



# WEARING A MASK AT PHOENIX CHILDREN'S

Si usted desea esta información en español,  
por favor pídasela a su enfermero o doctor.

#3588

Name of Child: \_\_\_\_\_ Date: \_\_\_\_\_

## Why is wearing a mask important?

Coronavirus Disease-19 (COVID-19) and other respiratory illnesses can spread germs to others when we do everyday activities like talking, laughing, and singing. These activities can cause breathing droplets (respiratory secretions) to spread germs to other people. Covering your mouth and nose with a mask can help to stop the spread of germs. At Phoenix Children's, all staff members are required to wear a mask at all times when they are at work. For these same reasons, we are also asking you and your child to wear a mask when you are at any of our locations. Even if you do not feel sick, it is important to wear a mask to protect others because sometimes people have COVID-19 without having any symptoms. If we all do this together, we can limit the spread of COVID-19.

For safety reasons, masks are not required for children under the age of two, children having trouble breathing, or for children who cannot take the mask off on their own without help from someone else.

## Important tips for wearing a mask safely:

- Put on your masks in the parking lot before you and your child get out of your car.
- Wear the mask at all times except when eating and drinking.
- If you do not have a mask, we will give you one when you arrive.
- Make sure your mask covers your mouth and nose.
- Avoid touching your face or your mask.
- Clean your hands often.
- **If your child is admitted in the hospital, you can take off your masks when you and your child are the only people in your child's room. If a staff member comes into the room, put your masks on.**



### Now that you have read this:

- Tell your child's doctor or nurse how you will safely wear a mask when you are at Phoenix Children's. (Check when done.)

### If you have any questions or concerns,

- Call your child's doctor or  Call \_\_\_\_\_

### If you want to know more about child health and illness, visit our library at The Emily Center at Phoenix Children's Hospital

 1919 East Thomas Rd., Phoenix, AZ 85016

 602-933-1400

 866-933-6459

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

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

 Facebook: [facebook.com/theemilycenter](https://facebook.com/theemilycenter)

 Twitter: [@emilycenter](https://twitter.com/emilycenter)

**Disclaimer:** The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

December 10, 2020 • In family review  
#3588 • Written by Marjorie Abele, MSN, RN



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## FAMILY REVIEW

Families: Please let us know what you think of this handout.

Would you say this handout is easy to read?

Yes  No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Why or why not?

Yes  No

Would you do anything differently after reading this handout? If yes, what?

Yes  No

After reading this handout, do you have any questions about the subject? If yes, what?

Yes  No

Is there anything you do not like about the drawings or pictures? If yes, what?

Yes  No

What changes would you make in this handout to make it better or easier to understand?

**Please return your review of this handout to your nurse or doctor or send it to the address below. You can also scan it and email it to [emilycenter@phoenixchildrens.com](mailto:emilycenter@phoenixchildrens.com).**

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