

HILLSIDE ELEMENTARY SCHOOL

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AN IMPORTANT MESSAGE FROM THE HEALTH OFFICE

Dear Parent/Guardian,

I would like to commend our students for doing such a wonderful job adhering to our health & safety measures here at Hillside School. I see many of them enter into the building each morning, wearing a mask, using hand sanitizer, and maintaining social distance when entering school and walking in the halls.

That being said, I want to share some important information, put forth by the Centers for Disease Control and Prevention (CDC) regarding masks. The CDC recommends that masks be worn in public settings and when around people that do not live in your household. Masks play a big role in reducing the spread of COVID-19. The type of mask, in particular, is just as important.

The purpose of mask-wearing is to keep respiratory droplets from reaching others. **Masks that include exhalation valves or vents are not recommended.** One-way valves or vents that allow air to be exhaled through a hole, can result in expelled respiratory droplets that can reach others ([CDC, 2020](#)). Wearing these types of masks can result in spreading COVID-19 to others. Therefore, they are not permitted to be worn while your child is at school.

Recommended masks include two or more layers of washable, breathable fabric that cover your mouth and nose. They should fit snug around your chin, without gaps around the mouth area. **Gaiters are not recommended for school, as they may not fit properly around the mouth/chin area, allowing air to escape.**

Please be sure to send your child to school in a [mask that fits properly](#) for the size of their face. For example, younger students may require a smaller size mask and older students a larger size. Lastly, be sure to wash masks regularly and send extra ones into school with your child. The [attached image](#) is a great guide on how to wear a face mask properly.

The health and safety of all students and staff is of utmost importance. If you have any questions, please feel free to contact me.

Kristen Haenelt, RN