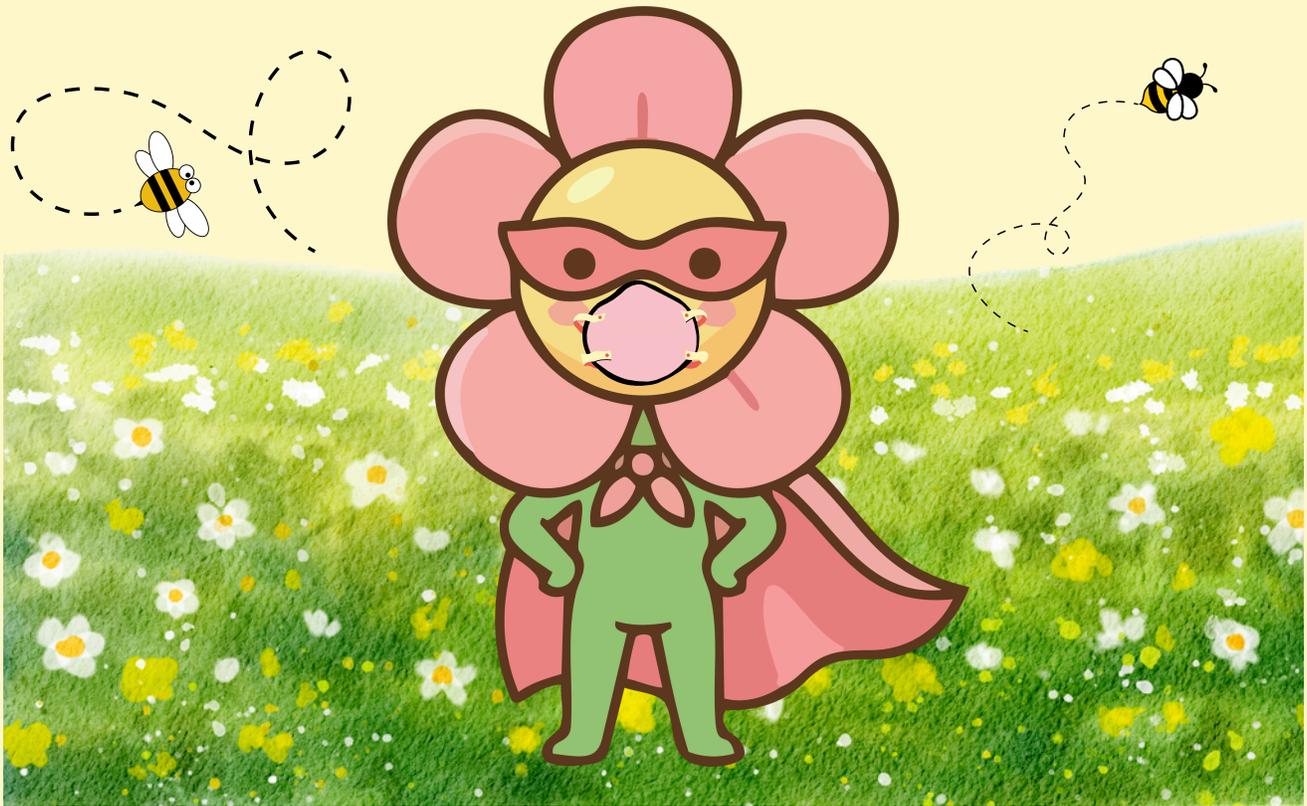


WORLD HEALTH NETWORK

KIDS' ZONE

COVID-CONSCIOUS MAGAZINE



THE MASKED AND MARVELOUS EDITION

STAY STRONG AND MASK ON

CHECK US OUT ONLINE AT:

WHN.global/KidsZone

FRESH FIT TESTS

MASKING COMIC

RECIPES AND STORIES

... AND MORE INSIDE!



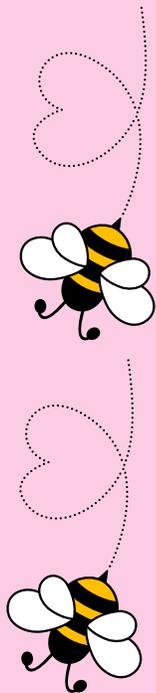
EXPLORE | SHARE | CONNECT



COVID-conscious: Keeping COVID risks in mind when exploring, sharing, and connecting with others.

Synonyms: COVID-cautious, COVID-aware, COVID-informed, Still COVIDing, COVID-safe, COVIDing-inclusive

WHAT'S IT ALL ABOUT?



ABOUT US

KIDS' ZONE COVID-CONSCIOUS MAGAZINE IS A FREE PUBLICATION CREATED BY THE WORLD HEALTH NETWORK'S PSYCHOSOCIAL CHILDREN'S GROUP.

OUR MISSION IS TO FEATURE MATERIALS FOR KIDS THAT HIGHLIGHT STORIES, ART, SCIENCE, AND LIFESTYLE OF COVID-CONSCIOUS FAMILIES.



FEATURING WORKS FOR AND BY KIDS OF ALL AGES. ADULTS CAN SUBMIT THEIR OR THEIR CHILD'S WORKS AT WHN.GLOBAL/KIDSZONE



= ARTICLES WRITTEN IN US-ENGLISH

= ARTICLES WRITTEN IN UK-ENGLISH

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*The contents of this magazine, such as text, graphics, images, and other material, are intended for informational and educational purposes only and not for the purpose of rendering medical advice.

The Month Ahead

Here's our pick of April's main events!

ALL MONTH:

NATIONAL FACE PROTECTION MONTH



APRIL

1 APRIL - APRIL FOOL'S DAY

1-9 APRIL - PASSOVER

5 APRIL - EASTER

22 APRIL - EARTH DAY

**27 APRIL - KING'S DAY
(NETHERLANDS)**



Contents

MASKS FOR ALL SIZES



PAGE 6

See our size guide for some ideas of what mask might work for your size.

STAY STRONG AND MASK ON



PAGES 7-11

Learn some strategies for confronting sticky mask situations with others.

ORIGAMI BUTTERFLIES



PAGES 12-13

Create some origami butterflies.

CIVIC PARTICIPATION



PAGES 14-15

Read about the ways that people take part in government and how they have evolved.

FRESH FIT TESTS



PAGES 17-20

Conduct at-home fit tests to see how well your mask fits.

MASK-NE



PAGES 21-22

Learn some ways to prevent mask acne.

