



Age-appropriate tips for parents to help the youngest Houston Texans fans wear a mask

0-2 YEAR OLDS:



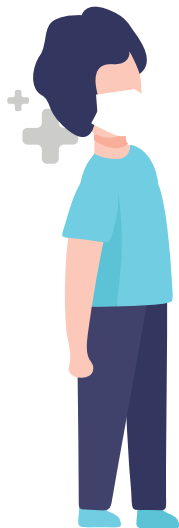
The Centers for Disease Control recommends children under the age of 2 do NOT wear a mask due to having a smaller airway.

It may make it harder for them to breathe.

- Parents should continue to practice social distancing at least 6 feet from people not within their household.
- Cover baby carrier with a blanket or plastic stroller cover.



3-12 YEAR OLDS:



Children at this age need control and independence. Make it part of your daily routine when leaving the house to make wearing a mask feel more normal for young children. Allow them to decorate their mask and make choices along the way to make the mask their own.

- If you are making homemade masks, include them in choosing the fabric. You can add a few stickers to personalize them. Add other accessories (such as a cape or princess tiara) to make it extra special and fun.
- At school-age (5-10 years old), rules are important and followed closely. If the mask is explained as a new rule, with real consequences, they will be more likely to follow.
 - Provide appropriate consequences. Do not give fear-based consequences (for example, we are going to die if you don't wear a mask!)
 - Appropriate consequence: You might share your germs that make someone sick. Or you might get germs and your body will feel sick.
- Because children trust parents the most, it is important that parents model behavior, and children will follow their example.
 - Remind your children that wearing a mask protects ourselves and others rather than focus on fear of germs.
- Make it a game to see who is smiling or making silly faces behind their mask.
- Encourage control by asking your child to direct you in placing your own mask as if they were a teacher.
- For older children, selfies are fun! You could incorporate them on social media. Having the same mask as their friend could encourage them to wear their mask, since peer relationships are becoming very important to them.



12-18 YEAR OLDS:



Appearance and fear of not looking cool, or not fitting in, may be a factor in why they may not want to wear a mask.

- Modeling for them or allowing them to talk to their friend group about the importance of wearing a mask during this time may be critical in helping them follow suit. Peer to peer interaction is very important. On social media they can share their mask of the day.
- Social media may have influencers making videos of themselves wearing masks
 - At this age, it is common for kids to feel invincible, you may hear your adolescent say: "Even if others are getting sick, I'm not going to get sick, so I am safe and I can do whatever I want."



Talking points for parents:

- Children are able to get the virus and often don't show symptoms. When this happens you are able to pass this virus onto others.
- As a family, we are wearing masks so we make sure we are protecting ourselves and others.
- Since we need to maintain social distancing, you will not be able to visit your friends in person. You can use social media to talk with your friends and stay connected.



Face masks are essential for keeping all Houston Texans fans safe and healthy. Read below for tips.



DO ✓

Wear it

It helps block respiratory droplets that are released from your mouth and nose.

Mind the gap

Make sure the mask fits securely against your face and doesn't gap on the sides.



Stay six feet away

Continue to practice social distancing even if you're wearing a mask.



Keep it clean

Wash your hands before and after you remove it from your face and wash your mask in hot water after each use.

Be an advocate

Encourage others to wear a mask to prevent the spread of COVID-19.

DON'T ✗

Take it off in public

Don't take the mask on and off; you can easily transmit germs on your hands.

Put it on a young child

Don't put a mask on a child under 2 years old.

Wear it halfway

Don't leave your nose exposed or pull your mask under your chin to speak. This defeats the purpose of your mask.



Use medical resources

Don't wear a medical-grade mask or a mask with a valve on it. Leave those for medical professionals.

Wear it around the house

Don't wear your mask in the car or at home unless someone in your immediate vicinity is ill.

