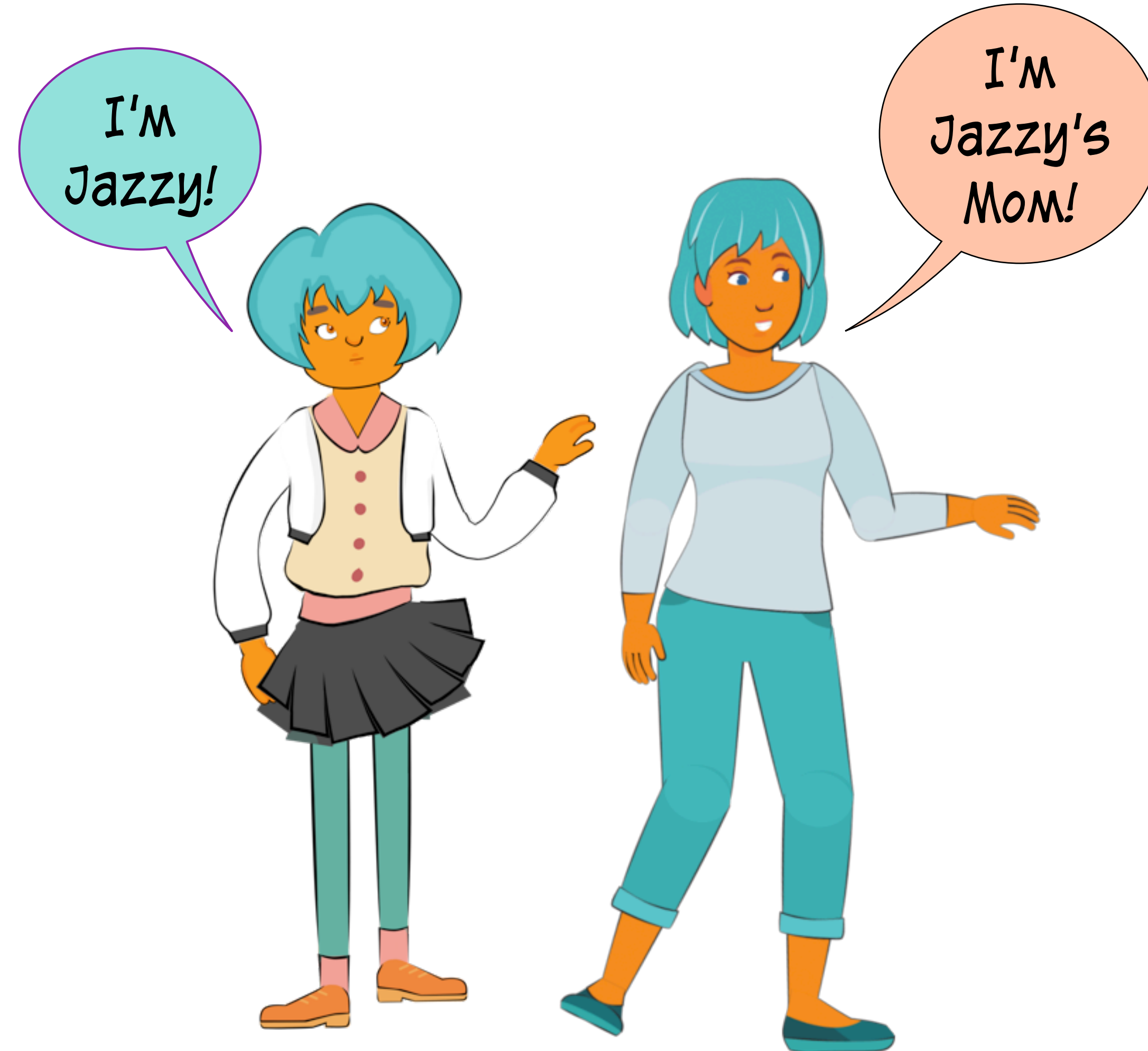




# MAKING THE MOST OF MASKS

WE ENGAGE 4 HEALTH IS FUNDED BY A GRANT FROM THE NATIONAL  
INSTITUTES OF HEALTH SCIENCE EDUCATION PARTNERSHIP AWARDS.