SCIENCE



PAGES 23-24

Read about the science behind respirators and some fun giraffe facts.

THE BANDWAGON BUS



PAGES 25-28

How has the bandwagon logical fallacy played a role in people's responses to the pandemic?

MASKING COMIC



PAGE 29

Explore a comic about why to wear a mask in 2026 from Gillian Levine.

EARTH DAY BOOKS



PAGE 30

Get acquainted with books about Earth Day for all ages.

FROM OUR READERS



PAGES 31-32

Explore stories and recipes from our readers.

What is your favorite thing to do in Spring?

"In spring we clean up all the leaves."

-O, age 9, Canada

"I like to open presents on my birthday."

-E, age 9, US

"I love to walk under the colorful tree blossoms and see them falling all around."

-A, UK

"It gets hotter and I can sleep better."

-S, age 10, Japan

"My favorite thing about spring is that it's my best friend's and my birthday."

-S, age 13, Poland

"I like to spend more time outdoors and walk along the beach before it gets crowded."

-T, US

ZIMI AIR
SIZE GUIDE



95mm	XXS	ZM50W/ZM55S
110mm	XS	
115mm	S	ZM71L (Available for certain face shapes)
115mm	M	ZM54L/ZM9233/ONE
120mm	L	ZM8210/ZM110
130mm	XL	

The above size suggestions are, and the final selection should be based on actual wear.

RESPIRATOR MASKS FOR ALL SIZES

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by: Shea



KN95/KF94

N95/FFP2

XXS-XS

Tots and small children

TRIDENT XS (AGES 3-6)
HEADLOOP P2 (Australia's N95)

FLO MASK KIDS (ages 4-12)
ELASTOMERIC / reusable N95

TRIDENT S (AGES 6-12+)
HEADLOOP P2 (Australia's N95); COLOR: WHITE

Vitacore Kids CAN99 (ages 3-13)
EARLOOPS; COLORS: BLACK, WHITE

ZIMI XXS (95MM); XS (110MM)
HEADLOOP AND EARLOOP STYLES KN95
COLORS: WHITE, BLACK, SPECIAL

You & I TODDLER KF94
ADJ. EARLOOPS; COLOR: WHITE

BreatheTeq XS (ages 4-10) KN95
COLORS: BLACK, GREY, LAVENDER

BLUNA Small KIDS KF94 (ages 4-9)
ADJ. EARLOOPS; COLOR: WHITE

S-M

Kids, teens, adults with small faces

CHAMPAK N95 (M, 12+)
ADJ. HEADSTRAPS; COLOR: WHITE

LIFE N95 (petite, 12+)
COLOR: BLACK

MOLDEX N95 4621 S (AGES 12+)
HEADLOOP N95 ADJ STRAPS
COLOR: BLACK; Rippled design

3M VFLEX N95 (S)
COLOR: WHITE

ZIMI S (115MM, SMALL WIDTH)
HEADLOOP AND EARLOOP STYLES KN95
COLORS: WHITE, BLACK, SPECIAL

POWECOM KN95 KIDS
COLORS: BLACK, WHITE, OTHER COLORS
AND BIGGER SIZES AVAILABLE

BreatheTeq S (ages 11+) KN95
COLORS: BLACK, GREY, LAVENDER

ARMBRUST KIDS KN95
COLORS: BLUE, PINK, PURPLE, GRAY, WHITE, BLACK

Vitacore Adult CAN99 (size S and Reg)
HEADSTRAPS OR EARLOOPS; COLORS: BLACK, WHITE

M-L

Older kids, teens and adults, regular

TRIDENT REGULAR or EXTENDED LOOP
P2 (Australia's N95) COLOR: WHITE

3M AURA N95
COLOR: WHITE

MOLDEX M/L BLACK 4620; SILVER 4800
ADJ. HEADSTRAPS N95; RIPPLED MOLDED CUP

GERSON or BLOX DUCKBILL N95s
COLOR: WHITE

ZIMI M (115MM, MED WIDTH)
HEADLOOP AND EARLOOP STYLES KN95
COLORS: WHITE, BLACK

BLUNA Reg KF94 (ages 10+)
ADJ. Earloops; COLORS: BLACK, WHITE

BreatheTeq M EARLOOPS KN95
COLORS: BLACK, GREY, LAVENDER

Armbrust KN95
COLORS: GREY, PINK, PURPLE, DENIM, BLUE, BLACK, WHITE

DRAGER 1950 N95 (M/L)
COLOR: WHITE

L-XL

Teens and adults, large to extra large

CHAMPAK N95 (L)
ADJ. HEADSTRAPS; COLOR: WHITE

3M VFLEX N95 (REGULAR)
COLOR: WHITE

TRIDENT XL
HEADLOOP P2 (Australia's N95); COLOR: WHITE

MILWAUKEE N95
COLOR: WHITE

ZIMI 120MM (L WIDTH);
HEADLOOP KN95, P100 STYLES
COLORS: WHITE, BLACK, SPECIAL

BreatheTeq L
EARLOOPS KN95
COLORS: BLACK, GREY, LAVENDER

Mega Fit KF94 (XXL)
ADJ. EARLOOPS KN95
COLORS: BLACK, WHITE



STAY STRONG AND MASK ON

STANDING STRONG WHEN OTHERS STARE OR SAY MEAN THINGS

by Rachel L
and Olivia Bellknap,
Registered Associate
Marriage and Family
Therapist

MASK POWER

Wearing a mask says, "I value my life and yours!". That is LOVE in action. Not everyone makes the same choices, though. And it can be hard to mask up when people stare or question your choices.

The science on masking is real, very clear, and solid. Wearing a mask protects you and the people around you from harmful diseases like COVID-19. Masks have been tested in rigorous scientific studies, and when worn correctly and consistently, a mask is a powerful tool to keep yourself and those you love safe.

Scientists have studied how well masks work. A [scientific review](#) connected to a call to use effective masks shows that special masks called N95s (also known as respirators) provide strong protection because they filter tiny particles in the air and fit closely to your face. This makes them much more effective at keeping you from breathing in germs like COVID-19. Some other masks may help a little, but N95s act like a strong shield — helping protect both you and the people around you.

<https://www.oliviabelknaptherapy.com/covid-resources>



WHY DO PEOPLE REACT TO MASKS?

