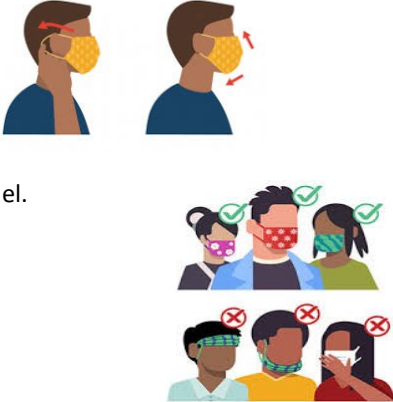


# DMPS Face Mask Guidelines

The [CDC recommends](#) and Des Moines Public Schools requires universal indoor masking for all teachers, staff, students, visitors and spectators participating in and/or attending extracurricular activities in schools, regardless of vaccination status.

The CDC requires masks on all public transportation, including school buses. Des Moines Public Schools strongly encourages all students and staff to follow the guidance of public health experts.

Students and staff should provide their own face mask. However, if a student / staff loses or forgets their mask, DMPS will have disposal face masks available.

FAQ's	Guidelines/Resources
<p><b>How to Stop the Spread of COVID 19</b></p>	<ul style="list-style-type: none"> <li>• Face masks may help prevent people who have COVID-19 from spreading the virus to others</li> <li>• Face masks are most likely to reduce the spread of COVID-19 when they are widely used by people in public settings</li> <li>• Wash your hands often</li> <li>• Maintain social distancing</li> </ul> <p>Resources:  <a href="#">CDC Considerations for wearing a face mask</a>  <a href="#">CDC Prevent getting sick</a></p>
<p><b>How to Wear a Face Mask</b></p>	<ul style="list-style-type: none"> <li>• Wash your hands before putting on your face mask</li> <li>• Put it over your nose and mouth and secure it under your chin</li> <li>• Try to fit it snugly against the sides of your face</li> <li>• Make sure you can breathe easily</li> </ul> <p><a href="#">Do's and Don'ts of wearing a face mask</a>: This is good advice for anyone who wears a cloth face mask, not just health care personnel.  <a href="#">Kids Health Video</a> (scroll to bottom of page)</p> 
<p><b>Cloth Face Masks</b></p>	<ul style="list-style-type: none"> <li>• Cloth face masks should be washed after each use. It is important to always remove face masks correctly and wash your hands after handling or touching a used face mask.</li> </ul> <p><a href="#">CDC Washing Guidelines: By hand and/or washing machine</a></p>
<p><b>Who Should Not Wear a Face Mask?</b></p>	<p>Per CDC: <a href="#">Exceptions</a></p> <ul style="list-style-type: none"> <li>• Anyone 2 years of age or younger</li> <li>• Anyone who has trouble breathing</li> <li>• Anyone who is unable to remove the face mask without assistance</li> </ul>