# CAST OF CHARACTERS



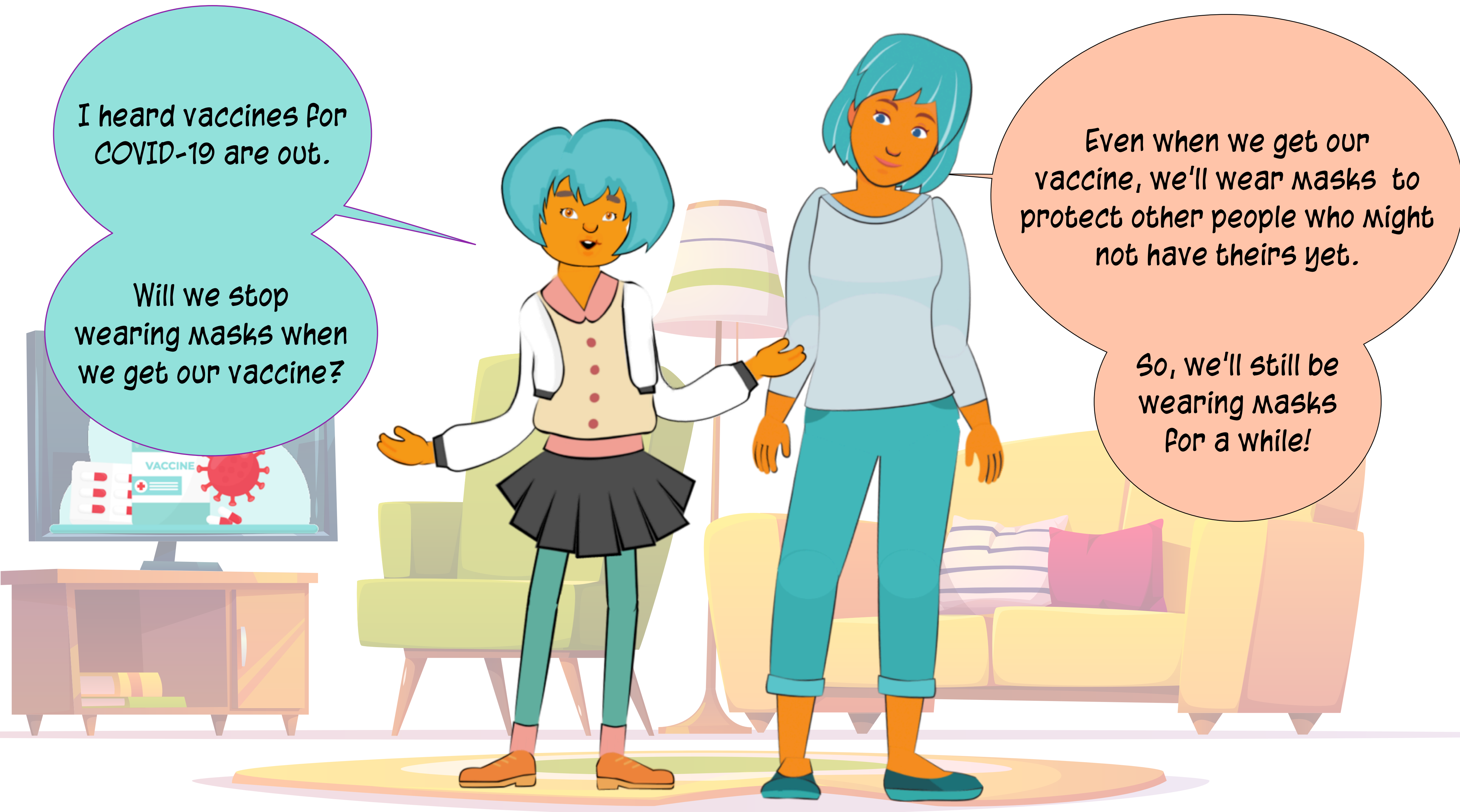


I heard vaccines for  
COVID-19 are out.


Will we stop  
wearing masks when  
we get our vaccine?

Even when we get our  
vaccine, we'll wear masks to  
protect other people who might  
not have theirs yet.

So, we'll still be  
wearing masks  
for a while!



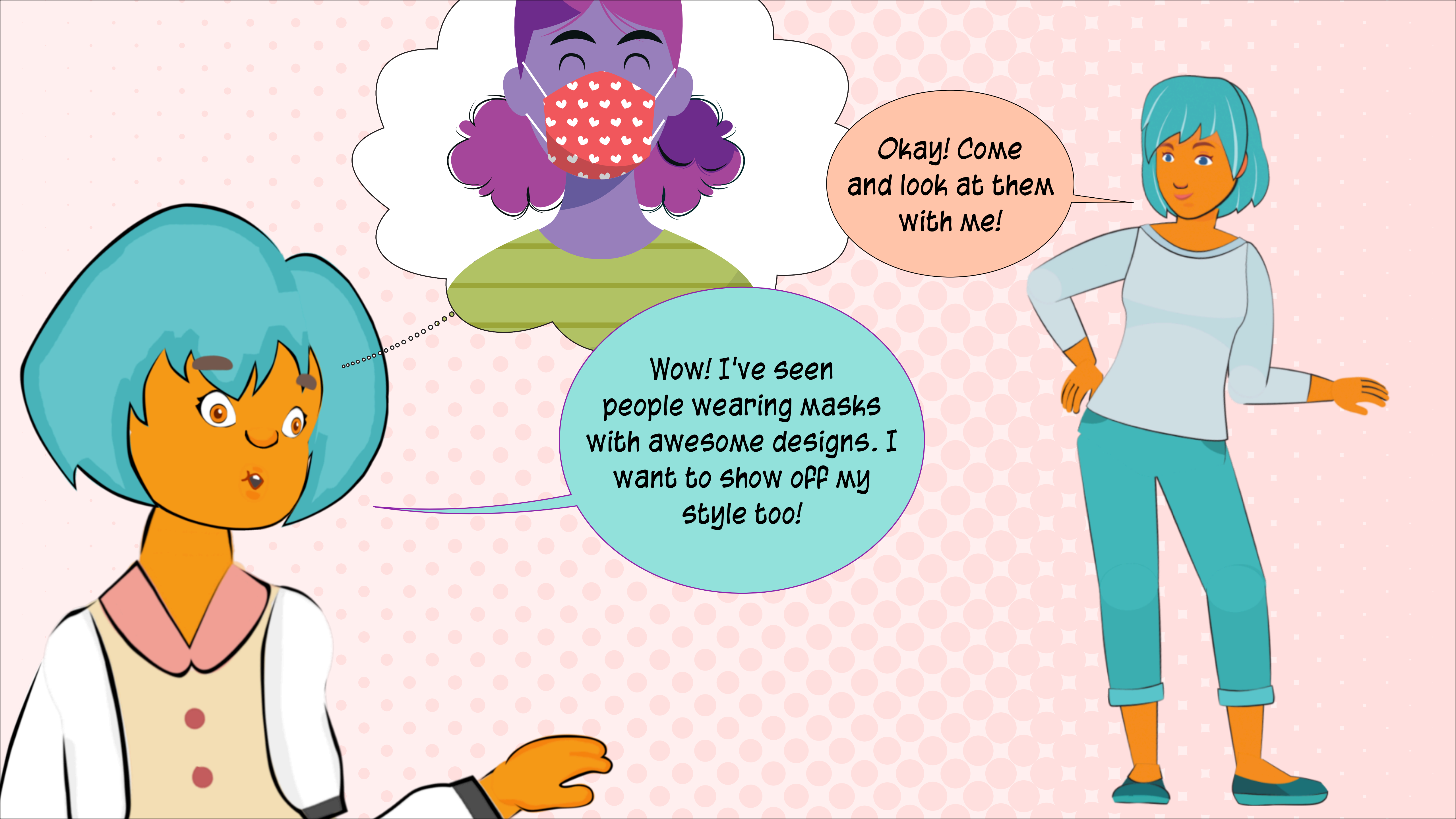




But I'm getting  
tired of masks!

Well, since masks will be  
a part of our everyday  
wardrobe for a while, I'm going  
to buy some new masks to make  
wearing them more fun! Do you  
want to pick yours out?





Okay! Come  
and look at them  
with me!