Some people are simply curious. They may not have kept up with the latest research on COVID and masking, or they may not realize that COVID is still harming people today. Children especially are most likely just genuinely wondering about your mask. Curiosity is actually the easiest reaction to handle — people who are curious simply wonder why your choice is different from theirs, and that's something you can work with!

Others may stare or make comments simply because they have made different choices around masking. Many people have decided to accept the risks of COVID and choose not to wear a mask. Interactions with this type of person can feel a little more complicated. Sometimes people even assume that someone wearing a mask must be sick. They may step back from you or act as if you could get them sick.

REMEMBER YOUR "WHY"

In these moments, the most important thing to remember is why you are wearing your mask — to protect yourself and the people you love from dangerous illness. Stand tall and wear your mask with pride!

Remember, you are never alone. All over the world, people are masking up to protect themselves and the people they love. Even if you don't see anyone else wearing a mask when you look around, somewhere in the world there is someone just like you doing the same thing. They might even feel nervous about being the only one masking, too!

Practice with your family or friends!

Read through the scenarios in this article for ideas of what you can say if someone stares or says something to you about your mask. Try acting out your response. Having a few things to say or do that are 'ready to go' can give you the confidence you need in these situations.

Talk to a trusted adult! Remember, you are never alone. If you ever need help handling a tricky masking situation, talk to a trusted adult. Your feelings are completely valid — sometimes people can just be unkind, and that's not okay. Talking about how you feel can really help.



STICKY SITUATIONS

Talk to a trusted adult about the situations below.
Take what works for you and leave the rest!

Situation: You're about to go somewhere new (school, a party, a store) and you're nervous about people noticing your mask.

Response: Practice your answer at home — a short, confident line like "I wear a mask to keep my family safe — it's just what we do!" Rehearsing makes it feel natural when you say it for real.

Situation: A new friend group doesn't know you yet and you want to head off awkward questions.

Response: Bring it up yourself, casually and confidently: "Just so you know, I wear a mask — no big deal, it's just my thing." Owning it first takes the power away from anyone who might make it weird.

Situation: You're about to join a class where some kids have made comments before.

Response: Talk to your teacher in advance and ask them to help set a respectful tone in the classroom. Having an adult on your team makes a big difference.

Situation: You want friends who will support you rather than question you.

Response: Look for allies — other kids who are kind, open-minded, or also health-conscious. Building your circle with supportive people means fewer uncomfortable moments overall.

Situation: You feel anxious every morning thinking someone will say something that day.

Response: Start the day with a confidence affirmation: "I am making a good choice. I am brave. My safety matters." Say it to the mirror — it sounds silly but it really works!

Situation: A kid says, "Why are you wearing that? COVID is over!"

Response: Stay calm and say, "My family still masks — it's our choice and it keeps us healthy." You don't need to argue or convince them. Say it once, then move on.

Situation: Someone stares at you for a long time without saying anything.

Response: You can smile (they'll see it in your eyes!), look away, or simply remind yourself: "Curious eyes aren't mean eyes." Most staring is just surprise, not judgment.

Situation: A kid laughs at your mask or calls it "weird" or "babyish."

Response: Try a calm, unbothered response: "I think taking care of myself is actually pretty cool." Responding **without** anger often stops the teasing faster than fighting back.

Situation: Someone pressures you: "You don't HAVE to wear that, you know. Just take it off!"

Response: Firmly and kindly say: "I want to wear it, thanks." You don't owe anyone an explanation. "I want to" is a complete answer.

Situation: A kid makes a mean comment in front of a whole group and everyone laughs.

Response: This one is hard — take a breath. You can say "That wasn't very kind" and walk away with your head up. Tell a trusted adult afterward. You don't have to face group teasing alone.

Situation: An adult (not your parent) questions why you're wearing a mask and seems disapproving.

Response: Politely say, "It's my family's decision to keep us safe, but thank you." If they continue, it's okay to say, "I'd rather not talk about it" or find your trusted adult.

Situation: A friend says they feel awkward because you mask and they don't.

Response: Try saying, "I get that it might seem different, but it doesn't change how I feel about being your friend. Does it change how you feel about me?" This opens a caring conversation instead of a fight.

Situation: Someone asks if you're sick or contagious and backs away from you.

Response: Reassure them calmly: "I'm not sick — I just wear a mask to stay healthy and protect others. It's actually the opposite of dangerous!" A friendly explanation can turn fear into understanding.

It's okay to feel embarrassed, frustrated, or sad sometimes. It's okay to feel different, or to wish that you didn't have to wear a mask. Those feelings make complete sense! Remember to take care of yourself. Try journaling, drawing your feelings, talking to a trusted adult, or practicing affirmations. You are never alone.

Wearing a mask makes you part of a very special team — a team of people who genuinely care about keeping themselves and others safe. Even on the days when you feel alone, remember that you are part of this team. There are Mask Warriors all over the world, and even if you can't see them, they are out there — and are grateful for your choice to help make the world a safer, kinder place. Wearing a mask is an act of kindness, courage, and love.

AFFIRMATIONS

For COVID conscious kids!

I am not alone

I'm proud of who I am

My family loves and cares for me

It's okay to stand out or look different

It's okay to be sad or scared sometimes

I can do hard things

I am a health hero!

I am brave and strong



Oliviabelknaptherapy.com

Making Origami Butterfly Bookmarks

You can celebrate spring by making a fun, beautiful butterfly bookmark to bookmark your last page read. To make origami butterfly, you will need a 4" by 6" rectangular piece of paper. If the back side of the paper isn't a different color try drawing a design on it to create contrast in the butterfly.



Step 1: Fold the long side of the paper in half creating a 3" by 4" rectangle



Step 2: Rotate 90 degrees, then fold again. Then open back out and lay flat.



Step 3: Take the right-hand side and open it. Squash down to make a triangle by lining up the top fold to the center fold.



Step 4: Press flat and fold the flap back to the right. Then, repeat on the left-hand side. It should look like a small house with a large triangle for the roof.



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Making Origami Butterfly Bookmarks

Step 5: Fold the left inner corner out to create a small triangle. The point of the triangle needs to overlap the colored section. Repeat on the right side



Step 6: Take one of the folds and unfold and open. Push the folds inward to make a triangle. Press flat.

Step 7: Repeat on the other side.

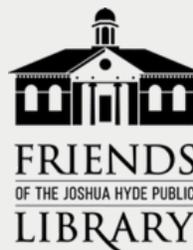
Step 8: To make the wings, take one of the folds and gently pull down. Press flat. Repeat on the other side.



