



GUIDELINES AND RESOURCES FOR ULS MASK REQUIREMENT 2020-21

Per Governor Ever's mandate effective August 1, anyone aged 5 and up is required to wear face coverings indoors. Based on the science we currently have, masks decrease the spread of COVID-19 and provide a layer of protection for others in the community. In an effort to protect our students, faculty, staff and our families at home, we ask the ULS community to support each other during this global pandemic. Therefore:

- Masks are required inside ULS school buildings at all times. This includes students in SK5 and grades 1-12, faculty, staff, parents and visitors.
- Masks are not required for JK3 and JK4 students.
- Exceptions are when eating and drinking, physical education classes, and outside when socially distanced.
- Please see the [Healthy Return to Hawk Hill Plan](#) for more information about mask protocol at school

Why is ULS requiring masks?

In addition to the state mandate, ULS is requiring masks based on the guidance of our Health and Safety Task Force, as well as the World Health Organization (WHO), Centers for Disease Control (CDC), and the U.S. Surgeon General. Cloth masks are recommended in public settings where social distancing is difficult to maintain. In fact, the wearing of masks in public is required in more than 30 states nationwide.

How do cloth face coverings prevent the spread of COVID-19?

According to Larry Chu, MD, a professor of anesthesia and director of the AIM Laboratory, "as many as 40 percent of people infected with the virus that causes COVID-19 may have no symptoms. When they talk, cough or sneeze, they can still spread the virus to others in the form of respiratory droplets expelled into the air. Those droplets evaporate into fine particles that may linger. The mask traps these larger droplets before they can evaporate. So, wearing a mask regularly can prevent spreading at the source even when we don't know we are sick. But masks are just one important way to prevent this disease from spreading. Washing your hands regularly and thoroughly, and keeping at least 6 feet apart from one another are still vitally important." Per Stanford Medicine, "[5 Questions: Stanford Scientists on COVID Mask Guidelines.](#)"

Tips on Mask Wearing

- A mask should fit snugly over the nose and mouth. See [How to Wear Cloth Face Coverings](#) for more information.

- Try different styles of masks to see what works best for your child. Do not wait until the first day of school to place a mask on your child.
- If your child is uncomfortable wearing a mask, we recommend having them wear it for a short period of time and slowly increase the amount of time over a few days or weeks so they get used to wearing a face covering.
- Our faculty will guide students on proper mask wearing and handling, but we ask parents to prepare them in advance of school as well.
- Please instruct your child on the proper way to put on and take off a mask. [Here is a helpful video.](#)

More Resources

- [CDC guidelines](#)
 - About Cloth Face Coverings
 - How to Wear Cloth Face Coverings
 - Considerations for Wearing Cloth Face Coverings
 - Making Cloth Face Coverings
 - Washing Cloth Face Coverings
- [WHO guidelines](#)
- [Video: The Do's and Don'ts of Wearing a Mask and Gloves](#)
- [How to Put on and Remove a Face Covering](#)