



## NHSNA Position Statement on Masks



The New Hampshire School Nurses' Association emphatically supports universal use of masks for all, except for children under the age of 2, or those who are unable to wear a mask because they are unconscious, have trouble breathing, or are otherwise unable to remove the mask without assistance.

Masks should be worn in any public setting, and when around any persons who live outside of your household. When used correctly and consistently, masks slow the spread of COVID-19. Masks help to prevent the spread of droplets through the air, particularly when talking, singing, sneezing, coughing, breathing heavily during exercise. Masks protect others and yourself from asymptomatic and pre-symptomatic SARS-coV-2 transmission. [CDC on masks](#), [NHDHHS on masks](#).

### Safe Use of Masks:

- The mask should cover the nose and mouth and fit snugly to minimize the need to touch or adjust the mask.
- Ear loops should be adjusted to fit the person's face
- Masks should be removed by the ear loops, without touching the front of the mask, and placed in a clean receptacle, such as an individually labeled bag
- Hands should be washed before placing and removing a mask
- Masks should be washed daily
- Ineffective masks that allow unfiltered exhaled air to escape are NOT an acceptable form of source control. Masks must be two layers or more and made of a tightly woven fabric such as cotton or cotton blends. Examples of ineffective face coverings include masks with vents/exhalation valves, bandanas and scarves that are not properly secured to cover the entire nose and mouth

Masks should be used in addition to other important mitigation layers, which include:

- [Social or Physical Distancing](#): staying at least 6 feet from other people who are not from your household, in both indoor and outdoor spaces
- [Washing hands](#) regularly for 20 seconds with soap and warm water
- Avoid touching your face
- Regular cleaning of surfaces with [solutions approved by the CDC](#)

The COVID-19 pandemic has resulted in many lifestyle restrictions. There are many things you CAN do to stay healthy and active, while minimizing feelings of isolation and stress.

- Walk outdoors with a friend, socially distanced to 6 ft with a mask on
- Visit the woods to hike, ski, or snowshoe
- Sledding
- Walk and play with your dog
- Virtual exercise such as stretching and strengthening, yoga, meditation
- Order take-out from your favorite restaurants
- Play board games
- Puzzles
- Go on a holiday drive to view neighborhood holiday lights
- Deliver a meal to a friend in need

***Stay healthy, help keep our businesses and schools open ~***

***Please wear a mask outside of your home!***