
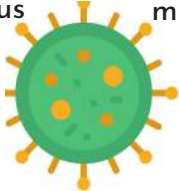



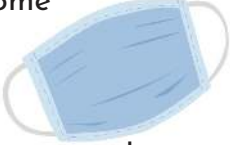






# I Can Wear a Mask Social Story


Courtesy of the Autism Research Institute

[www.autism.org](http://www.autism.org)

<p>Right now, some people around the world are sick with a virus called COVID19.</p>	<p>sick </p>
<p>I cannot see the virus because it is very small, but people with microscopes have seen the virus.</p>	<p>virus  microscope </p>
<p>The virus can pass from person to person through tiny droplets that come from a person's mouth or nose when they cough or sneeze.</p>	<p>sneeze or cough  particles</p>
<p>I can help prevent catching and spreading the virus by staying home. When I need to go out, I can help prevent spreading germs by wearing a mask.</p>	<p>stay home  wear a mask outside </p>
<p>I can practice wearing a mask at home.</p>	<p> practice with masks at home</p>
<p>Masks are made of paper or cloth. The mask will cover my nose and mouth and may have fasteners that go around my head or ears.</p>	<p>around ears  around head </p>
<p>It may feel different to have a mask on my face. It may feel different to have fasteners around my head or over my ears. This will help the mask stay in place.</p>	<p>mask around ears </p>

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<p>I can ask for help putting my mask on if I need to. The mask may become warm from my breath, and that is ok. I can still breathe with a mask on my face.</p>	 <p>help putting on mask</p>
<p>If I see other people wearing masks, I do not need to feel afraid. Underneath the masks, they are just like me.</p>	 <p>masks are good!</p>
<p>When I wear a mask outside, people can see I am helping to prevent spreading the virus. If my family prefers to wear masks that is ok too.</p>	<p>family wearing masks</p> 
<p>Some people may not be wearing masks. This may be because they do not have masks, or they have forgotten or for another reason.</p>	 <p>mask no mask</p>
<p>We should stay six feet away from other people whether or not they are wearing a mask. That's about the length of my bathtub or couch!</p>	 <p>6 feet away</p>
<p>When I get home, I can take the mask off carefully and then wash my hands.</p>	 <p>wash hands</p>
<p>I can ask for help removing my mask if I need to.</p>	<p>help taking off mask</p> 