Now you have a completed bookmark!



Confused? Need more help? Watch a YouTube tutorial, or visit:
youtu.be/Q37gF7vzHzE



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Civic Participation

Helping our Communities Work Better

by: Naomi Bromberg Bar-Yam

Last year in Kids' Zone, we learned how laws are made, from ideas, to bills, to votes, and how you and others can raise your voices about laws you care about. Something else important is happening too: the way people take part in government is changing.

These changes didn't just happen inside the statehouse or offices. Many of the biggest improvements happened in public systems, the parts of society that help people share their voices, get services, and solve problems together.

Before COVID, if someone wanted to talk to lawmakers about a bill, they usually had to travel to the statehouse and speak in person. That could take hours, cost money, and be hard, or impossible, for people who lived far away, had disabilities, health risks, or were caring for others.

With COVID, many states started allowing remote legislative testimony. People could speak to lawmakers using a computer, tablet, or phone.

Something wonderful happened.

Lawmakers heard from more people.
 People from rural areas.
 People with disabilities.
 Parents with young children.
 People who couldn't take time off work or travel long distances.
 Because it worked so well, many states decided to keep remote testimony permanently.

That means more people can help shape laws, and that makes democracy stronger.



Courts and Public Services Changed Too

Similar changes happened in other public systems.

Some courts now hold certain hearings or meetings online. Public agencies often let people apply for benefits, get help, or manage cases digitally instead of requiring in-person visits. In some cases, the public agency workers helping others get and manage benefits can also work from home.

In many places, officials now ask an important question:



How do we decide what must happen in person, and what can happen remotely?

By using in-person meetings only when they're truly needed, these systems:

- Make things safer
- Save time and energy
- Reduce stress for families
- Help workers and the public do their best

Why This Matters for Kids

Even though kids don't vote yet, these changes affect you.

They help:

- Keep everyone safer and use less energy
- Families with sick or disabled members get services they need
- Communities hear from voices that were left out before
- Schools, courts, and governments work more fairly

When systems are flexible, more people belong.

Civic Life Is Bigger Than One Building

Now more than before, being part of civic life can mean:

- Speaking online
- Writing letters
- Sharing experiences
- Helping systems work better for everyone

Remote options don't replace being together when it matters. They help us understand when being together is truly necessary, and when connecting in other ways is even better than in-person.

COVID is hard. But it is also teaching communities something important:

When we redesign systems with care, we can make them more welcoming, safer, and more inclusive. That's civic participation too; learning, adapting, and building systems that work for real people, of all different kinds.

Activity: Design a Fair System

Imagine you're helping design a public system, like a school office, court, state legislature, or government help center.

Ask yourself:

- How could people take part from home if needed?
- What should still happen in person?
- How would your system make people feel welcome and heard?

Draw or write your ideas and send them to Kids' Zone!





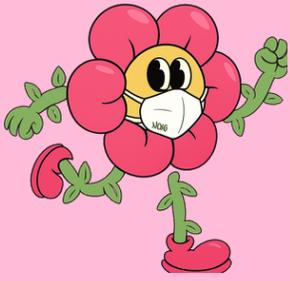
Intern with us!

Gain hands-on experience in public health advocacy through research, writing, content creation, and multimedia production.

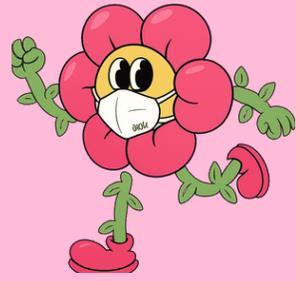
- **100% Remote**
- **Flexible schedule**
- **Applications open 4/1**

Please note that this is a volunteer-based opportunity.





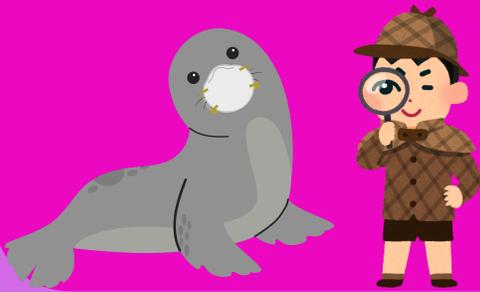
FRESH FIT TESTS



You can use these tips and tests
to find the mask that fits YOU best!

There are 3 main ways
to assess mask fit:

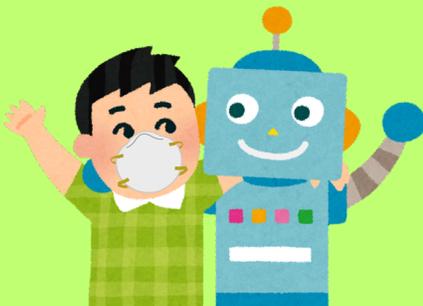
1- Seal Checks



2- Qualitative Fit Test



3- Quantitative Fit Test



Finding the right mask for COVID-prevention is a lot like picking out the perfect Springtime outfit-- Is it cool-looking? Is it comfortable? Will it work with whatever weather gets thrown at me? Is it made from high quality materials, or will it unexpectedly fail me with a poorly timed rip, exposing me?

When we finally do find one we like, we throw in one more question: Does it fit me well?

There is no department store or dressing room, and no returns. And getting the right fit for a person's individual face can be downright tricky!

But, by far the scariest part is assessing the fit to see if there are any leaks around the edges. Lay people (people who are not in a special industry that requires fit-testing of respirator masks) are not required to do a professional fit test of their masks. **Even a non-fit-tested mask provides lots of protection! Any mask is better than no mask!**

However, more and more COVID-aware people are getting curious to try their hand (or, should I say, face?) to find their best fit mask. And what better time of year than Springtime? Let's take a glimpse at a few brave souls who dove in face first, and took on the challenge of the Fresh Fit Tests!

IT'S TIME TO STOP AND SMELL THE FLOWERS



DO A HOME MASK FIT TEST

How to Assess Your Mask Fit Using Seal Checks

submitted by Shea and Tommy O'Neil 



How to "Feel" the Invisible

Have you ever had someone blow on the back of your neck and give you goosebumps? Well, if you want to feel if any air is leaking out of your mask (especially by the nose or chin areas), one simple way is to put your hands over the mask, covering as much surface area as possible. Exhale and feel for any air movement on your face along the edges, or any stream of air coming out. If you do, that is a leak you can try to fill by adjusting the mask.



