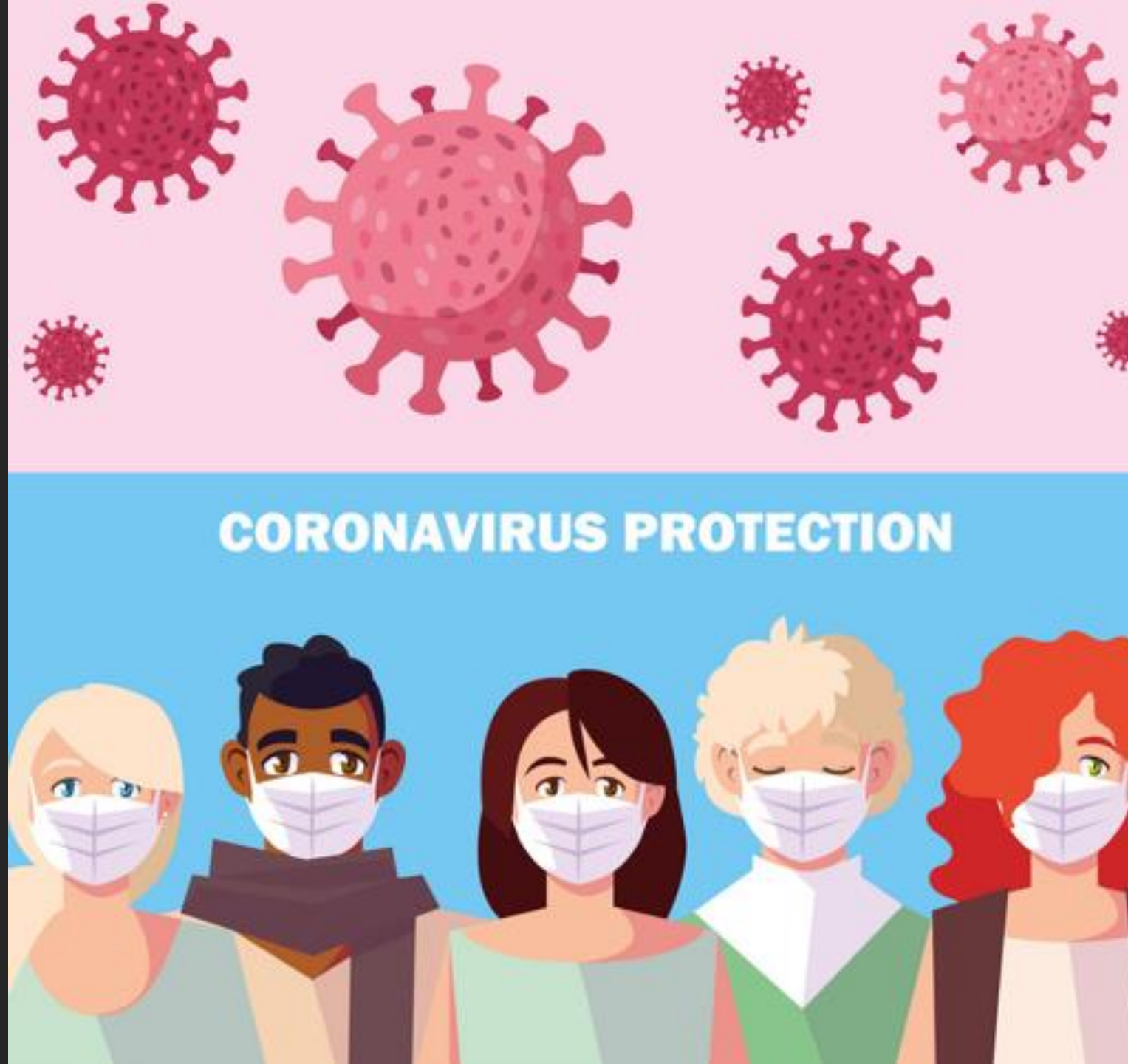


Wearing a Face Mask

Created by John McNally, Student Speech and
Language Therapist, under the supervision of Michelle
O'Donoghue, SLT, CORU reg 018688



How to use a social story™

Social stories™ are short, simple stories that help people to understand what is going on (Gray 2010).

During this pandemic, there has been a lot of change. Social stories are very helpful to understand some of these changes.

Follow these steps when using this social story:

1. Read this story before you leave your house to go outside.
2. When possible read this story in a quiet and calm environment.
3. Review the story as often as required - some social stories will be reviewed once a day, others just before the situation for which they were written.
4. As you get used to the new situation and the story no longer seems necessary, you can phase out the story. For example, you can read it only when you are having difficulty understanding 'why you should wear a face mask' to refresh your memory.

We hope that you enjoy using this social story.

