**SARS-CoV-2 pandemic: should children wear masks?**

**Appendix 1**: Types of face masks and recommendations

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| **FPP2/N95/KN95 Respirator** | * Tight-fitting * Provides filtration of at least 95% of airborne particles * Not generally recommended for use in the general population * Mainly designed and studied in adults * Should be considered for immunocompromised children or those at high-risk for severe complications * May be associated with discomfort after few hours of use |
| **Surgical Mask** | * Loose-fitting * Effective filtration of large droplets but may not protect against smaller particles * Available for children ≥ 3 years-old |
| **Non-medical Mask** | * Home-made or commercially available cloth face masks * Should have a minimum of three layers * Variable filtration rate * In Portugal, certified by CITEVE |
| **Recommendations:**   * Explain to children why and when they should use face masks. * Make the experience less scary for children: parents and teachers should lead by example. Other ideas include trying it first at home for shorter periods of time, putting a mask on a stuffed animal, drawing a mask on a favourite book character or showing pictures of other children wearing masks. * Choose a mask with a suitable size to ensure the right fit. * Perform hand hygiene before and after handling the mask. * Place the mask covering the nose and mouth and stretch it from ear to ear. * Remove the mask from behind, avoid touching the front. * Replace the mask as soon as possible if damp, soiled or damaged. * When no longer needed discard the mask in the trash if single use. * Non-medical cloth masks can usually be reutilised but should be washed frequently. | |

Abbreviations: FFP2 – Filtering Face Piece 2; CITEVE – Centro Tecnológico Têxtil e do Vestuário de Portugal

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