Fueled by curiosity

Adjusting the Nose

See if you can feel where the air is coming from. If it is coming from your nose, you can try adjusting the wiring. If the nose piece is pinched too tight, you may get a "leaky peak", or a sharp crease that keeps your mask from fitting well over your nose, causing the air to flow into your eyes.

The fix: Before putting on your mask, flatten the nose wire, then round it over your finger. Then put the mask on and finish molding it to your face by gently pressing in -don't pinch!- against the sides of your nose. You can also work to fix the leak by adding a [foam mask nose piece insert](#).



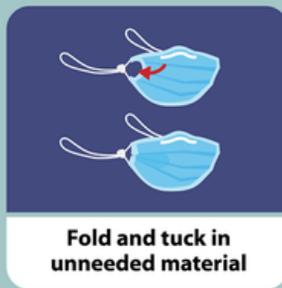
I know that any mask is better than no mask, and that better fit is better protection.

Closing the Gaps

Are you getting air coming out of gaps on the sides of your mask? This happens a lot with blue surgical masks. But don't criss-cross the earloops – that can make the gap worse! Try this [knot and tuck](#) method: Knot the ear loops, fold and tuck in unneeded material.



Knot the ear loops



Fold and tuck in unneeded material



Check for close fit

Masks are recommended for kids ages 2 and above by the US CDC. For more info, visit [CDC Community Respirators and Masks](#)

Image Credit: CDC

I am curious about the fit of different masks I have.

I want to know about any leaks, so I can try to fix them!

[Trident P2 \(N95 equiv.\) size small](#)



For better fit and filtration, use respirator masks, such as N95, KF94, KN95, FFP2, FFP3, N99, CN99, or better. These have better filters and typically conform better to the face than surgical masks. Many come in small and extra small sizes.



IT'S TIME TO STOP AND ~~SMELL THE FLOWERS~~

DO A HOME MASK FIT TEST



How to Assess Your Mask Fit Using Fog Test

submitted by Shea and Tommy O'Neil 

How to "See" the Invisible

Have you ever blown warm air on a cold window and watched it fog up? Or seen the bathroom mirror get foggy after a hot shower? That is from condensation- or the process of the invisible gas water vapor hitting a cold surface causing it to turn to liquid fog.

You can even write a secret message in it!



Fueled by imagination

"I like to investigate and solve mysteries by looking for clues.

When the clue leads me to a problem, then I look for a solution!

Maybe that is why my favorite school subject is science!"

--Tommy

The Fog Test

You can use the same science to look for signs-- and not signs like crop circles that an alien might leave before an invasion-- no-- we mean signs that unfiltered air is coming in and out of your mask around the edges. This test involves using mirrors (you can also use reading glasses, or a magnifying glass, or spoons).

First, put the object(s) you chose in the fridge for 2-3 minutes. Next do a control test: Take one out and put it right in the front of your mask and breathe out. You should see it fog up. That is good-- it shows air is getting through your mask!

Now grab another one of your objects from the fridge (or put the same object back in the fridge to get it cold again for 2-3 minutes and then reuse it). Put it by the edges of your mask (especially by common leak spots: the nose, the sides, and under the chin). See if any fog or wetness forms on it when you exhale. You want to see as little, and preferably no, fog.

Lack of visible condensation does not mean zero leakage, but it does give a good indication of relative fit. Try to get the best filtering mask with the best fit.



What does the fog mean?

Most of the air you exhale should be coming out the front of your mask, and not around the edges of the mask. Air follows the path of least resistance. If there is a sneaky gap by the nose, or under the chin, or on the sides, the air will shoot out a stronger current of warm air there, enough that could fog up a mirror.

Note: If you wear glasses, and notice your glasses fogging, it could just be from air coming through the filter itself, but if they fog quickly and densely it could be a sign of a leak (nose foam inserts may help).

WHAT IS A HOME QUALITATIVE FIT TEST?

Our Experience Using Home Fit Test with Hood, Nebulizer, and Bitrex

submitted by Shea and Tommy O'Neil 

A qualitative fit test involves the tester indicating whether they detect a bitter or sweet taste.



How to "Taste" the Invisible

This test requires an adult to purchase the correct supplies, carefully read the instructions, watch the video, and measure out the appropriate amount of solution to use. This information is available at <https://whn.global/fit-testing/>. The nebulizer mist of this solution cannot get through the mask's filter, so if we taste it, that means there is a leak. We chose to use the Bitrex (bitter) solution for our test (one reason is that you can use chocolate to get rid of the taste after, and we love chocolate!).



For the Adult Mad Scientist

After reading the information and collecting my supplies (as the adult), I printed out the [3M Quick Reference Guide: Qualitative Fit Testing](#), had my participants --my 12-year-old son and I-- both ready with the masks we wanted to test, along with some nose foam inserts, and mask tape to use if needed. I had the nebulizer, which is a machine that transforms the bitter liquid solution into a mist, clean and ready, with the correct amount of solution in it. Next, and very importantly, we had our favorite chocolate nearby (to then clear away the taste after!)

We did a pre-test with Tommy not wearing the mask so we could make sure he could taste the bitter taste. He could! (It wasn't so bad, but he could definitely taste it!) He ate the chocolate. Then we waited a few minutes and tried while he was wearing a mask.

For the Kid Mad Scientist

With my mask snugly on, I bravely put on the hood and gave my mom the thumbs up!

Then, she gave a maniacal Mad Scientist laugh, and turned on the nebulizer, and sure enough, the hood filled with mist. Will I taste it?



My first mask passed.

My 2nd mask I tasted the bitter! But then we added [nose foam](#) and [mask tape](#) and it passed!



"I like knowing if my mask has a leak - even though it makes me worried.

I like knowing how to make it fit better.

And it gives me better peace of mind when my masks pass the test."

What does the taste mean?

If our respirator mask has a really good seal, we won't taste anything.

We had a few masks that passed with no modifications needed, a few that initially did not pass, but we modified with [foam inserts by the nose](#) and/or [mask tape by the chin](#), and then they did pass. We had a few masks that did not pass.

If your masks do not pass, remember that any mask is better than no mask - even if it's not perfect it will still help, and now you know how to make it fit as well as possible.



Mask-Ne

What the heck is 'mask-ne'?



NO ONE WANTED THE "HERO"

by Rachel L.

'Mask-ne' is a combination of the words 'mask' and 'acne' and means acne or zits from wearing a mask. It's still worth it to mask. Here's how to improve this!

