

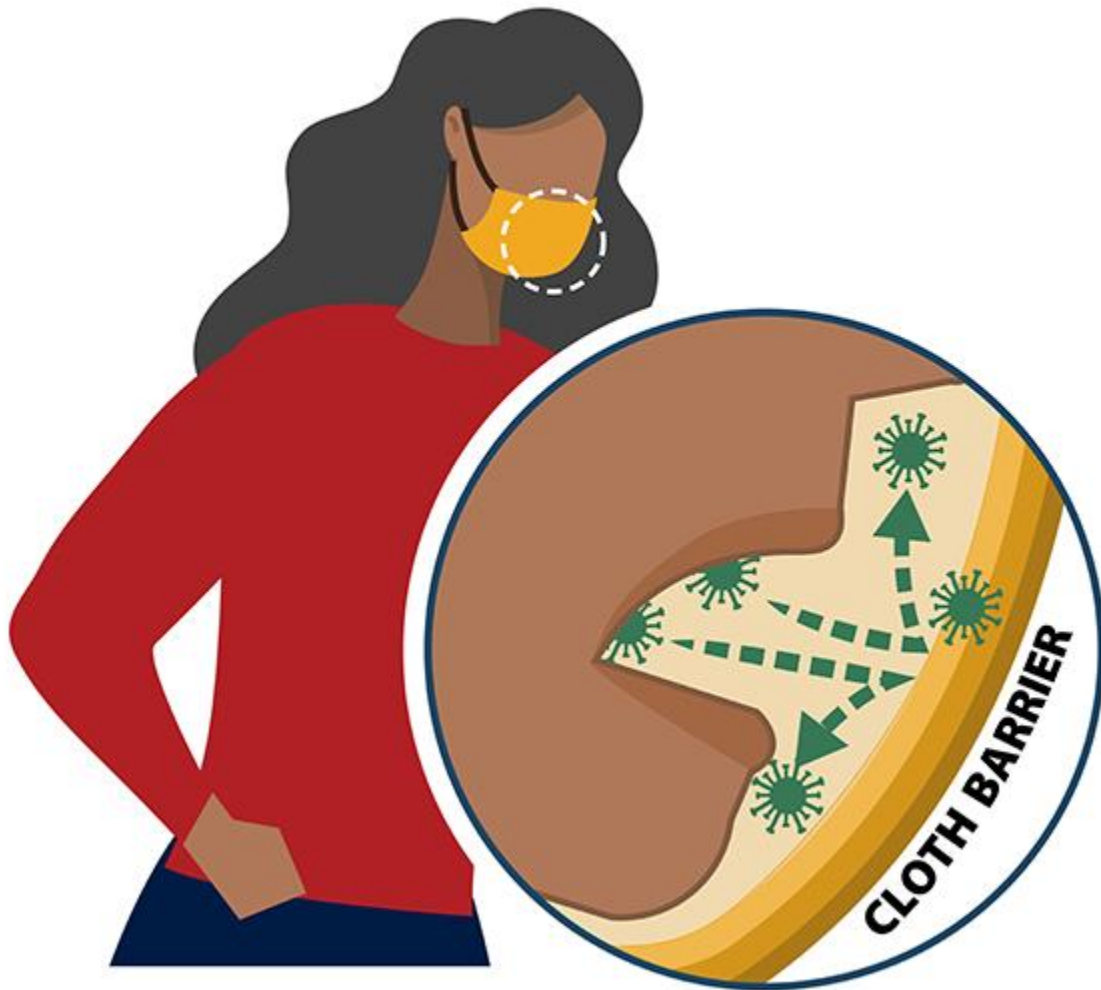
Face Covering Information Sheet

CDC recommends that people wear masks in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain.

COVID-19 spreads mainly from person to person through respiratory droplets produced when an infected person coughs, sneezes, talks, or raises their voice (e.g., while shouting, chanting, or singing). These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Recent studies show that a significant portion of individuals with COVID-19 lack symptoms (are “asymptomatic”) and that even those who eventually develop symptoms (are “pre-symptomatic”) can transmit the virus to others before showing symptoms.

To reduce the spread of COVID-19, CDC recommends that people wear masks in public settings when around people outside of their household, especially when other social distancing measures are difficult to maintain.

Evidence for Effectiveness of Masks



Masks are recommended as a simple barrier to help prevent respiratory droplets from traveling into the air and onto other people when the person wearing the mask coughs, sneezes, talks, or raises their voice. This is called *source control*. This recommendation is based on what we know about the role respiratory droplets play in the spread of the virus that causes COVID-19, paired with emerging evidence from clinical and laboratory studies that shows masks reduce the spray of droplets when worn over the nose and mouth.

COVID-19 spreads mainly among people who are in close contact with one another (within about 6 feet), so the use of masks is particularly important in settings where people are close to each other or where social distancing is difficult to maintain. CDC's recommendations for masks will be updated as new scientific evidence becomes available.

Face coverings should be a cloth covering that remains secure over nose and mouth and does not have openings that allow respiratory droplets escape. Masks with exhalation valves or vents are not permitted.

The purpose of masks is to keep respiratory droplets from reaching others to aid with source control. Masks with one-way valves or vents allow exhaled air to be expelled out through holes in the material. This can allow exhaled respiratory droplets to reach others and potentially spread the COVID-19 virus.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>

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Regulation for Face Covering

Anticipated Minimum Standards

Students are required to wear face coverings, unless doing so would inhibit the student's health. It is necessary to acknowledge that enforcing the use of face coverings may be impractical for young children or individuals with disabilities.

Exceptions:

- 1) Doing so would inhibit the student's health.
- 2) The student is in extreme heat outdoors.
- 3) The student is in water.
- 4) A student's documented medical condition, or disability as reflected in an Individualized Education Program (IEP), precludes the use of face covering.
- 5) The student is under the age of two (2), due to the risk of suffocation.
- 6) While a student is eating or drinking.
- 7) Face coverings should not be placed on anyone who has trouble breathing or is unconscious, or anyone who is incapacitated or otherwise unable to remove the face covering without assistance (e.g. face coverings should not be worn by Pre-K students during nap time).
- 8) The student is engaged in high intensity aerobic or anaerobic activities.

9) Face coverings may be removed during gym and music classes when individuals are in a well-ventilated location and able to maintain a physical distance of six feet apart.

10) When wearing a face covering creates an unsafe condition in which to operate equipment or execute a task.

Face Covering Training Tips

1. Train your child to wear a mask for increasing periods of time while at home. ie: while reading a book, coloring or watching television. This produces a sort of muscle memory and tolerance to keep the mask on while doing normal activities.
 2. Ease into the amount of time they can wear their mask. Instruct them to ask for a “mask break” and while doing so to not touch their face (wash or sanitize their hands before and after touching their face) and to work on or be aware of social distancing while their mask of off. Encourage them to do the best they can.
 3. Allow them to choose a style or different patterns that they like.
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*If your child cannot apply a face covering due to a health issue then the **medical exemption for face covering form** from their pediatrician must be completed along with medical diagnosis. This must be given to the school nurse prior to your child attending school.