

WHO SHOULD WEAR A MASK?



- All people over the age of 2 years old

WHO SHOULD NOT WEAR A MASK?

- Children under the age of 2 years old
- People who have active breathing difficulties
- People unable to remove the face covering without assistance

- There is NO evidence that wearing a face mask makes respiratory diseases worse including but not limited to: asthma, cystic fibrosis, sleep-related breathing disorders such as sleep apnea, or other chronic lung diseases.
- Standard face coverings DO NOT cause low oxygen levels and they DO NOT cause Carbon Dioxide (CO₂) retention.
- If a face mask cannot be reasonably medically tolerated, a face shield should be substituted.
- Written exemptions are rarely needed. An exemption does NOT clear kids to enter school or a public space freely, but instead, families should consider limiting exposure in school and public for kids that cannot tolerate a face covering.
- If you feel that your child can only wear a mask for a short time, consider planning for any outings to public places to be as short as possible and to encourage kids to wear a mask as long as possible.
- Check out www.healthychildren.org for information on COVID 19 and Mask MythBusters including tips on how to help your child become more comfortable wearing a mask in public!

Guidance has been gathered from the CDC, American Academy of Pediatrics (AAP), American College of Allergy, Asthma and Immunology (ACAAI), Pediatric Asthma & Allergy Specialists, Pediatric Pulmonology Specialists, and Children's Hospital Colorado