Ten ways to prevent face mask acne or "mask-ne"

by the [American Academy of Dermatology Association](#)

1. Cleanse and moisturize your face daily

2. Protect your lips by applying petroleum jelly.

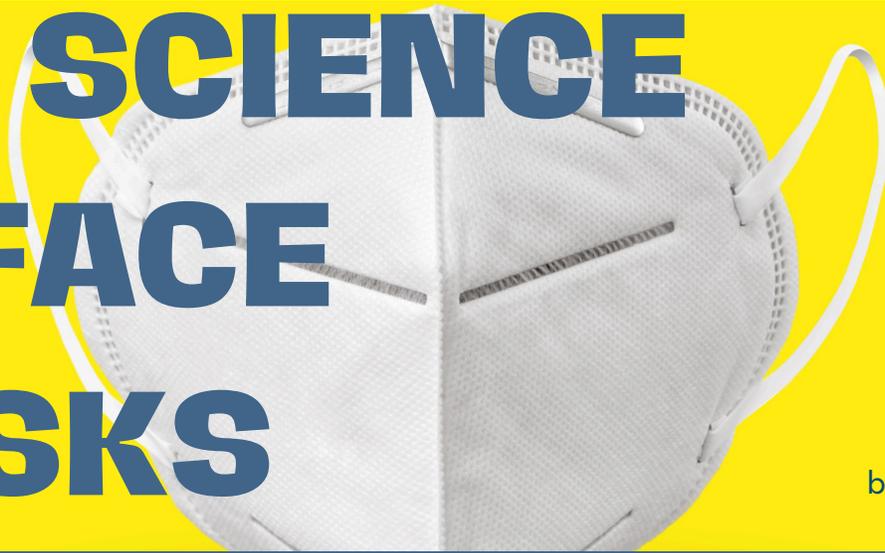
3. Skip the makeup when wearing a mask.

4. Avoid trying new skin care products that can irritate your skin.
5. Use less of certain skin care products if your face becomes irritated.
6. Wear a mask that fits properly.
7. Take a 15-minute mask break every 4 hours.
8. Throw away your disposable mask after wearing it once.



9. Stop wearing a wet or dirty mask or respirator.
10. Continue treating skin conditions.

THE SCIENCE OF FACE MASKS



by Eddie

SEVERAL studies show that high quality respirator masks protect very well against SARS-CoV-2 and other airborne viruses. But what are they, and how do they work?

What's in a name?

In Europe, high-filtration respirator masks are called **FFP2** and **FFP3**.

In the US and other parts of the world, similar masks may be called **N95**, **KN95**, or **N99**. The names are different because different countries use different testing systems.

FFP stands for "**Filtering Facepiece**". The number after it (which goes from 1 to 3) describes the protection level of the mask. The higher the number, the better the mask filters particles from the air. For protection against airborne viruses like the flu and SARS-CoV-2, FFP2 (N95) and FFP3 (N99) are recommended.

FFP/N masks must pass strict tests and carry a safety certificate.

How much do they filter?

FFP2/N95/KN95 masks must filter at least 95% of aerosols, the tiny airborne particles that include pollutants and viruses like the one that causes COVID.

FFP3/N99 masks filter at least 99% of aerosols.

How do they work?

The masks **fit tightly** onto the face, creating a kind of seal that significantly reduces the risk of particles entering (or leaving) the area around the mask. Non-respirator face coverings, such as surgical masks or those made of cloth, are much looser and are not made to filter airborne particles.

FFP/N masks are made up of multiple layers of filtration which filter out dust, pollutants, and viruses.

How protective are respirators against viruses like SARS-CoV-2?

Very. Some studies, including studies in high-risk settings such as hospital COVID wards, have shown that well-fitting respirators can provide extremely high protection. They are much more effective than loose-fitting face masks.

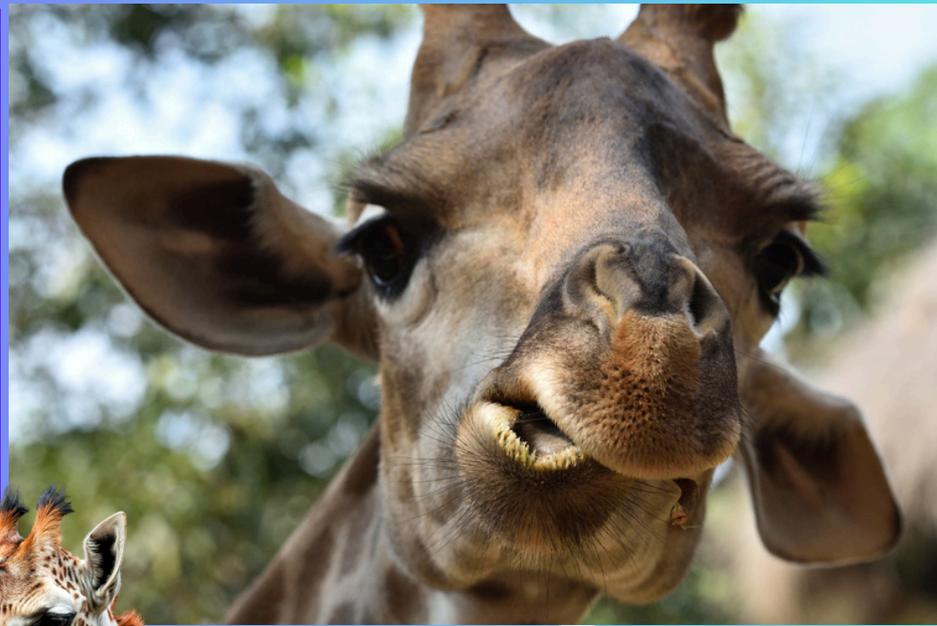
While two-way masking is always best, a well-fitting respirator can provide protection to the wearer even if others in the room are not masking.

YOUR PARAGRAPH TEXT

ALL ABOUT... GIRAFFES

A group of giraffes is called a 'tower'!

by Rachel L.



Baby giraffes drop SIX feet to the ground when they are born! Luckily, this doesn't hurt the baby — it actually helps it take its first breaths!



Giraffes sleep much less than most animals, often just a few minutes at a time in deep sleep. But they are still inactive for many hours each night.

Their tongues are dark blue — like blueberries! Giraffes stick their tongues out so much when they're grazing that a pink tongue would get sunburnt. Darker colors offer better protection in the harsh African sun.



