



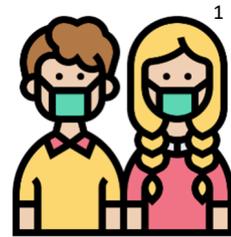
## Compulsory masks explained for children



The following recommendations are intended to serve as support and suggestions, which can always be individually adjusted and modified. They are based on the level of knowledge known on 22/04/2020. Please make sure to take note of the advice from your local health authority.

### Compulsory masks

In Bavaria, from 27 April 2020 on, it will be compulsory to wear masks in shops and on public transport. This applies to grown-ups, adolescents and children from the age of 7. This new regulation will lead to a very different picture of the environment which children will get and is resulting in questions on the right procedure for children and adults. In the first part of this info sheet we would like to give you suggestions on how you can explain compulsory masks to children and convey this in a positive way. In the second part you can find practical tips on how to do this.



Please bear regional circumstances and further developments in mind when reading the content of this info sheet.

### Explaining compulsory masks to children

Viruses are little ill-makers which like to travel from person to person. They are so tiny that you can't recognise them with the naked eye. While you speak, cough or sneeze they manage to get from one person to another via tiny droplets flying out of the mouth and nose. Those who contract it might not notice anything at all. The little ill-makers might be in our bodies without us feeling anything. This means that everyone - regardless of being healthy or feeling ill - must help not to infect other people.



There are a few important rules for this:

- At the moment we must all only have direct contact with very few people. At home this means everyone who lives with us.
- Outside everyone has to keep a distance, meaning about as much as if you put your bed between you and other people, or so much that you can't touch them when you stretch your arms out to the sides. 😊
- In places where lots of people come together and there is little space, like in buses, trains, trams or shops, all grown-ups and children from the age of 7 must now wear a mask. This

makes us all look like superheros....and we are! Because they help make sure that less people get infected and ill. Also, the mask clearly shows that everyone is in this together and wants to protect other people.

- A mask like this is fastened at the ears or back of the head and covers mouth and nose. At first, it feels a bit strange while breathing and speaking. You may only touch the mask to put it on, take it off or if it slips. As you can see: It needs a bit of practice! That's why little children under 7 don't have to do it yet. But they can try it and practice wearing a mask if they want.

### **Tips for contact people**

- Introduce wearing a mask to your child in a playful way and don't put it in situations where it comes down to it without practice. First of all, gain some experience together of what it's like wearing a mask like this, how difficult it is not to touch your face or the mask, how different breathing and speaking feels.
- It's best to practice not touching the mask together, without too much pressure. Show how to pull the mask back into place when it slips and praise your child if it succeeds in not touching the mask unnecessarily. That's more helpful and target oriented than scolding and in doing so making the already unfamiliar task more difficult.  
You could buy ready-made, colourful masks or get white ones and paint them with fabric paint - e.g. with your child's favourite motif, something matching its favourite coat or as part of a personal superhero costume. Get creative: Does the whole family have similar masks or the same ones? Are they all different on purpose? Does the favourite cuddly toy also get a mask? The teddy bear? The doll? Do you have a superhero coat of arms in your home?
- Children under one and children with respiratory problems should not put on masks. So that they also feel they belong, think about alternatives for the youngest superheros just as much as for children who are not able to wear a mask for other reasons. For example, you could create a superhero badge or a family coat of arms which can be ironed on so that everyone can be seen and felt to belong.
- By no means leave children on their own while they are wearing a mask since they could hurt themselves.
- Explain mask cleaning, hygiene and storage recommendations to your children and set up fixed routines: Where are the masks kept and when are they changed?
- Strike the right note between seriousness and fun: It is a good thing if children understand that protection through the mask is important for everyone. At the same time, putting it into action should be fun and give a good feeling. The more personal the link to their own mask and the more positive the significance it receives, the greater the probability that it will be worn.

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