

# Back-to-School Face Covering Guidance for Families

Students and educators are facing many new challenges when they return for the 2020-2021 school year, including the recommendation that face coverings be worn. This two-sided document is designed to help families support students with acclimating them to appropriately wear a face covering and provide protocols for safe and effective maintenance of face coverings.

## 1 Get Familiar

Follow these steps when using your face covering:

- Wash your hands before touching the face covering.
- Put it over the nose and mouth and secure it under the chin.
- Make sure the covering fits snugly against the sides of the face.
- Make sure your child can breathe easily.

## 2 Start Now

It takes a lot of repetition to develop a habit. It is recommended that families begin having their school-aged children practice wearing a face covering for short periods in the days leading up to the start of school.

## 3 Set Rules

Talk to your child about appropriate use for their own face covering and the face coverings of others. Remind your child of the following examples of face covering etiquette:

- Keep your hands to yourself. Do not touch anyone else's face covering.
- Do not share face coverings with other people.

## 4 Reassure

The changes students experience at school can be scary to our youngest Hoosiers. Take the time to reassure your child that the protective measures being taken are meant to keep students, teachers, and other adults in the school healthy. Remember, families mold the attitude of students. Your support is appreciated!

**More Information on the Reverse Side**

# Caring for Your Cloth Face Covering

## Take Off Your Face Covering Carefully, When You Are Home

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine or wash by hand
- Be careful to not touch your eyes, nose, or mouth and wash hands immediately after removal



## How to Clean Your Face Covering

- **Washing Machine**
  - Wash your face covering with your regular laundry
  - Use regular laundry detergent and the warmest appropriate water setting for the cloth used for the face covering



## How to Clean Your Face Covering

- **Washing by Hand**
  - Prepare a bleach solution by mixing:
    - 5 tablespoons ( $\frac{1}{3}$  cup) household bleach per gallon of room temperature water
    - 4 tablespoons household bleach per quart of room temperature water
  - Check the label to see if your bleach is intended for disinfection. Some bleach products, such as those designed for safe use on colored clothing may not be suitable for disinfection
  - Ensure the bleach product is not past its expiration date
  - **Never mix household bleach with ammonia or any other cleanser**
  - Soak the face covering in the bleach solution for five minutes
  - Rinse thoroughly with cool or room temperature water

## How to Dry Your Face Covering

- Make sure to completely dry cloth face coverings after washing
- **Dryer**
  - Use the highest heat setting and leave in the dryer until completely dry
- **Air Dry**
  - Lay flat and allow to completely dry. If possible place the cloth face covering in direct sunlight



More Information on the Reverse Side