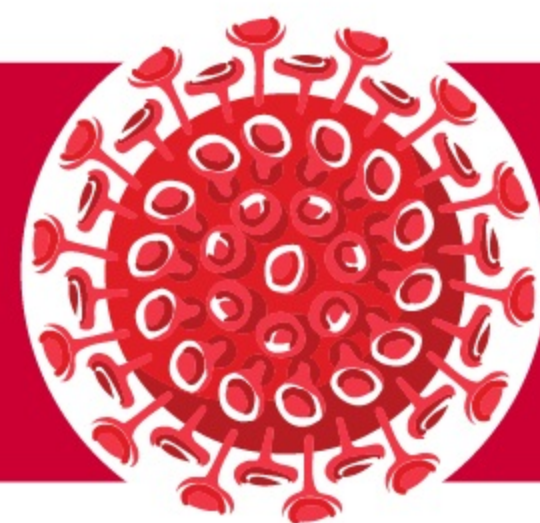


HELPING ADULTS WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES BECOME COMFORTABLE WITH FACE MASKS



Face masks are an essential and necessary defense in preventing the spread of COVID-19. Some adults with intellectual and developmental disabilities may not understand why they and others need to wear them, or may have fear, anxiety, or sensory challenges that impact mask wearing. This resource provides strategies supporters can use to help adults with intellectual and developmental disabilities become more comfortable with face masks.

HELP PEOPLE FIND THE FACE MASK THAT WILL WORK BEST FOR THEM

There are many different types of masks. Help people maximize their comfort wearing a mask by finding which type will work best for them. Supporters should consider sensory challenges, such as sensitivity to touch and texture, when helping people select a mask.

Surgical Masks

- Flat face masks with ear loops and a rectangular covering which expands to fit around the nose and mouth
- Disposable and should be discarded after one use

Fabric Masks

- Can be made homemade with personalized designs or purchased with a design the person chooses
- Can be washed and reused
- Can have either elastic ear loops, tie-backs, or be gaiter neck

Face Masks with Windows for the Deaf/Hard of Hearing

- Fabric mask with a clear, plastic window covering the mouth



Surgical Masks



Fabric Masks



Fabric Masks with Window