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

## Appendix 1: Types of face masks and recommendations

<table>
<thead>
<tr>
<th>Type</th>
<th>Description</th>
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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.

FFP2: filtering face piece 2; CITEVE: Centro Tecnológico Têxtil e do Vestuário de Portugal

## REFERENCES


