



Health & Safety

Using Masks

The Center for Disease Control and Prevention has recently recommended that everyone who leaves their house should wear a protective mask in settings where social distancing measures are difficult to maintain. Due to the fact that the very nature of therapy means that practicing social distancing is difficult, Kaleidoscope ABA will now require that all center staff use a mask during treatment.

Masks slow the spread of the virus by blocking and containing the wearer's respiratory droplets, preventing them from being spread to others.

Daily Health Check

Conduct your own daily health check before coming to the center:

If you or a member of your family have any of the following symptoms, please stay home and call the center.

- Fever of 100.4 F or greater now or in the preceding 72 hours
- Cough
- Sore Throat
- Muscle Aches
- Difficulty Breathing

Proper Use of a Mask

To Wear:

- The mask should cover your mouth, nose and chin.
- The thin metal wire along the upper edge of the mask should be gently pressed against the bridge of your nose.

The mask can be worn for an entire day, unless it becomes soiled/damaged.

If a child touches a mask, the child's hands should immediately be washed.

You may remove your mask to eat:

- Do not touch the outer surface of the mask.
- Fold it carefully so the outer surface is folded against itself.
- Place mask in a clean sealable paper bag or breathable container.

Practice good handwashing, especially after touching or adjusting your mask.

To dispose of your mask:

- Remove by the straps.
- Do not touch the surface of the mask.
- Dispose of mask in a closed trash can.

Continued...



Easy task – wear a mask!



How to Help Your Child Adapt to Wearing a Mask

Explain Why

Use easy to understand language and positive phrasing. For example: "Many people are sick right now. Wearing a mask will protect you from germs."

Take a Picture

Ask family members or friends to take pictures of themselves wearing masks. You can even arrange a virtual get together so everyone can show off their masks!

Let's Pretend

Integrate masks into your favorite pretend play schemes.

Encourage your child to dress up as a doctor, nurse or veterinarian.

Get Creative

Allow your child to decorate their mask using crayons or markers.

If you are planning to make a DIY cloth mask allow him/her to pick the fabric color or pattern.

Start with Familiar Clothing

Choose clothing that your child already wears and turn it into a mask.

Practice Makes Perfect

Shape the behavior by breaking it down into smaller steps. Then practice and reference each step - holding the mask, putting against his or her face, securing the elastic.

Stuffed Animals & Dolls Need Masks Too

Put a mask on your child's favorite stuffed animal or doll as a reminder that we are all in this together!

For more information: <https://biasbehavioral.com/>



Easy task - wear a mask!