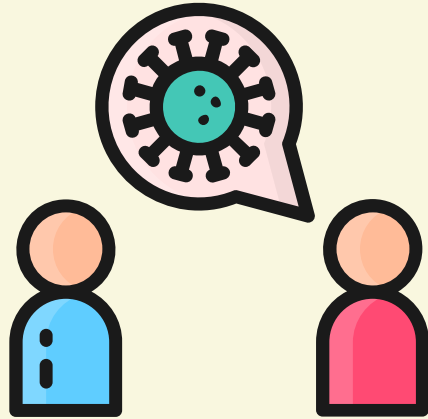


# RETURN TO MASKS

During the pandemic, many rules have changed.



These changes may be difficult, but they are in place to keep me safe.



New rules can be confusing. Some places may not require a mask and some people may not wear a mask. Masks keep me and others safe.



I will have to listen to the rules in my community, school, job, or what the government says.



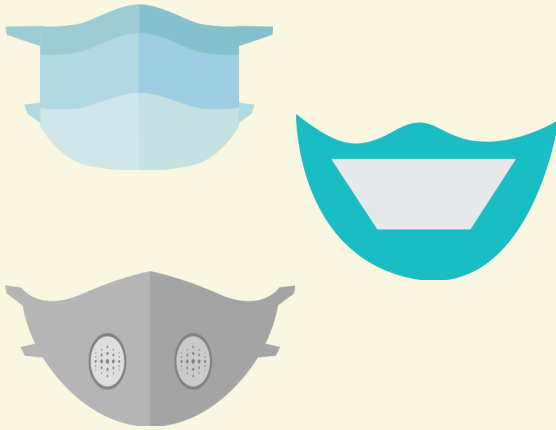
I may have to wear a mask again to keep me and my community safe. Even if other people aren't wearing masks, I can still wear a mask.



I may feel anxious or upset about having to wear a mask again.



There are many styles of masks.  
I can try them until I find one  
that feels best.



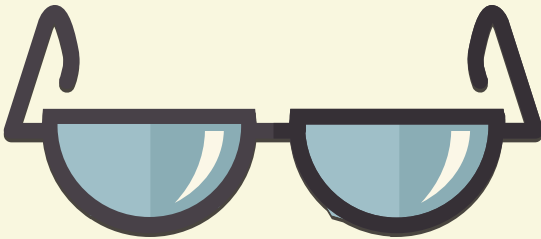
I can practice wearing the mask  
at home. I can wear the mask  
for shorter periods of time  
while I practice.



I can chew gum or suck on hard  
candy if the smell of my breath  
bothers me.



If I wear eyeglasses, there are  
sprays and wipes to help keep my  
glasses from fogging up.



I can take mask breaks by going  
outside or when I am safely  
away from others.



Masks help keep me and others  
from getting sick.

