

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

Appendix 1: Types of face masks and recommendations

<p>FFP2/N95/KN95 Respirator</p>	<ul style="list-style-type: none"> • 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
<p>Surgical Mask</p>	<ul style="list-style-type: none"> • Loose-fitting • Effective filtration of large droplets but may not protect against smaller particles • Available for children ≥ 3 years-old
<p>Non-medical Mask</p>	<ul style="list-style-type: none"> • Home-made or commercially available cloth face masks • Should have a minimum of three layers • Variable filtration rate • In Portugal, certified by CITEVE
<p>Recommendations:</p> <ul style="list-style-type: none"> • 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

1. American Academy of Pediatrics. COVID-19 planning considerations: guidance for school re-entry. Media: AAP; 2020.
2. American Academy of Pediatrics. Tips on face masking for children during COVID-19. Chicago: Illinois Chapter. Media: AAP; 2020.
3. Asociación Española de Pediatría. Propuestas de la Asociación Española de Pediatría sobre el uso de las mascarillas en niños durante la pandemia COVID19. Madrid: AEP; 2020.
4. Centers for Disease Control and Prevention. Understanding the difference, surgical mask, N95 respirator. Atlanta: CDC; 2020.

5. Centro Tecnológico Têxtil de Vestuário. Selo “Máscaras – COVID-19 Aprovado”. Vila Nova de Famalicão: CITEVE; 2020.
6. Chen X, Ran L, Liu Q, Hu Q, Du X, Tan X. Hand hygiene, mask-wearing behaviors and its associated factors during the COVID-19 epidemic: a cross-sectional study among primary school students in Wuhan, China. *Int J Environ Res Public Health*. 2020;17:2893.
7. Esposito S, Principi N. Mask-wearing in pediatric age. *Eur J Pediatr*. 2020;179:1341–2.
8. Esposito S, Principi N. To mask or not to mask children to overcome COVID-19. *Eur J Pediatr*. 2020;179:1267-70.
9. Goh D, Mun M, Lee W, Teoh O, Rajgor D. A randomised clinical trial to evaluate the safety, fit, comfort of a novel N95 mask in children. *Sci Rep*. 2019;9:18952.
10. Jin K, Min J, Jin X. Re: Esposito et al. To mask or not to mask children to overcome COVID-19. *Eur J Pediatr*. 2020;179:1339-40.
11. Sociedade Brasileira de Pediatria. O uso de máscaras faciais em tempos de COVID-19 por crianças e adolescentes: uma proposta inicial. Rio de Janeiro: SBP; 2020.
12. World Health Organization. Advice on the use of masks in the context of COVID-19: interim guidance, 5 June 2020. Genebra: WHO; 2020.