



New Foundations
CHARTER SCHOOL

Practice Mask Wearing

To protect themselves and others in our community,
students will need to wear a mask during in-person learning.

**Make sure the
mask fits well.**

Masks should cover BOTH
your nose & mouth and
be close to the face

**Start practicing
now!**

Students will need to wear
a mask for about 7 hours
each day. Start off with 1
hour/day & slowly increase
to help get used to it.



Recommended



Non-medical disposable masks



Masks that fit properly (snugly around the nose and chin with no large gaps around the sides of the face)



Masks made with breathable fabric (such as cotton)



Masks made with tightly woven fabric (i.e., fabrics that do not let light pass through when held up to a light source)



Masks with two or three layers



Masks with inner filter pockets

Not Recommended



Masks that do not fit properly (large gaps, too loose or too tight)



Masks made from materials that are hard to breathe through (such as plastic or leather)



Masks made from loosely woven fabric or that are knitted, i.e., fabrics that let light pass through



Masks with one layer



Masks with exhalation valves or vents



Wearing a scarf/ski mask as a mask