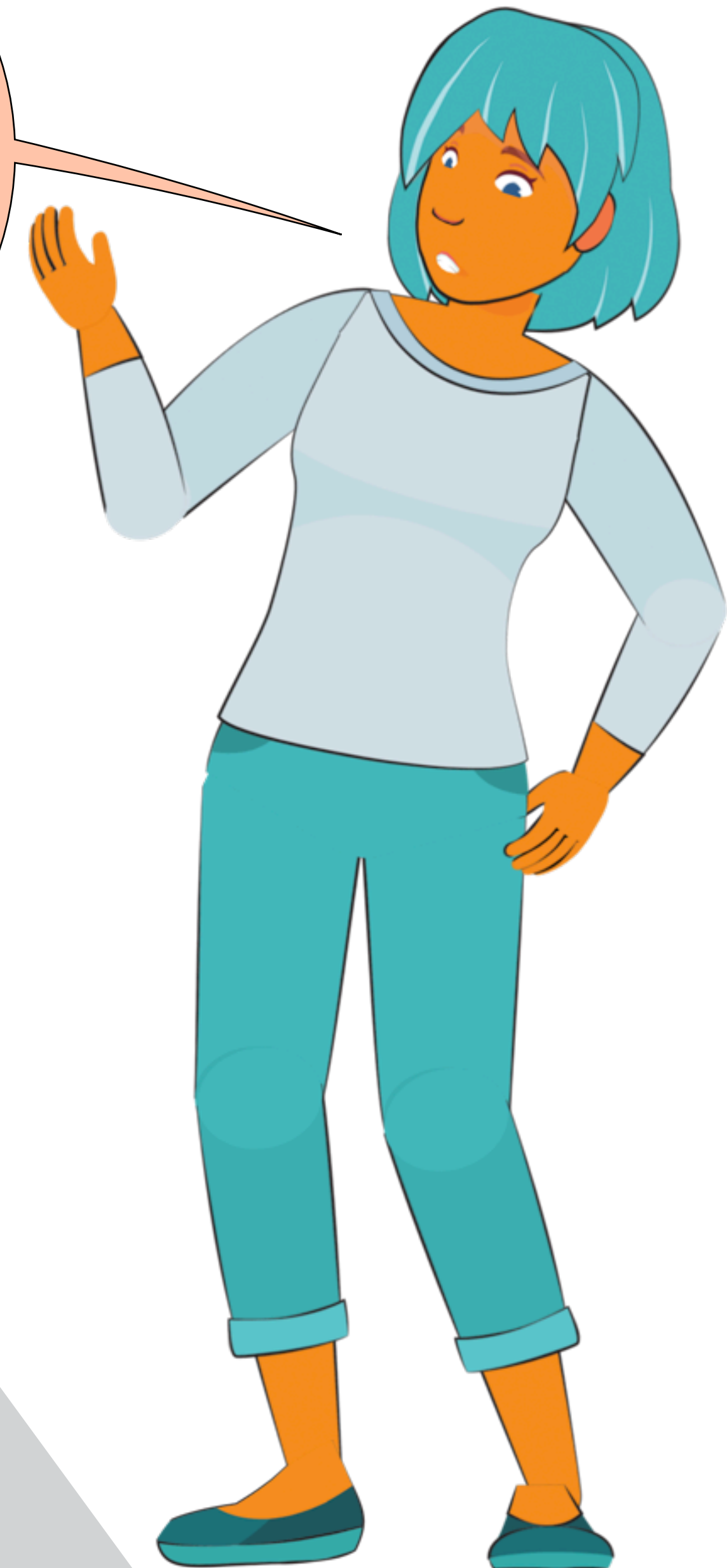
Wow! I've seen  
people wearing masks  
with awesome designs. I  
want to show off my  
style too!



WHILE ONLINE SHOPPING...

Oooh! I never knew people  
could pick from so many  
designs and types of masks!  
I love lots of them!

Great! But we  
need to make sure  
to get the correct  
size, so the mask  
fits you properly.





Fit me properly?  
It's not a pair of  
shoes! What do you  
mean?

So, scientists have done  
some cool experiments with  
how well masks keep viruses  
from spreading.

They found that masks  
work best when they fit snugly  
around your nose, chin, and the  
sides of your face. The air you  
breathe out should go through  
the mask fabric.

Also if your mask  
fits well you don't have to  
readjust it or hold it in  
place.



