**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
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| **Surgical Mask** | * Loose-fitting
* Effective filtration of large droplets but may not protect against smaller particles
* Available for children ≥ 3 years-old
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| **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
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| **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.
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Abbreviations: FFP2 – Filtering Face Piece 2; CITEVE – Centro Tecnológico Têxtil e do Vestuário de Portugal

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