

# Learning About Face Masks

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The latest version of this Social Story and additional stories, as well as a mobile-friendly version,  
can be found on ACT– Autism Community Training’s website:

[www.actcommunity.ca/resources-for-ukraine/](http://www.actcommunity.ca/resources-for-ukraine/)

Updated July 4, 2022

## ***A Note to Caregivers***

The Stories in this download are part of a larger initiative to provide Stories to help Ukrainian families as they cope, The Stories in this download are part of a larger initiative to provide Stories to help Ukrainian families as they cope, seek safety, settle at a destination, and find or return home. Caregivers are the most frequent Social Story authors. They write for their child or someone in their care. In this project, we are honored to develop genuine Social Stories for you.

A Social Story describes a personally relevant topic following a defined writing format that is clear, meaningful, patient, and physically, socially, and emotionally safe. Initially developed for children diagnosed with autism, the first Social Stories described anxiety-producing situations with personally-tailored explanations of what happens in a given situation and why. A Social Story is tangible, giving a child, adolescent, or adult carefully chosen words that point out what is relevant and important, with time to consider the information. Today, Social Stories are an internationally respected evidence-based practice.

Most, but not all, of the Stories for Ukraine will arrive as a collection. Each download contains the Main Story. It may also include a coordinating Support Story that expands on the topic or a Praise Story to affirm and applaud learned concepts and skills.

As a caregiver, use your judgment to choose and implement the Stories. You may choose to use only the Main Story. In a few days, you may decide that the Support or Praise Story may be helpful. In general, look for the most comfortable setting possible and introduce each Story one at a time. You may personalize a Story by editing it as you read. Your best guide is your knowledge of the person in your care, current situation, and instincts as the caregiver.

With our sincere respect and continuing thoughts and prayers,

Carol Gray, Siobhan Timmins, and Catherine Faherty / Team Social Stories

## ***Learning About Face Masks*** [Main Story]

There is a virus that is making people ill all over the world. The illness is called Covid 19. Most people with Covid 19 get better quickly. Some people get very sick and need doctors and nurses to help. The virus travels in the air. It may be in the air we breathe.

Wearing a face mask or covering helps stop the virus. People wear face masks because they know a mask helps to keep everyone safe.



To help stop the virus spreading it is important to cover both the nose and the mouth with a face mask. The mask hooks behind the ears to keep it in place.



Adults know how to help put a mask on.  
My adult will help me.

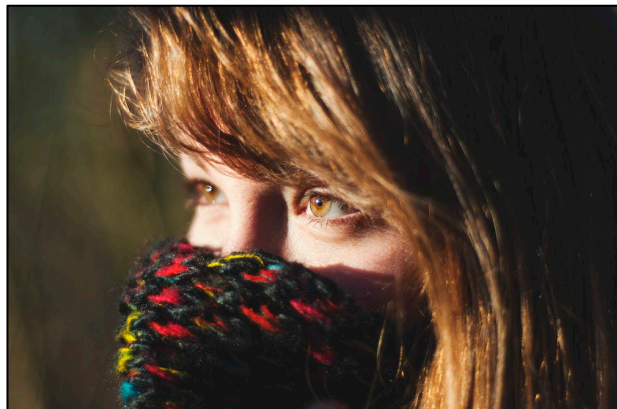
A face mask may be made of paper or fabric.



Face masks may have different colors and patterns. This is okay. Each one helps to stop the virus.



When there are no face masks a face covering will do a good job. A face covering may be a scarf or jumper pulled up over the nose. This is okay!





Our country is at war with Russia. Lots of people in Ukraine are moving to find a safer place. Because lots of people are in queues, shelters, cars, and trains they are close together. Being close together in small spaces means that illness may spread from person to person. A face mask or covering may help keep my family and others safe too!



When lots of people are close together in small spaces there are sometimes strong smells. Strong smells may be uncomfortable. A face mask or covering may also help soften strong smells!

When there is a lot of noise it is okay to wear my headphones and a face mask to soften the noise and the smells!

I will try to wear a face mask when I am close to other people. My adults will help me.

Wearing a mask will keep me, my family and others safe from the virus and will soften smells too!

## ***Learning About Face Masks*** (short version)

There is a virus is making people ill. The illness is called Covid-19. When people are close together the virus can spread from one person to another person.



Wearing a face mask can help stop the virus. Sometimes we are close to lots of people. Children are learning to help by wearing face masks.



A face mask may be cloth or paper. A face mask may be different colours. This is okay!

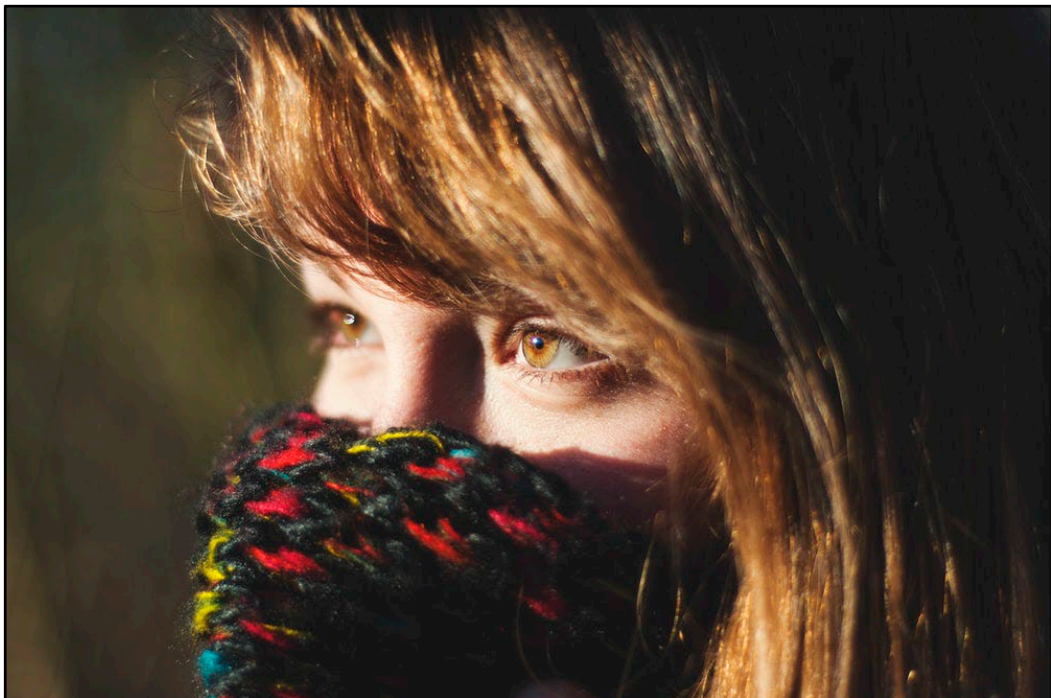


Adults know how to put a face mask on. My adult will help me.





If there are no face masks, a scarf or jumper pulled up over the nose helps. This is okay!





I will try to wear a face mask when I am close to other people. Wearing a mask will help keep me, my family and others safe from the virus!



## ***My Face Mask Protects Me and Others***

There is a virus that is making people ill.

When people are close together the virus spreads from one person to another person. Sometimes we are close to lots of people. I am helping by wearing a face mask!



Yesterday we were close to lots of people. Like the children in the photo, I wore my face mask. I helped stay safe from the virus! I helped my family and other people stay safe from the virus too!