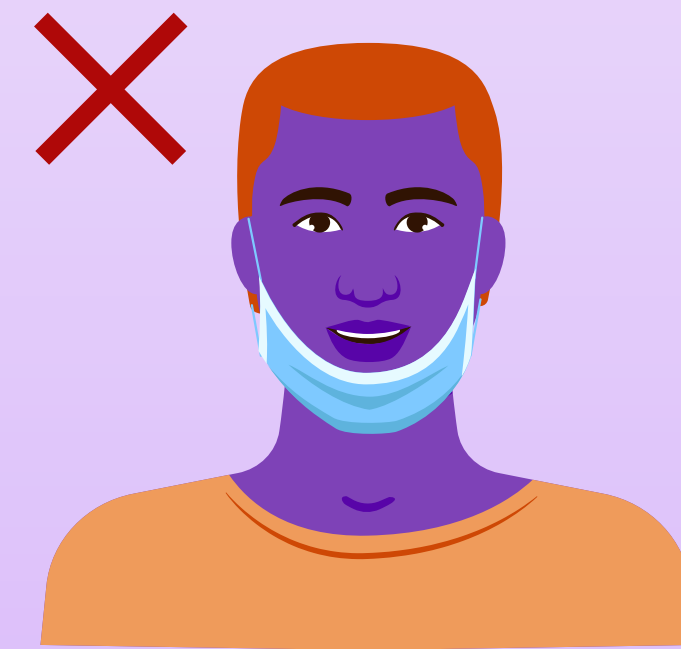
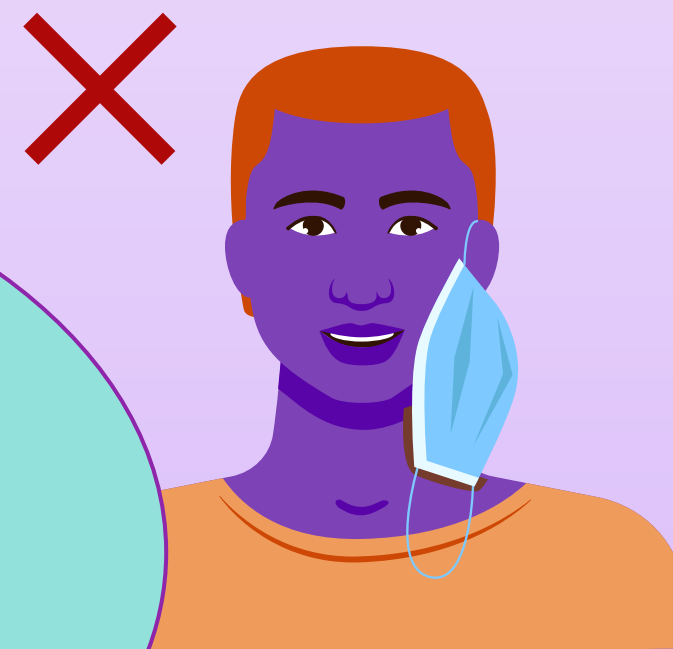
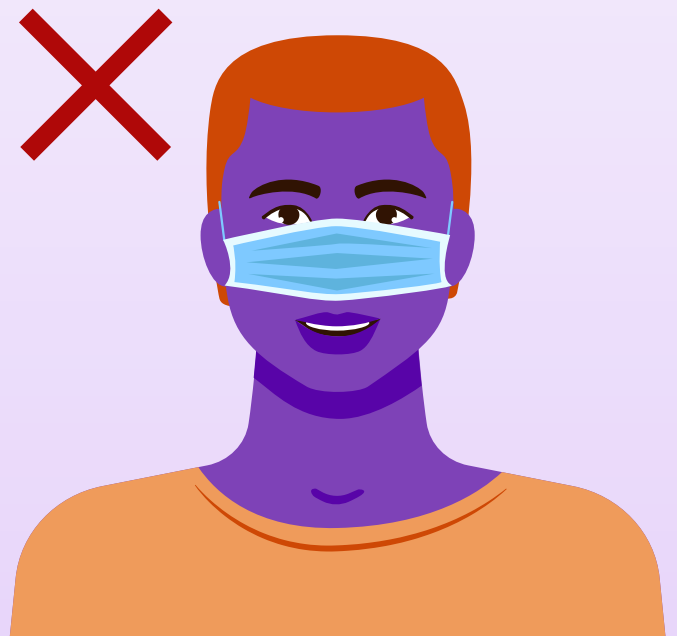
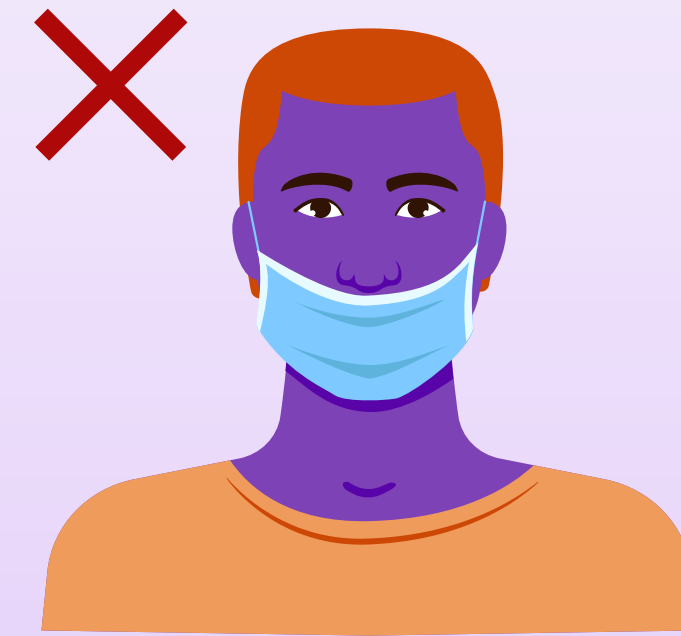
LOOSE-FITTING  
MASKS LEAK AIR...  
AND VIRUSES!



Oh, I know what you mean!  
Vito's mask keeps falling down so  
his nose sticks out. I keep reminding  
him that he breathes in and out of  
his nose, ya know?

And if his nose isn't  
covered up, the mask  
doesn't stop the virus.

So, then he  
pulls it up, which  
isn't helping him keep  
his hands away from  
his face!





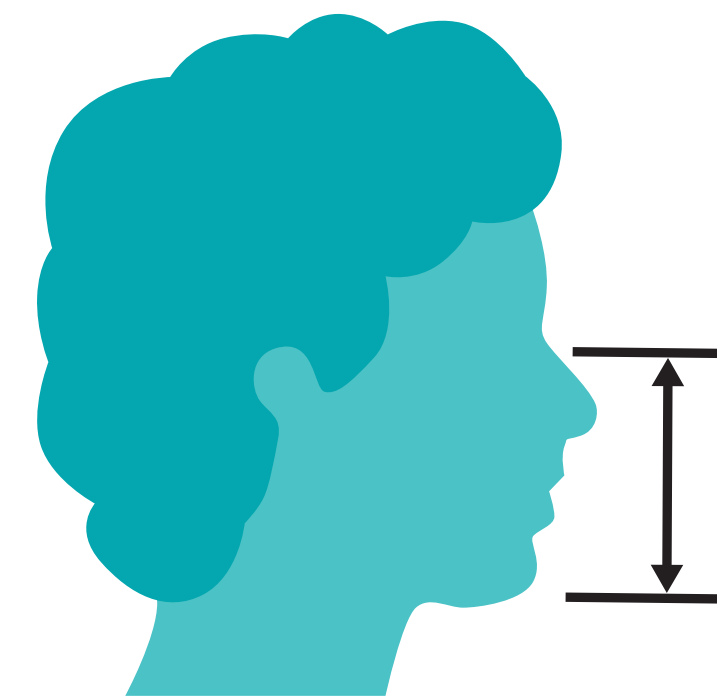


Well, I want you to have the right size mask so you don't have that problem!

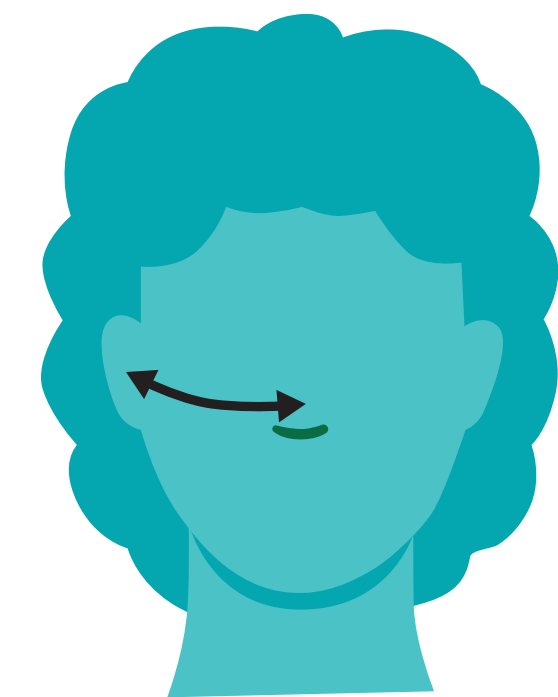
See, this website gives a guide to measure your face and pick out the right size. Here, I have a tape measure.

