

## PRESENTATION 3

# Mask-Use For Children and Youth: Refresher For School and Child Care Settings

Public Health Ontario

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## Disclaimer

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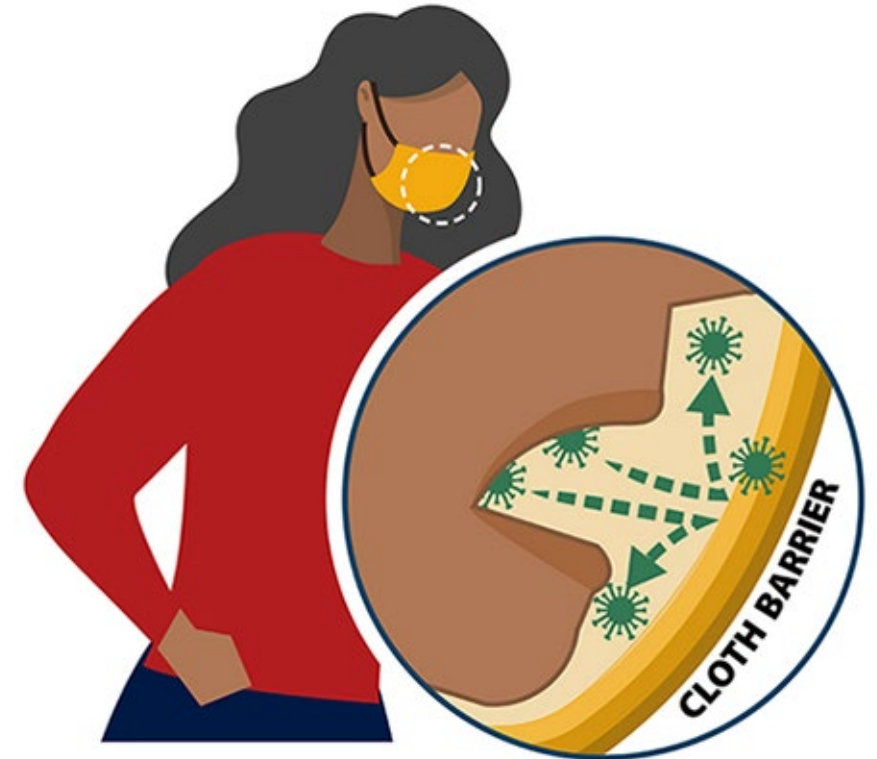
# Objectives

- To discuss the importance of non-medical masking for source control (keeping ones droplets to themselves) in the prevention of COVID-19
- To review how to properly put on and take off a non-medical mask



# What is the Purpose Of Wearing A Non-Medical Masking?

- Masks are indicated for use in schools and child care settings primarily as a form of **Source control**.
- Source control means wearing a non-medical mask (i.e. cloth) to protect those around you from your respiratory droplets (e.g. coughs and sneezes).
- Non-medical masks can also help protect the wearer depending on the materials used; non-medical masks should be well-fitting.



Source: Centers for Disease Control and Prevention. How to safely wear and take off a mask [Internet]. Atlanta, GA: Centers for Disease Control and Prevention; 2020 [cited 2021 Mar 30]. Available from: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/cloth-face-covering.pdf>

Science M, Thampi N, Bitnun A, Allen U, Birken C, Blackman N, et al. School operation for the 2021-2022 academic year in the context of the COVID-19 pandemic. Science Briefs of the Ontario COVID-19 Science Advisory Table. 2021;2(38):1-40. Available from: <https://doi.org/10.47326/ocsat.2021.02.38.1.0>

# Considerations for Mask Use

- **Benefits from source control and protection**
  - Keeping ones droplets to themselves
- **Negative consequences**
  - Developmental considerations
  - Social interactions



# What Does a Well-fitting Mask Look Like?

A well-fitting mask:

- Fits over nose, mouth and chin with no gaping
- Is comfortable so no need to adjust



Source: Metcalf D

# How NOT To Wear a Mask



Around your neck



On your forehead



Under your nose



Only on your nose



On your chin



Dangling from one  
ear



On your arm

Source: Centers for Disease Control and Prevention. Your guide to masks [Internet]. Atlanta, GA: Centers for Disease Control and Prevention; 2021 [cited 2021 Apr 13]. Available from: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

