

Wearing a Mask

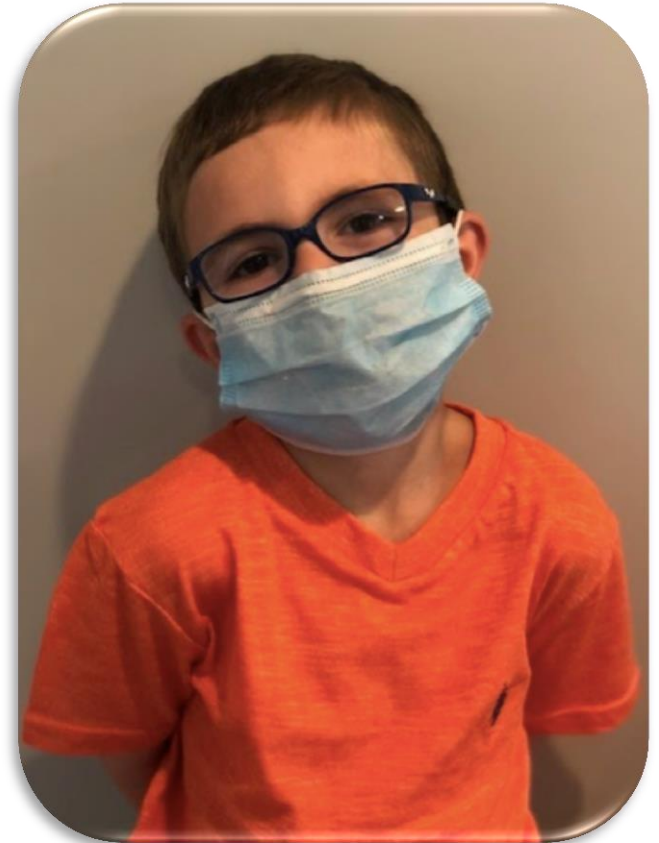
My Hospital Story



Boston Children's Hospital



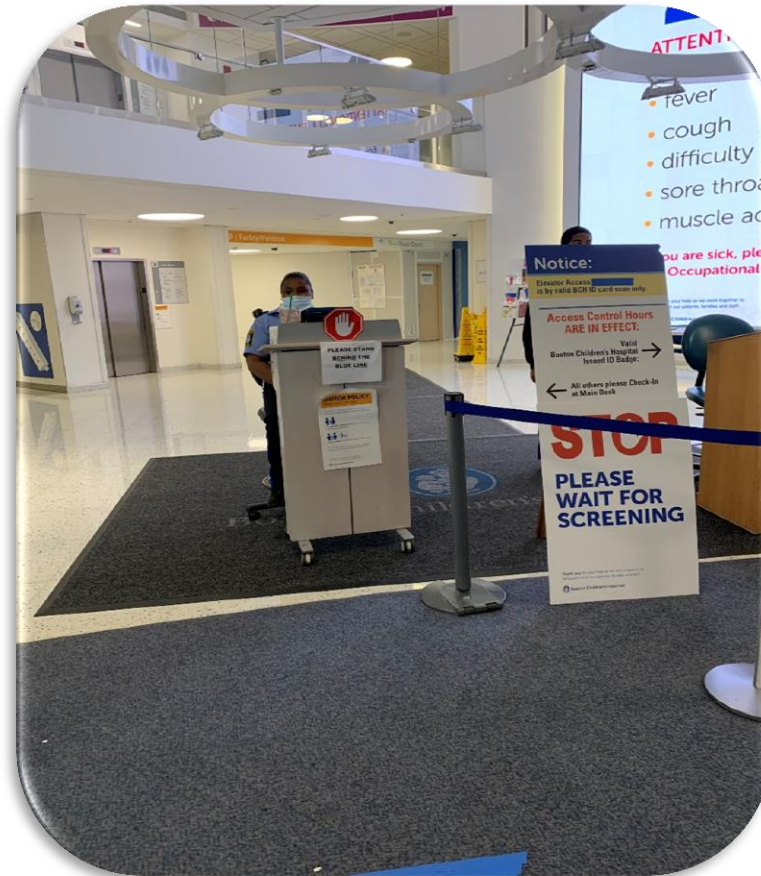
I am going to Boston Children's Hospital for an appointment.



I will need to wear a mask while I am at the hospital. My mask will help keep me safe from germs and help me from spreading germs too.



Everyone at the hospital will be wearing a mask. I might not be able to see all of their faces, but they are still smiling.



We will walk in the front door to the lobby. It will look a little different. We will stop and talk to someone before we go to my appointment. They will ask us questions about how we are feeling.



Then they will give me a mask to wear. My mask will go on my face and it will cover my nose, mouth, and chin.



I can put the mask on by myself or my caregiver can help me.

This feels different!



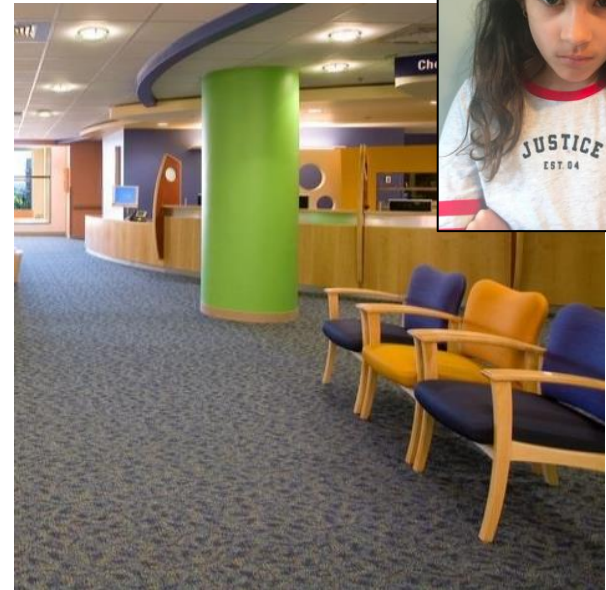
The stretchy bands will go around my ears.
This might feel different, but that's ok.



I might not like wearing a mask, but it's important to cover my mouth and nose. My caregiver can help me think of other ways to feel comfortable.



Wearing my mask might make me feel frustrated. I can remember to tell my caregiver how I am feeling.



If I am frustrated, I can ask for a break from wearing my mask. Maybe we can find a quiet place where it is safe to take off my mask.



When I see my provider I need to keep my mask on my face. If I have a hard time wearing my mask, they will need to wear special glasses. Sometimes their glasses cover just their eyes. Sometimes the glasses cover their whole face. This will keep everyone safe from germs.



When my appointment is over, we will leave the hospital. Everyone will be so proud of me for wearing my mask!