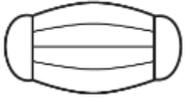


### District Policy for Face Coverings



Students, teachers, and staff will be required to wear a clean face covering each day while on school property and wear it throughout the school day. A face covering will also be required for any student, teacher or staff on a school bus. Those choosing not to comply with wearing a face covering will not be allowed on school property or on a school bus.

### Proper Way to Wear a Face Covering



- Face coverings should fit snug but comfortably, covering the nose and mouth.
- Students may individualize their face covering within limitations published in the District's dress code: <https://bit.ly/MCSDdresscode>
- Students that need assistance with their covering or need a replacement covering should communicate that with their teacher who will assist them.
- Teachers and administrators will direct students on appropriate times when coverings can be removed (including lunch and breakfast).



### Face Covering Tips

Wearing a mask can help protect you and others from COVID-19, but there are subtle discomforts that can emerge. Here are some tips for managing some of the common discomforts.

Drinking plenty of water help with headaches. If they persist, medical attention might be necessary.

If you wear glasses, wash them with soapy water or use an anti-fogging product and fit your covering so the top is tighter than the bottom.

Mindful breathing exercises, deeper-longer breaths with the eyes closed can help you relax. If it persists, medical attention might be necessary.



Choose natural materials like cotton for face coverings either as the only type of covering you use or as an alternate to change as needed to help with any skin or ear sensitivity.

Wash cloth coverings and your face daily and use a noncomedogenic moisturizer to avoid acne breakouts and rashes. Consider not wearing makeup under your covering.