# Should The Mask Be Two-Layers Or Three-Layers?

- Three-layer non-medical or cloth masks with a filter layer may theoretically offer greater filtration
- Additional layers may make it more difficult for the wearer to breathe
- Mask needs to be well-fitting (i.e. no gaping)
- Consistent and appropriate use of either is the most important thing to do when unable to physically distance or in shared indoor spaces

Ontario Agency for Health Protection and Promotion (Public Health Ontario). COVID-19: non-medical masks [Internet]. Toronto, ON: Queen's Printer for Ontario; 2020 [cited 2021 Mar 16]. Available from: <https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/2020/11/covid-19-non-medical-masks-qa.pdf?la=en>

Government of Canada. Non-medical masks: about [Internet]. Ottawa, ON: Government of Canada; 2021 [cited 2021 Mar 16]. Available from: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/about-non-medical-masks-face-coverings.html>



# How Should Masks Be Put On?

## Steps on putting on the mask safely:



Perform hand hygiene – wash your hands or use hand sanitizer.



Pick up mask using ear loops.



Expand the mask.



Place mask on your face by securing loops around your ears.



Adjust mask to cover your chin and pinch metal nose piece (if available) to give a secure fit.

©SickKids Hospital, 2020. Used with permission.

Source: SickKids; Connected Care. HINT: what is suggested for family caregiver use of masks during the COVID-19 pandemic? [Internet]. Toronto, ON: The Hospital for Sick Children (SickKids); 2020 [cited 2021 Mar 16]. Available from: <https://www.connectedcare.sickkids.ca/quick-hits/2019/8/29/volume6-efnk4-nyn48-max8h-s9w2y>. Used with permission.

# How Should Masks Be Taken Off?

## Steps on removing the mask safely:

- 

1 Perform hand hygiene – wash your hands or use hand sanitizer.
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2 Remove the mask using the ear loops only.
- 

3 Please conserve your mask for as long as possible.  
Place the mask on a clean surface/storage container with the inner mask facing upwards to avoid contamination.
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4 Perform hand hygiene – wash your hands or use hand sanitizer.

## For re-applying the mask:

- 

1 Perform hand hygiene – wash your hands or use hand sanitizer.
- 

2 Pick up the mask from the clean surface/storage container using the ear loops.
- 

3 Adjust the mask to your face as indicated in the above steps.
- 

4 Perform hand hygiene (hand washing or sanitizer) after you're done.

©SickKids Hospital, 2020. Used with permission.

Source: SickKids; Connected Care. HINT: what is suggested for family caregiver use of masks during the COVID-19 pandemic? [Internet]. Toronto, ON: The Hospital for Sick Children (SickKids); 2020 [cited 2021 Mar 16]. Available from: <https://www.connectedcare.sickkids.ca/quick-hits/2019/8/29/volume6-efnk4-nyn48-max8h-s9w2y>. Used with permission.

## Which Children/Youth Should NOT Wear a Mask?

- Masks should not be worn by children who are:
  - under the age of 2
  - unable to tolerate a mask (e.g., due to a medical condition or inability to wear/remove the mask properly)
  - unable to remove the mask without assistance
- There can be exemptions to wearing face masks for some children/youth and these should be discussed on a case-by-case basis in accordance with provincial, local public health and school board requirements.

## If a Child/Youth Cannot Wear a Mask Should They Use a Face Shield?

- Important to remember that masking is only one of several health and safety measures implemented in schools to protect other students and school staff.
- Face shields are not considered an effective form of source control when worn alone.
- Face shields are used for eye protection and are meant to be worn in conjunction with a face mask when indicated.

# For More Information ...

## Public Health Ontario resources:

- [Coronavirus Disease 2019 \(COVID-19\): How to wash your hands / How to use hand sanitizer](#)
- [Removing Personal Protective Equipment/Putting On Personal Protective Equipment](#)
- [Infection Prevention and Control Fundamentals](#)
- [Preventing COVID-19: Tips for Children Attending School](#)
- [COVID-19 Preparedness and Prevention in Elementary and Secondary \(K-12\) Schools Checklist](#)
- [COVID-19 Preparedness and Prevention in Elementary and Secondary \(K-12\) Schools - Checklist Orientation \(webinar\)](#)
- [COVID-19 - Schools and Related Settings](#)

## How Did We Do?



PHO would appreciate your thoughts on these presentations.

Please visit PHO's school resources webpage to access and complete a short survey.

# Acknowledgements

- Public Health Ontario thanks Sick Kids Hospital for permission to use their material, adapted from original work by Holland Bloorview Rehabilitation Hospital.

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