## Cloth Face Mask Sizing Guide

Choose the size below that matches your measurements



**A** Measure from the bridge of the nose to the bottom of the chin



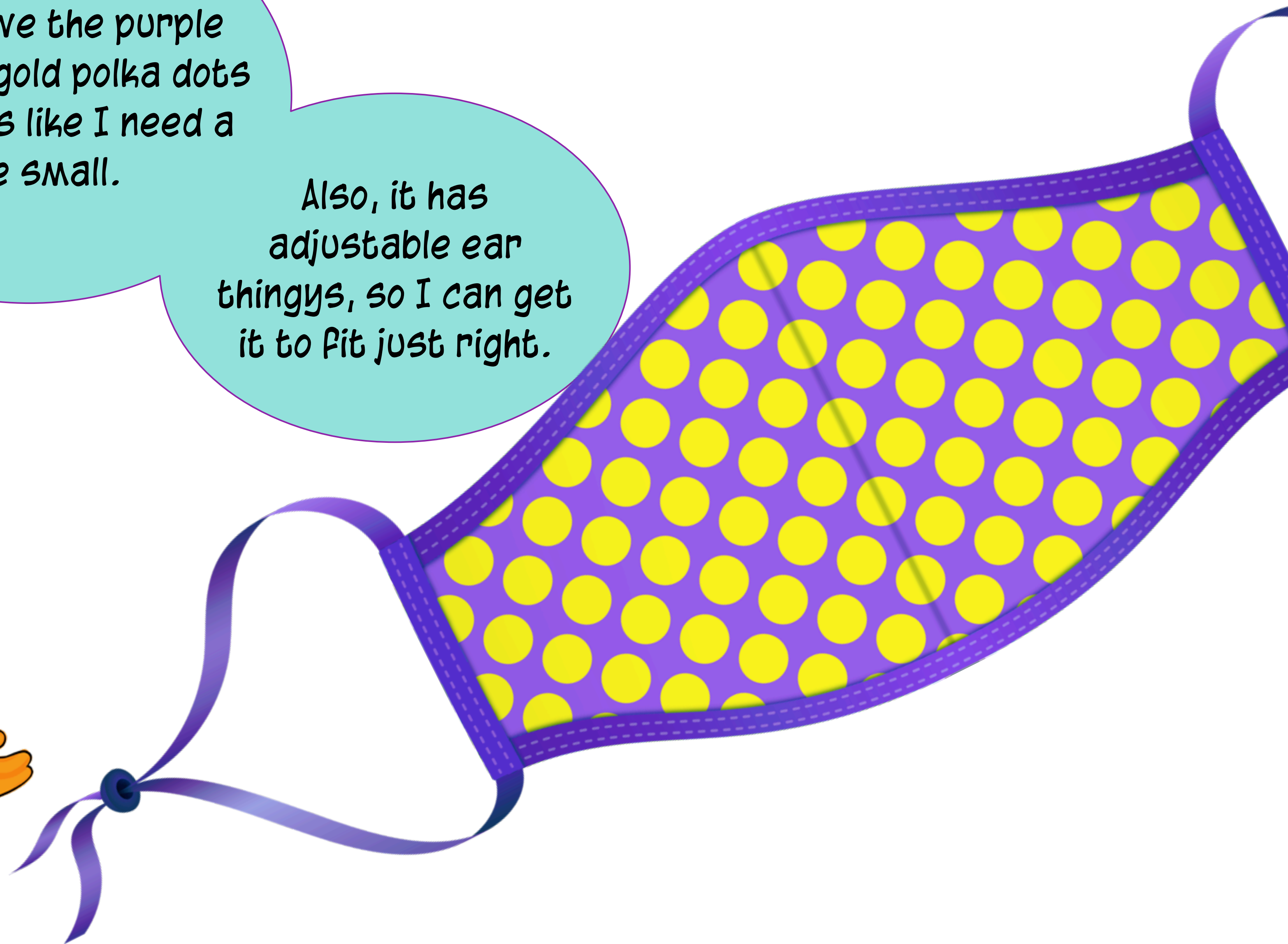
**B** Measure from the back of the ear to the tip of the nose



