Masks are an important tool in preventing COVID’s spread, especially as new variants circulate among unvaccinated children. Masks are safe and effective for anyone over 2 years old. Don’t hesitate to talk to your child’s pediatrician if you have any questions about your child wearing face masks.

In order to be effective, masks should:

- Be made for children to ensure proper fit
- Cover both the nose and mouth
- Fit snugly but comfortably against the sides of the face
- Be secured with ear loops or ties
- Have multiple layers of fabric
- Allow for unrestricted breathing

Have questions about mask safety and effectiveness?
See the other side for answers to some of the most common questions parents have about masks.
Can wearing a mask make it harder for my child to breathe?
There have been concerns that face masks can reduce oxygen intake, and can lead to low blood oxygen levels. However, masks are made from breathable materials that will not block the oxygen your child needs. Masks will not affect your child’s ability to focus or learn in school.

Can masks interfere with a child’s lung development?
No, wearing a mask will not affect your child’s lungs from developing normally. This is because oxygen flows through and around the mask, while blocking the spray of spit and respiratory droplets that may contain the virus. Keeping your child’s lungs healthy is important, which includes preventing infections like COVID-19.

Do masks trap the carbon dioxide that we normally breathe out?
No. There have been false reports that face masks can lead to carbon dioxide poisoning from re-breathing the air we normally breathe out. THIS IS NOT TRUE! Carbon dioxide molecules are very tiny, even smaller than respiratory droplets. They cannot be trapped by breathable materials like cloth or disposable masks. In fact, surgeons wear tight fitting masks all day as part of their jobs, without any harm.

Can masks lead to a weaker immune system by putting the body under stress?
No. Wearing a mask does not weaken your immune system or increase your chance of getting sick if exposed to the COVID-19 virus. Wearing a mask, even if you don’t have symptoms helps prevent the virus from spreading.

How do masks prevent the spread of COVID-19?
When worn correctly, face masks create a barrier that reduces the spray of a person’s spit and respiratory droplets. These droplets play a key role in the spread of COVID-19 because they can carry the virus that causes COVID-19. Masks can also protect you from others who may have coronavirus but are not showing symptoms and could come within 6 feet of you, which is how far respiratory droplets travel when someone sneezes, coughs, or raises their voice.