

**Wearing a  
mask helps me  
stay healthy.**

**Geisinger**



# Things are different.

School is closed.

Some restaurants are only drive-through.

My whole family is in the house all the time.

I can't go to my favorite playground.



**I sometimes get  
confused and  
sad when things  
change.**

My family can help me understand  
what's going on.



# Why are things different?

I heard my parents say there is something called COVID. It's like a cold with a fever and bad cough.

I've had a fever and cough before. I took medicine and I got better.



# We can do things to stay healthy.

Wash hands.

Cough in my elbow.

Only hug and kiss people in my house.

Elbow “high-five.”

Wear a mask.



**Washing my hands or using sanitizer can help me stay healthy.**



# We can keep space between people.

My parent will let me know if I'm too close to someone else.



**Wearing a mask will help me stay healthy.**





**I've seen people wear masks before.**

This mask will keep germs away.



# My doctor and I can both wear masks.

If I go for a checkup, we can both wear masks.



# Wearing a mask is a way to stay safe.

Everyone in my family will wear a mask when we go outside our house to places like the grocery store.



**I will wear a mask when I am outside.**



# I might be able to pick a mask.

Some are cloth.

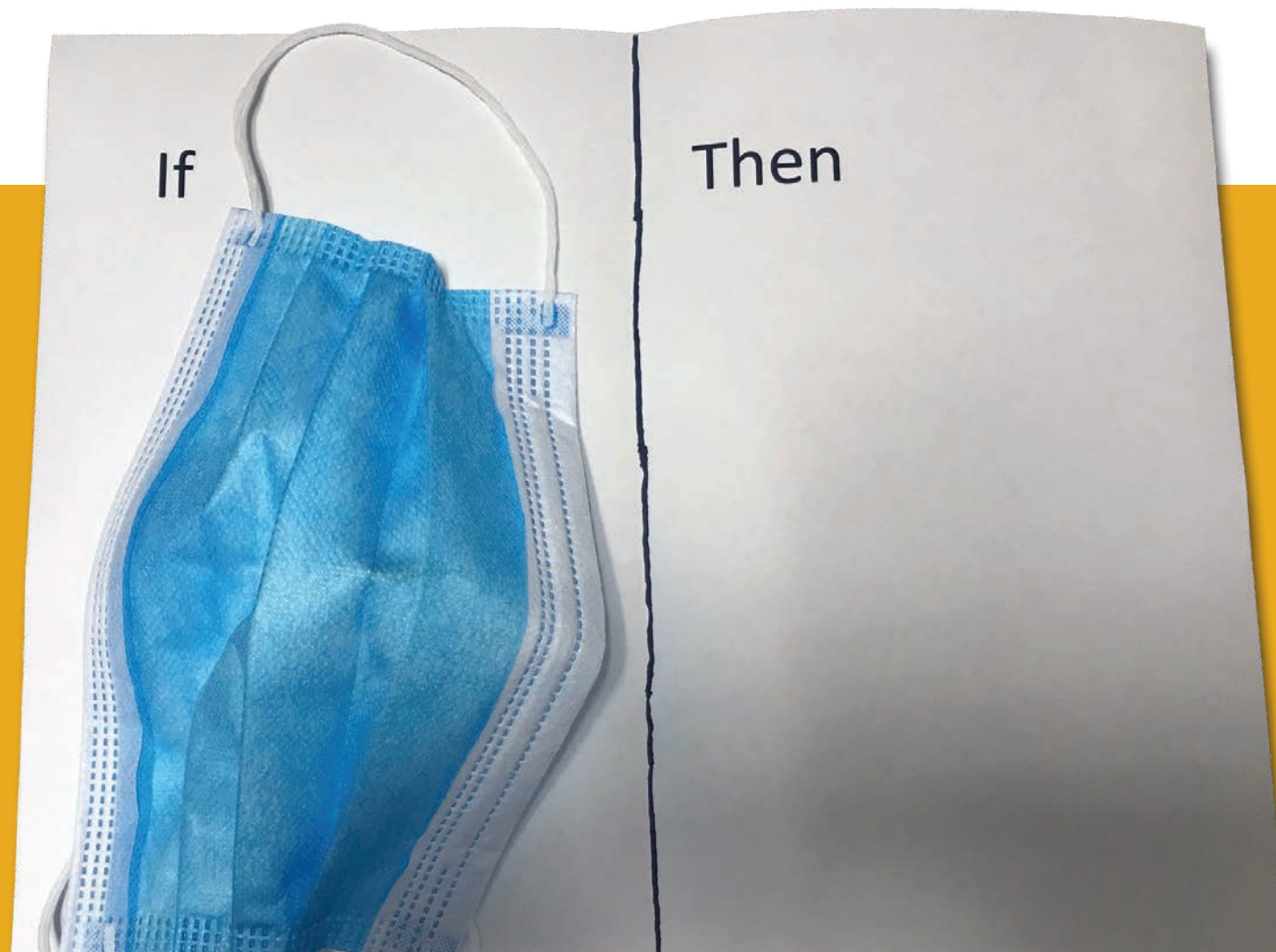


Some are at the doctor's office.



# I will keep my mask on.

I may get a special prize or extra time on my tablet when we get home if I keep my mask on.



**Wearing a  
mask isn't so  
scary now  
that I know  
what to do.**



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