

## Putting on and wearing mask exposure

### Putting on a mask:

- Look for the part of the mask that goes to your mouth
- Grab one end of the mask by the string
- Grab the opposite end of the mask by the string with your other hand
- Bring hands up to your mouth
- Place one string around your ear
- Place the second string around your other ear
- Pinch the mask at your nose to adjust it.

### Keeping a mask on:

- 1

Start by placing the mask near the individual without making them wear it. This could be done by placing it near their face, or by placing it near their body. This also can be completed by individuals within the home wearing masks

If individual has a difficult time with others wearing a mask or being near a mask

- Increase the time the mask is held in the proximity of the individual in 3-5 sec increments.

If the individual does well with this move to phase 2

[Exposure phase 1 video](#)

- 2

Start with touching and holding the mask. Then start move the mask to their mouth and removing it right away.

Provide attention/praise if the individual allows the mask near them or if time held increased.

Attempt to put on mask by placing string around one ear, without wearing the whole mask.

If individual has a difficult time with touching mask to their face or putting string on their ear

- Increase the opportunities in the day, such as from 5 times in a day to 10 times in a day

If individual does well with this move to phase 3

[Exposure first touch video](#)

- 3

Place second string around the other ear and Adjust mask to the nose

Thus is only to put on then immediately praise and take off the mask

If the individual has a difficult time with having the mask cover their face

- Increase the opportunities in the day, such as from 5 times in a day to 10 times in a day

If the individual does well with this move on the phase 4

[Exposure mask on video](#)

- 4

Set a timer for the set duration the individual is to wear the mask.

When duration is met have individual take off the mask.

Increase the duration in short increments such as 5 seconds, 30 seconds, 1 minute depending on how well the individual does

Praise the individual when the mask is completely on

If the individual has a difficult time with wearing the mask

- Reduce down the expected duration, some individuals might be able to start at 5 seconds some might start at 30 seconds
- Then slowly increase the duration

if individual does well, continue to review what they will be wearing the mask for so they know what to expect

[Final exposure video](#)