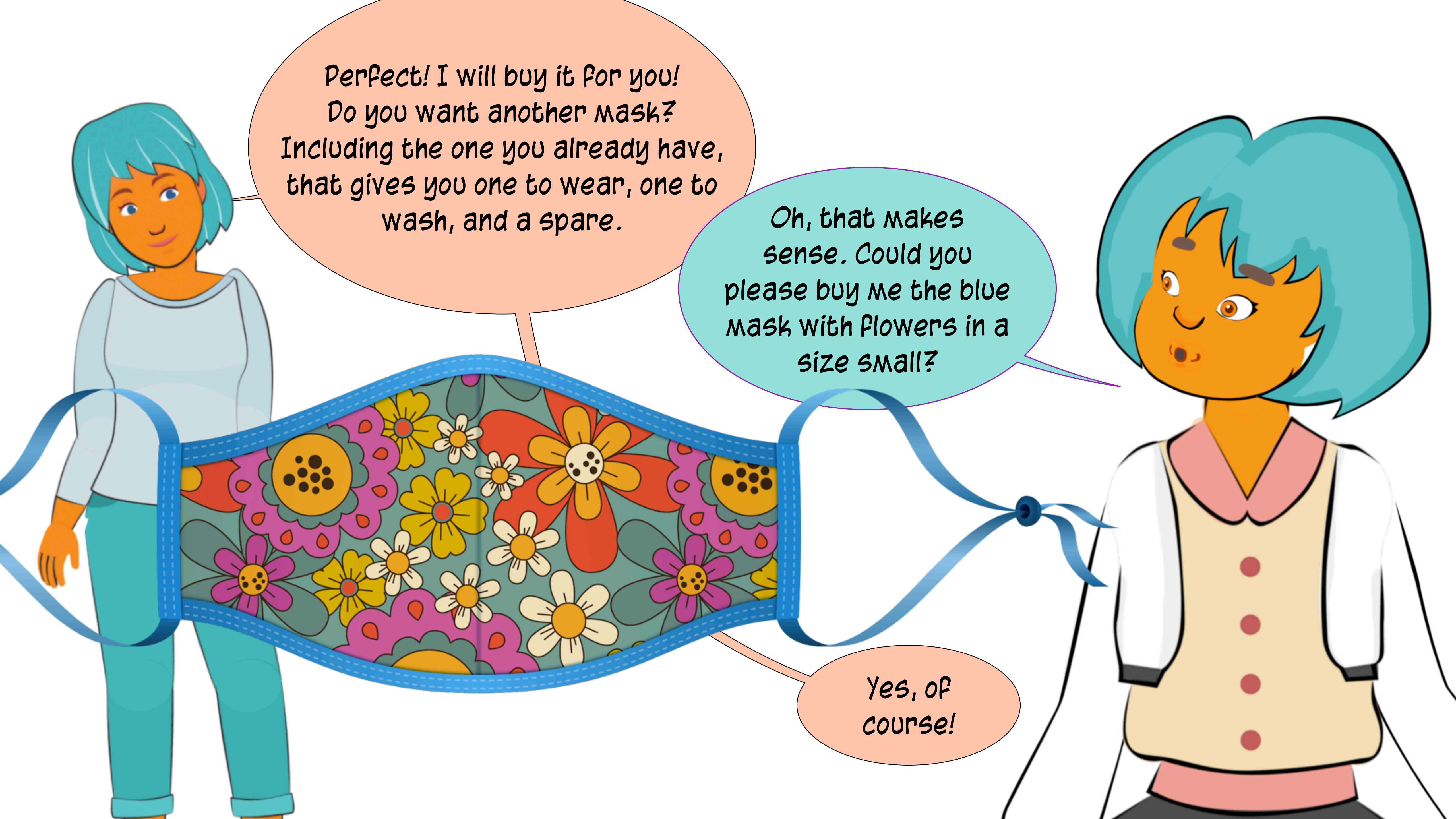


Okay! I love the purple mask with gold polka dots on it! Looks like I need a size small.

Also, it has adjustable ear thingys, so I can get it to fit just right.







Perfect! I will buy it for you!  
Do you want another mask?  
Including the one you already have,  
that gives you one to wear, one to  
wash, and a spare.

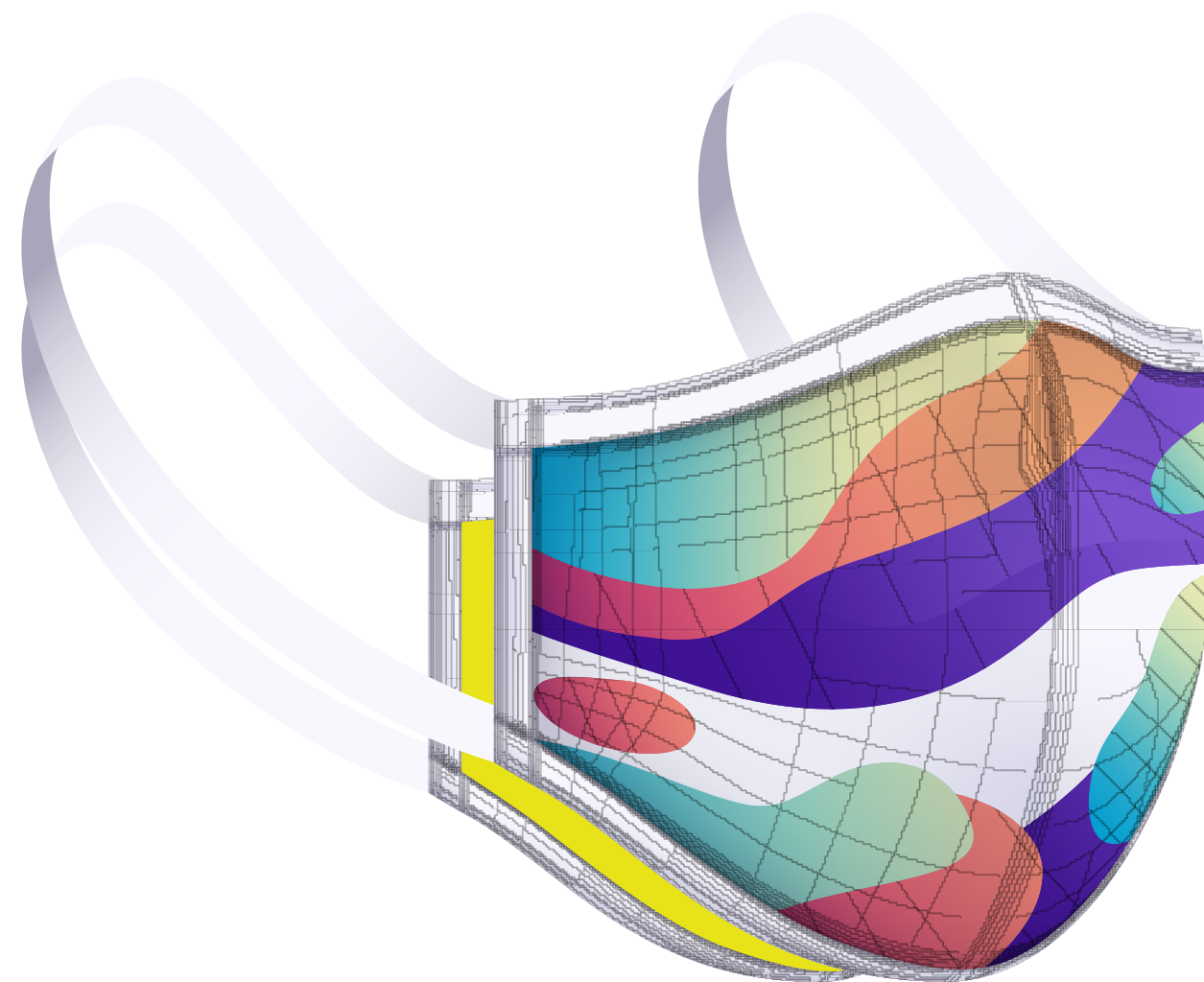
Oh, that makes  
sense. Could you  
please buy me the blue  
mask with flowers in a  
size small?

Yes, of  
course!





Plus, an extra mask gives you the option to "double mask" in case you can't avoid a crowded situation.



Double mask?? You mean wear two at a time? Its enough trouble to wear just one! Some people don't even do that!

I hear you! But some experiments have shown it works as well as the N-95 masks medical people wear. So, its good to have the option!





TWO WEEKS LATER... JAZZY GETS HOME FROM SCHOOL.

Mom! I love my new masks so much! You know we have to wear them all day at school, so I kept them in my backpack and reused them every couple of days.

