

为了防止 COVID-19 的传播，在无法与他人保持 6 英尺距离的情形下，年满 2 岁的儿童应佩戴口罩。我们能够帮助儿童了解如何互相保护对方，使其在日常生活中戴好口罩，尽可能在玩耍、学习和其他活动中保护好自身和他人的安全。

对于大多数人而言，自制的口罩和购买的口罩都是不错的选择。而对于儿童而言，重要的是口罩能否充分贴合。带弹性耳带的褶皱口罩是最适合儿童的选择。尽量找到适合儿童面部的尺寸，然后进行调整，确保与面部充分贴合。

## 哪些人应佩戴口罩？



- 能正确佩戴口罩的年满 2 岁的儿童

所处发育阶段适合佩戴口罩的儿童，自己能正确佩戴、取下口罩，并且不会触摸或舔食口罩。

## 哪些人不应佩戴口罩？



- 2 岁以下儿童
- 不应要求因医学或行为原因而无法佩戴口罩的儿童佩戴口罩。

所处发育阶段使佩戴口罩难度较大的儿童，可能不适合佩戴口罩。

家长、托儿所和学校工作人员应讨论个体儿童的需求，并在必要情况下（例如，患有哮喘等疾病的儿童）咨询卫生保健提供者，确定儿童是否可以始终安全佩戴口罩。

## 什么情形下应该佩戴口罩？

在儿童和成人无法彼此保持 6 英尺距离的情形下，应佩戴口罩。具体包括托儿所、夏令营和学校。其他例子包括：

- 出门办事，如去商店买东西
- 按预约前往卫生保健机构
- 拜访不与自己同住的家庭成员
- 乘坐公共交通工具或与不同住的人搭乘同一辆车
- 在繁忙或拥挤的街道上行走
- 家中有人生病的居家期间

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## 安全

- 口罩上不得配有任何可能导致窒息的附件（如纽扣、贴纸等）。
- 建议幼儿不要使用抽绳口罩，这种口罩存在窒息或扼颈危险。
- 在儿童睡觉、进食或游泳时（或可能会淋湿的情况下），要摘下口罩。

## 如何帮助儿童佩戴口罩？

幼儿可能需要他人协助才能佩戴好口罩。在帮助儿童佩戴或摘取口罩时，请遵循以下指导原则：

- 戴上口罩前以及取下口罩后都要洗手。
- 口罩要遮住鼻子和嘴巴。
- 教导儿童在佩戴口罩时要避免触摸口罩或面部。
- 不可与朋友共用口罩。
- 摘取口罩时，仅可触摸抽带部位。
- 用过的口罩，在下次佩戴之前，要妥善保管于干净的纸袋内；如果同一环境下有多名儿童，应在纸袋上贴上标签。
- 每天使用完后，将口罩清洗干净。

## 提高儿童适应能力的技巧

做好儿童教育工作，使其了解佩戴口罩可以防止微生物传播。可以参考专家专家建议、书籍和视频：

- 对于 3 岁以上的儿童，要向其解释微生物对身体具有特殊的影响。有些微生物有益，有些则有害。有害微生物可能会引发身体疾病。由于我们无法时刻区分微生物是有益还是有害，因此佩戴口罩可确保万无一失，防止有害微生物进入自己的身体。
- 如果儿童害怕佩戴口罩，可以试试将口罩戴在儿童最喜欢的毛绒动物或玩偶上，或是在口罩上画画进行装饰，在家练习佩戴口罩，以及给儿童看一些其他儿童佩戴口罩的照片。
- 参考在线资源，如：
  - [COVID-19 活动手册](#)
  - [PBS Kids 视频](#)
  - [劝说幼儿佩戴口罩的技巧](#)

To help prevent the spread of COVID-19, children ages 2 and older should wear a face covering in settings where they cannot keep a distance of 6 feet away from others. We can help children understand how to protect one another and make face coverings part of our daily routine so that play, learning, and other activities can be as safe as possible.

Homemade or purchased face coverings are fine for most people to wear. For children, the right fit is important. Pleated face coverings with elastic ear loops are best for kids. Try to find the right size for your child's face and adjust it for a secure fit.

## Who Should Wear a Face Covering?



- Children age 2 and older who can wear it properly

Face coverings are appropriate for a child's stage of development when they can properly put on, take off, and not touch or suck on the covering.

## Who Should Not Wear a Face Covering?



- Children under age 2
- Children who have a medical or behavioral reason for not wearing a face covering **should not** be required to wear one.

Face coverings may not be appropriate if a child's stage of development would make wearing a face covering difficult.

Parents and any child care and school staff should discuss the needs of the individual child, and consult with a health care provider if necessary (for example, for children with conditions such as asthma) to determine if they can safely and consistently wear a face covering.

## When Should Face Coverings Be Worn?

Face coverings should be worn in settings where children and adults cannot keep a distance of 6 feet between themselves and others. This includes childcare settings, summer camps and schools. Other examples include:

- Running errands, such as trips to the store
- In a health care setting for an appointment
- Visiting family members outside your household
- Riding public transportation or sharing a ride with people outside your household
- Walking on a busy or crowded street
- At home if someone in the household is sick

## Safety

- Face coverings should NOT have any attachments (such as buttons, stickers, etc.) that may be a choking hazard.
- Face coverings with strings are not recommended for young children as they pose a risk of choking or strangulation.
- Remove face coverings while children are sleeping, eating, or swimming (or when they would get wet).

## How Can I Help Children Wear a Face Covering?

Younger children may need help while wearing a face covering. Follow these guidelines when helping children to put on and remove a face covering:

- Wash hands before putting on a face covering and after removing it.
- Place the face covering over the nose and mouth.
- Teach children to avoid touching the face covering or their face while wearing a face covering.
- Face coverings are not to be shared with friends.
- Remove the face covering by touching only the straps.
- Place the used face covering in a clean paper bag until it needs to be put on again; the bag should be labeled if there are multiple children in the setting.
- Wash the face covering after daily use.

## Tips to Help Children Adapt

Help children understand that wearing face coverings can prevent the spread of germs. You can use the following expert tips, books, and videos:

- For children over age 3, explain that germs are special to their body. Some germs are good and some are bad. The bad ones can make us sick. Since we cannot always tell which are good or bad, the face coverings help make sure you keep bad germs away from your body.
- If a child is afraid of wearing a face covering, try putting one on a favorite stuffed animal or doll, decorate it with drawings, practice wearing it at home, and show the child pictures of other children wearing them.
- Refer to online resources such as:
  - [COVID-19 Activity Book](#)
  - [PBS Kids video](#)
  - [Tips for talking to toddlers about face covering](#)