

# THE ABCs OF WEARING A FACE COVERING AT SCHOOL

THIS YEAR, STUDENTS WILL BE REQUIRED TO WEAR AND CARRY A NEW ITEM IN THEIR BACKPACKS: A FACE COVERING.

Here are some important elements to remember before students go back to school.

## How many face coverings do students need per day?

- It is best to bring **at least two clean face coverings per day.**
- A face covering that is **damp, stained or damaged cannot be used.**

## How to choose a face covering

The most important thing is that the face covering fits the student's face well. A well-fitting face covering makes it less likely that students will touch their faces while wearing one.

**The face covering must cover the nose and mouth and should ideally be snug under the chin.**



- Try and select face coverings that make it easy to recognize the inside and the outside to avoid students wearing face coverings that have already been worn inside-out. If the fabric is the same on both sides, you could mark the inside with coloured thread, for example.
- Label face coverings with the student's name.
- If possible, choose a face covering that has at least two layers, which is more effective.

Parents are responsible for covering the costs associated with face coverings. If you are unable to provide your child with enough face coverings, please contact your school's administration.

## LET'S PROTECT OURSELVES AND OTHERS

Grade 5 and 6 students and all students in secondary school must wear a face covering:

- on the way to school when using school transportation
- when students from other class groups are present
- in the cafeteria or student café when they are not eating or drinking
- in common areas of the school (entrance hall, hallways, locker area, library, etc.)

Face coverings are allowed for students in grades 1 to 4 when using school transportation or when circulating in the common areas of the school.

## How to carry a face covering

It is recommended that students have two resealable bags or pouches with them. As it is not advisable to store a used face covering in the same bag as a clean face covering, one bag can be used as a transition bag and the other can be used to store the clean face covering.

Once students have returned home, it is important to wash the face coverings with the rest of the laundry.

**The next day, the students must bring at least two new clean face coverings.**

## How to use a face covering

The following rules for safely using a face covering apply to both adults and young people.

HOW TO SAFELY PUT ON A FACE COVERING:	
WHAT TO DO <u>when putting on</u> a face covering (To practice with your child)	WHAT TO AVOID <u>when putting on</u> a face covering (Do not practice)
<ol style="list-style-type: none"><li>1. Wash or disinfect your hands before touching the face covering</li><li>2. Hold the face covering by the elastics (or strings) and secure it behind your ears or on the back of your head</li><li>3. Adjust the face covering to your nose</li><li>4. Adjust the face covering under your chin</li><li>5. Wash or disinfect your hands</li></ol>	<ul style="list-style-type: none"><li>• Wearing a face covering that is damp, stained or damaged</li><li>• Touching the face covering without washing your hands afterwards</li><li>• Wearing the face covering around your neck</li><li>• Wearing a face covering that someone else has already worn</li></ul>

HOW TO SAFELY REMOVE A FACE COVERING:	
WHAT TO DO <u>when removing</u> a face covering (To practice with your child)	WHAT TO AVOID <u>when removing</u> a face covering (Do not practice)
<ol style="list-style-type: none"><li>1. Wash or disinfect your hands before touching the face covering</li><li>2. Remove the face covering by touching only the elastics or the strings</li><li>3. Fold the face covering with the insides together, touching only the elastics or the strings</li><li>4. Store a reusable face covering in a clean bag and dispose of a single-use face covering in the garbage</li><li>5. Wash or disinfect your hands</li></ol>	<ul style="list-style-type: none"><li>• Touching the front of the face covering when removing it</li><li>• Storing a reusable face covering somewhere other than inside a clean bag</li><li>• Letting someone else borrow your face covering</li><li>• Touching the inside of the face covering</li><li>• Reusing a single-use face covering</li></ul>

FOR MORE INFORMATION:

[Québec.ca/back-to-school](https://quebec.ca/back-to-school)