A giraffe's tongue is as long as your arm! Giraffes use their long, prehensile tongues to pull leaves from trees to eat. Their tongues can be up to 50 cm (20 in.) long!

Their spots are like fingerprints — totally unique! A giraffe's spots are much like human fingerprints. No two individual giraffes have exactly the same pattern.



THE BANDWAGON BUS



Why the most crowded ride isn't always the safest one

by Rachel L

Have You Ever Done Something Just Because Everyone Else Was?

Maybe you downloaded an app because your whole class was using it. Maybe you stopped wearing your bike helmet because none of your friends wore theirs anymore. Maybe you started using a slang word you didn't even like — just because everyone around you was saying it (**6/7 anyone?**).

If any of that sounds familiar, you've encountered one of the sneakiest tricks our brains can play on us. It's called the Bandwagon Fallacy — and once you know how to spot it, you'll start seeing it absolutely everywhere.

So What IS a Logical Fallacy?

Before we talk about bandwagons, let's talk about fallacies. A logical fallacy is a mistake in reasoning — a flaw in the way an argument is put together that makes it sound convincing, even when it actually isn't. Think of it like a magic trick.

A good magician makes you believe something happened that didn't. A logical fallacy makes you believe an argument is solid — when really, there's a hole in it big enough to drive a bus through. And speaking of buses...

All Aboard the Wrong Bus

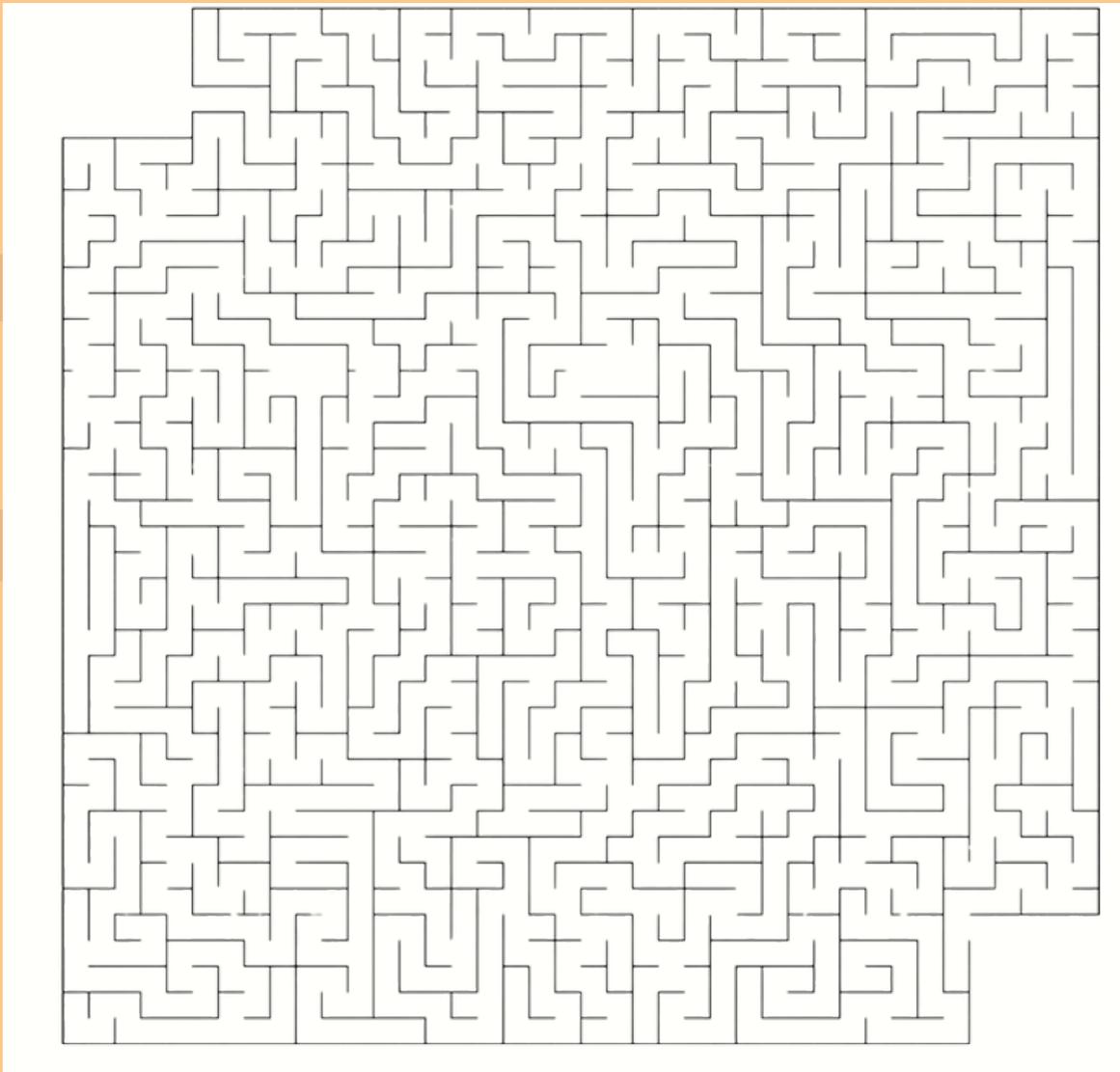
The word "bandwagon" goes back to the 1800s, when traveling circuses and political parades would have a decorated wagon carrying a band through town. The music was exciting, the crowd was cheering, and people would literally jump on the wagon to join the fun.

Before long, "jumping on the bandwagon" became a phrase meaning to join something simply because it was popular — not because it was actually good or right.

The Bandwagon Fallacy happens when someone argues that something must be true, good, or safe simply because lots of people believe it or do it.



How do you find your way through this maze?



Answer on page 42

Examples of the Bandwagon Logical Fallacy around COVID

THESE STATEMENTS ARE WRONG!

- "Nobody in my class wears a mask anymore, so it must be fine not to."
- "Most people I know have stopped getting the COVID vaccine, so it probably isn't worth getting anymore."
- "Everyone's stopped worrying about COVID — so why should I?"

These statements all have something in common: they use popularity as their proof. And here's the problem with that — **popularity doesn't mean something is correct.**

Examples of when we were wrong about things in the past (like really wrong!)

History is full of moments when the majority of people believed something that turned out to be completely false.

For centuries, most people believed the Earth was the center of the universe. The crowd was wrong. A scientist named Copernicus figured out the truth — and people weren't exactly thrilled about it at first.