I think I sweated on them and maybe drooled on them a little bit, ha! They are looking a bit dirty and the one I just took off feels damp.

Oh dear, Jazzy! You kept them in your backpack all week? Did you forget that I told you to wash your mask every day?

I have a couple of masks to wash too. I'll do it with you!



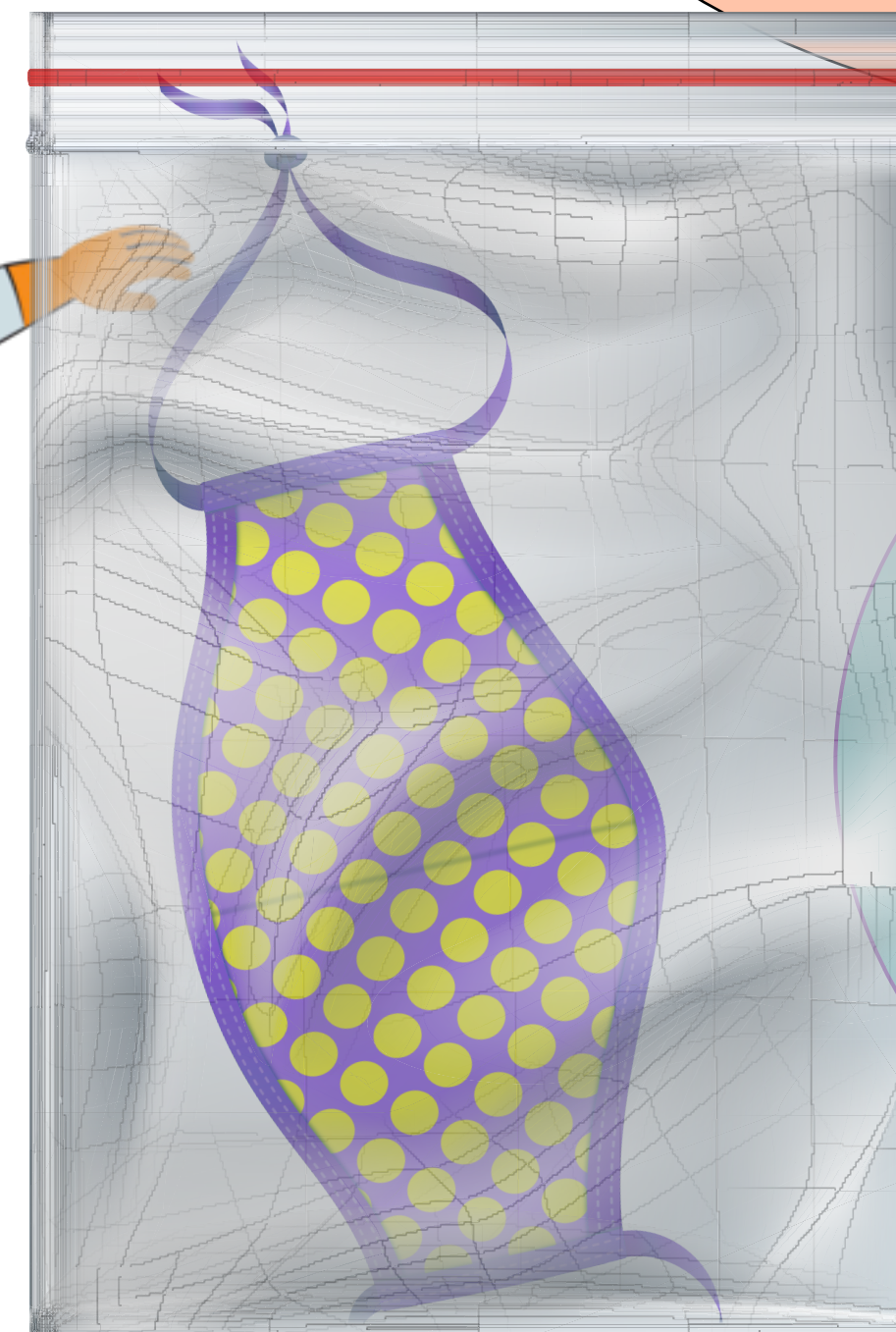


Oops! OK, I'm going to do my homework first and then we can clean them. What should I do with my dirty masks for now?

I asked Dr. Breeze about this. She said if they're damp, store them in a plastic bag until you can wash them. But don't leave them so long that they get moldy!

And... please don't forget to wash your hands with soap and water after touching your used masks!

Okay! I'll put them in a plastic bag, wash my hands, do my homework, and come back! See you soon!





A LITTLE WHILE LATER...

I'm back! What should I do about the masks now?