Reference: Gray, C. (2010) The New Social Story™ Book, Future Horizons: Texas



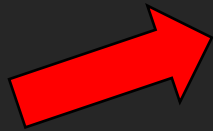
This is a story
about why we all
need to wear
face masks to
protect us from
the coronavirus...



What is a face
mask?



A face mask is
made of fabric
and it looks like
this



A face mask is something you wear over your mouth and your nose while you are outside your house



Why do I
need to wear
a face mask?



We use a face mask to stop us from breathing in the coronavirus and getting sick





If we are sick, a face mask stops us from giving the coronavirus to other people when we cough or sneeze

Face masks protect

- Me
- My family
- My friends
- My doctor
- My carers



When should
I wear a face
mask?





You should wear your face mask any time you go outside your house



You should wear your face mask when you are in the park



You should wear your face mask when you go shopping

You should wear your face mask when you are at the clinic



You should wear your face mask when you are at the pharmacy



Even though your face mask might be uncomfortable it is important to keep it on when you are outside your house



How do I
wear a face
mask?



First, clean
your hands
with soap...



WATER AND SOAP



PALM TO PALM



FOCUS ON THUMBS



BACK OF HANDS



RINSE

Hold the mask by the ear loops and place them around your ears and the mask over your face



Push the mask tight against your nose and make sure it covers your mouth and nose completely



It should cover your face like this...



Don't touch your face
when you are wearing
your mask



When you are finished with your mask and you are at home, throw it in the bin and wash your hands immediately



If you have a reusable mask then you can wash it and use it again.



Wearing your face mask helps to protect you and the people around you



References

- Image page 1: www.vectorstock.com/30150720
- Image page 2: <https://www.dreamstime.com/coronavirus-pandemic-ncov-vector-seamless-pattern-people-white-medical-face-mask-coronavirus-pandemic-ncov-vector-seamless-image175521504>
- Image page 3, 6, 11, 18: <https://international-adviser.com/wp-content/uploads/sites/3/2020/03/Four-question-marks-blue-background.jpg>
- Image page 4: <https://www.go4worldbusiness.com/member/view/2852672/wit-xiantao-tongda-non-woven-products-co-ltd-.html>
- Image page 5: <https://www.vecteezy.com/vector-art/952526-man-wearing-disposable-medical-face-mask>
- Image page 7: <https://www.bigstockphoto.com/es/image-362022973/stock-vector-crowd-of-infected-and-healthy-people-outside-during-corona-virus-outbreak-men-and-women-protecting>
- Image page 8: <http://tyttrungchanh.medinet.gov.vn/chuyen-muc/deo-khau-trang-dung-cach-cmobile9480-25130.aspx>
- Image page 9: <https://www.dreamstime.com/stock-illustration-mers-cov-protection-infographic-illustration-image55701731>
- Image page 10: a: https://pngtree.com/freepng/asian-teen-girl-boy-wearing-a-face-mask-in-the-city-coughing-vector-isolated-cartoon-illustration_5163323.html
b: <https://es.123rf.com/imagenes-de-archivo/pentagrama.html?alttext=1&orderby=2&sti=m0mlbi63d6sqsqv4to|>
c: <https://www.vectorstock.com/royalty-free-vectors/grandmother-ill-medicine-vectors>
- Image page 12: <https://www.istockphoto.com/ie/vector/stop-the-infection-you-need-to-wear-a-medical-mask-a-man-in-a-medical-mask-and-gm1208444346-349303341>
- Image page 13: https://es.123rf.com/clipart-vector/cartoon_park_playground.html?alttext=1&orderby=2&sti=o3bkp7k8wxvdg0071t|&mediapopup=144983790
- Image page 14: <https://www.alamy.com/Image ID: 2BER49Y>
- Image page 15: <https://www.vectorstock.com/royalty-free-vector/asian-patients-in-masks-visiting-doctor-vector-29661504>
- Image page 16: <https://www.change.org/p/drugs-controller-department-pharmacy-for-pharmacists-only-allow-registered-pharmacist-to-dispense-medicines/c/756206277>
- Image page 17: <https://www.vecteezy.com/vector-art/952547-woman-wearing-medical-face-mask>
- Image page 19: <https://www.istockphoto.com/ie/vector/vector-illustration-of-washing-hands-gm988830140-268098633>
- Image page 20/21: www.google.com/images
- Image page 22: <https://twitter.com/UnivHealthSys/status/1248362577433894912>
- Image page 23: <https://www.dreamstime.com/set-do-not-touch-your-face-icon-simple-black-white-drawing-hand-touching-mouth-nose-eye-crossed-red-line-can-be-set-image176825549>
- Image page 24: a: www.google.com/images b: www.google.com/images
- Image page 25: <https://www.istockphoto.com/ie/illustrations/quarantine-drawing?mediatype=illustration&phrase=quarantine%20drawing&sort=mostpopular>