For a long time, most people believed that washing hands before surgery wasn't necessary. Doctors who suggested otherwise were actually laughed at. The crowd was dangerously wrong. A doctor named Ignaz Semmelweis figured out the truth — and saved countless lives.

Science isn't decided by a popularity contest. It's decided by evidence — careful observations, experiments, and data collected by researchers over time.

The size of the crowd cheering for an idea has absolutely nothing to do with whether the idea is correct.



QUIZ

Time

Spot the fallacy!

Can you identify which of these statements is a Bandwagon Fallacy and which is actually good reasoning?

Statement 1: "My doctor says I should wear a mask in crowded indoor spaces because studies show it reduces transmission."

Statement 2: "Nobody at the mall was wearing a mask, so I figured it was totally safe."

Statement 3: "My whole family stopped worrying about COVID, so I don't think it's a big deal anymore."

Statement 4: "Research has shown that proper ventilation significantly reduces indoor spread of airborne disease."

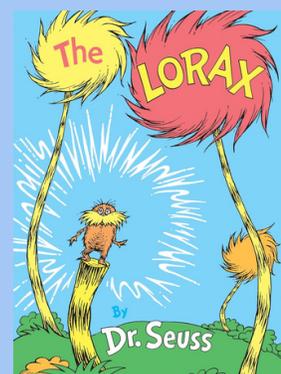
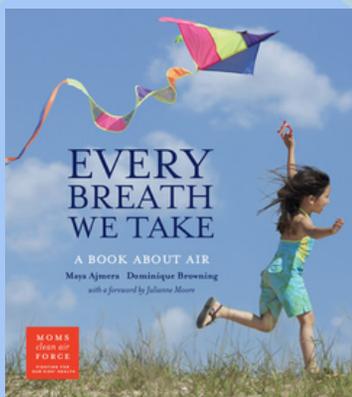
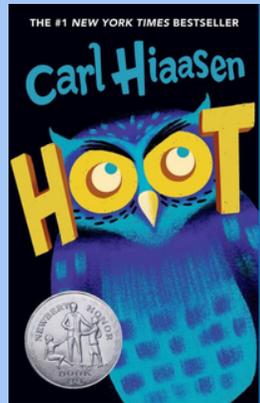
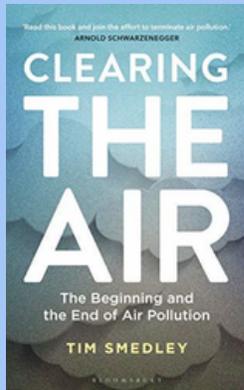
(Answers: Statements 2 and 3 are Bandwagon Fallacies. Statements 1 and 4 are based on evidence — good reasoning!)

REASONS TO WEAR A MASK IN 2026

Illustrator, writer, and designer Gillian Levine created a comic titled "Reasons to Wear a Mask in 2026." Here is a sample of her works of art. To view the whole comic, you can visit her website at <https://gillianlevine.com/reasons-to-mask-in-2026>



Earth Day (April 22nd) Book Recommendations



Stories from our Readers

The Story of Ares

**A Retelling of a Greek Myth
By Camille Alexander, age 13**



Ares, the god of war, was delighted. The Trojan War had started, and Ares was fighting in the middle of it. While the troops rested, Ares sat on a little hill. Then he saw a flash of light and a woman with a rainbow chiton floated down. It was Iris, goddess of rainbows and Hera's messenger. She told Ares that he needed to go back to Mount Olympus.

Ares returned and saw his entire family standing around a table. It was a magical table from which the Olympians could see everything that happened in the war and control it.

The gods took sides: Ares, Aphrodite, Apollo, Artemis, and Leto, Apollo and Artemis's mother, took the Trojans' side; Hera, Athena, Poseidon, and Hermes took the Greeks' side.

After a mortal that Athena had helped, named Diomedes, stabbed Aphrodite in the wrist, Ares went back down into the battle to wreak havoc. Diomedes, with the assistance of Athena, stabbed Ares in the gut. He brought himself back to Olympus, and, after healing, started to argue with Athena. The gods all quickly got so angry they went down to the battlefield to fight.

The gods all started to fight. They argued for a while until they noticed the battle table. Achilles, Thetis's son, in his despair, had defeated Prince Hektor of Troy. The Greeks had practically won.

The war wasn't yet over. The Trojan horse had not yet been used. But the gods lost interest and walked away.

Honey Matzah Bake

by: Naomi Bar-Yam

We don't eat bread for the whole week of Passover. Instead, we eat matzah, which is a flat, crunchy bread made of just flour and water, no yeast to make it rise, no eggs to make it soft, no sugar or honey to make it sweet.

Here is a recipe for honey matzah bake that was a special Passover treat when I was a child. You can make this recipe yourself, but ask a grown-up to help you with the oven part.



Ingredients

A few sheets of matzah

Butter (best if it's softened so you don't break the matzah when you're spreading it)

Honey

Supplies

A cookie sheet or two (one with a lip around the edge is best, but flat ones work, too)

Foil or parchment paper

A butter knife

Heated oven

Here's how it's made:

1. Take out the butter a half hour or so before you start so it can soften.
2. Preheat the oven to 350 or 360°F.
3. Take the matzah sheets and break them in half. That makes them easier to handle.
4. Take a cookie sheet(s) and cover with foil or parchment paper. This makes cleanup much easier.
5. Lay out the matzah pieces onto the cookie sheet(s).
6. With the butter knife, spread the softened butter onto the matzah pieces.
7. Pour a thin layer of honey onto the buttered matzah. If you use too much, the honey will run onto the cookie sheet and make a mess, and you won't even get to eat the runny honey.
8. Spread the honey evenly across the matzah with the knife.
9. Have a grown-up put it in the oven for 5-10 minutes.
10. When the honey starts to brown, it's ready.
11. Have a grown-up remove the cookie sheet(s) from the oven and let the matzah cool for a few minutes.
12. Enjoy your snack. It's great with a glass of milk.



TO FEEL INTRIGUED ENERGIZED AND ENGAGED

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WHN.global/KidsZone

Welcome to the World Health Network Kids' Zone Magazine! Although COVID-19 is a serious topic, living a COVID-conscious lifestyle can be fun and rewarding. In this magazine, we highlight the many ways kids explore, share, and connect!

LET'S JUMP INTO THE KIDS' ZONE!