



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 child care means that practicing social distancing is difficult, Bright Horizons will now require that all center staff use a mask while at the center.

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



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

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