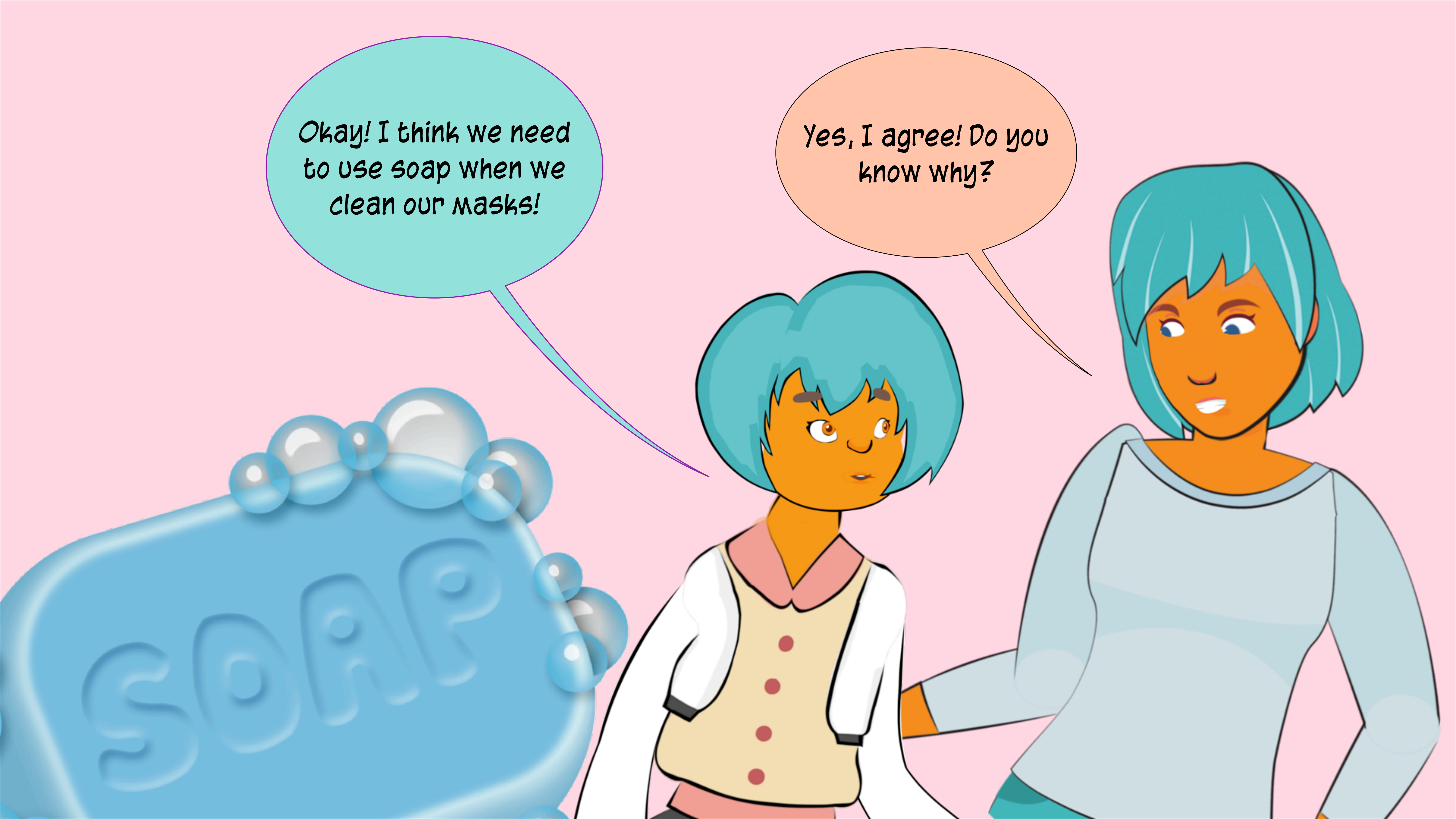
You have two options! Have you done your laundry this week?

Yes, I just did my laundry yesterday.

Okay! No problem. You could have included them in your regular laundry. But, since you've already done it, we'll wash the masks by hand instead.







Okay! I think we need  
to use soap when we  
clean our masks!

Yes, I agree! Do you  
know why?

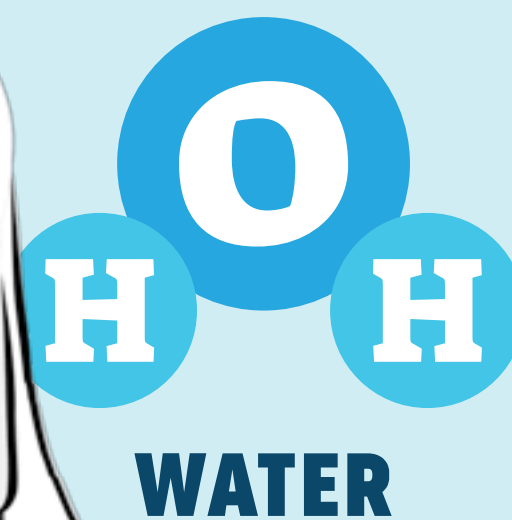




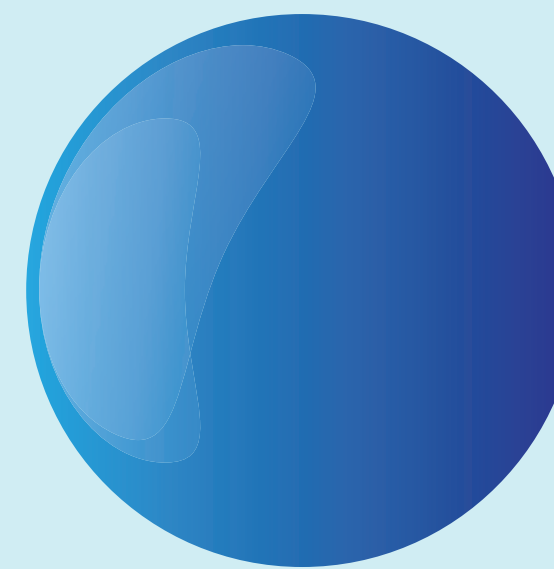
Yes! We learned in school that soap has a split personality: it is water-loving and oil-loving! So, the oil-loving ends of soap molecules attach to the oily layer of the virus... and oily dirt too!

Rubbing the mask helps the soap unstick dirt and any viruses from the mask.

Then, we can rinse everything away because the water-loving ends of soap molecules are attracted to water!

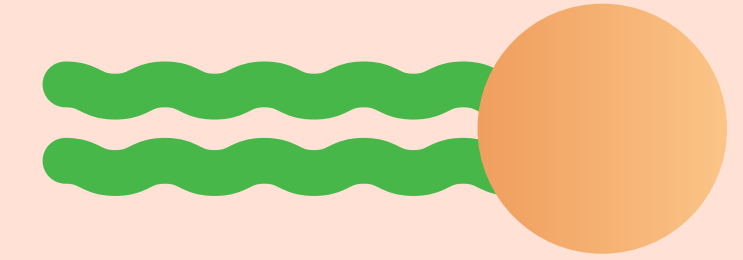


WATER  
LOVING  
END




SOAP MOLECULE

OIL LOVING  
END



OIL, OILY DIRT, AND THE  
OILY OUTSIDE OF A VIRUS



An illustration featuring a woman with short blue hair and an orange face, wearing a light blue shirt. Next to her is a child with similar blue hair and an orange face, wearing a white shirt with a pink collar. To the right, a face mask is shown with a purple outer layer featuring yellow polka dots and a blue inner layer with a colorful floral pattern. A purple ribbon is tied around the top of the mask. Two speech bubbles are present: an orange one on the left and a light blue one in the center.

You got it! To put it  
all together, here are  
the steps to washing  
your mask!

Perfect!  
Thank you!

- 1. Wet your mask with water and add a few drops of liquid soap.*
- 2. Squeeze the wet mask to make to soap foam up.*
- 3. Rinse with clean water to remove the soap.*
- 4. Hang your mask or lay it flat and let it dry fully.*





THIS WE ENGAGE 4 HEALTH (WE4H) STORY WAS DEVELOPED AS A COLLABORATION OF COMMUNITY REPRESENTATIVES OF THE WEST END NEIGHBORHOOD IN CINCINNATI, OHIO AND WE4H PROGRAM STAFF.

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