacceptable face masks.

Special Situations: Glasses



If you wear glasses, find a mask that fits closely over your nose or one that has a nose wire to limit fogging

Special Situations: Children

-  If you are able, find a mask that is made for children
-  If you can't find a mask made for children, check to be sure the mask fits snugly over the nose and mouth and under the chin
-  Do NOT put on children younger than 2 years old

Should face masks be washed? Yes! Wash face masks after every day of use/ before being used again, or if visibly soiled. Include your mask with your regular laundry, using regular laundry detergent, and the warmest appropriate water setting for the cloth used to make the mask. Use the highest heat setting and leave in the dryer until completely dry.

What are other recommendations?

- Students' face masks should be clearly identified with their names or initials to avoid confusion or swapping. They may also be labeled to indicate top/bottom and front/back.
- Wash or sanitize hands before putting on a face mask and after removing it. (Hand sanitizer to contain at least 60% alcohol.)
- Wash or sanitize hands before and after helping a student put on or adjust a face mask.
- Do not touch your face mask while wearing it. If you do, wash/sanitize hands before and after doing so.
- Do not wear a wet face mask. A wet face mask may make it difficult to breathe.
- Never share or trade face masks.
- Store face masks (i.e. spare masks) in a space designated for each student that is separate from others when not being worn (e.g., in individually labeled containers or bags, personal lockers, or cubbies).
- Practice wearing face masks at home before the student returns to school.

Hybrid vs. Distance Learning? The CDC and the Delaware Department of Public Health do not recommend use of face shields for normal everyday activities or as a substitute for cloth face coverings (face masks) because of a lack of evidence of their effectiveness for source control. The CDC recognizes that wearing cloth face masks may not be possible in every situation or for some people. In some situations, wearing a cloth face masks may exacerbate a physical or mental health condition, lead to a medical emergency, or introduce significant safety concerns. Therefore, students who are unable to wear face masks throughout the school day, should sign up for Distance Learning. The Hybrid and Distance Learning models at FSMA are designed with the same content. Please reach out to a member of our administration with any questions you may have about these learning models.