

Mask Facts



Mask Facts

- Correct and consistent mask use is a critical step everyone can take to prevent getting and spreading COVID-19
- CDC recommends that masks be worn in public settings, at events and gatherings, and anywhere you are around other people
- There are many types of masks you can use to protect yourself and others from getting and spreading COVID-19
 - When choosing a mask, choose one that fits snugly
- Effective February 2, 2021, [masks are required](#) on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and in U.S. transportation hubs such as airports and stations

Your Guide to Masks

How to Select

When selecting a mask, there are many choices. Here are some do's and don'ts.

DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps

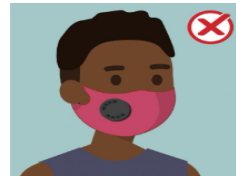


Have a nose wire to prevent air from leaking out of the top of the mask

DO NOT choose masks that



Are made of fabric that makes it hard to breathe, for example, vinyl



Have exhalation valves or vents which allow virus particles to escape



Are intended for healthcare workers, including N95 respirators

Your Guide to Masks

How to Wear

Wear a mask **correctly** and **consistently** for the best protection.

- Be sure to [wash your hands or use hand sanitizer](#) before putting on a mask.
- Do **NOT** touch the mask when wearing it. If you have to often touch/adjust your mask, it doesn't fit you properly, and you may need to find a different mask or make adjustments.

Do wear a mask that



- Covers your nose and mouth and secure it under your chin.
- Fits snugly against the sides of your face.

Your Guide to Masks

How to take off a mask



1

Carefully, untie the strings behind your head or stretch the ear loops



2

Handle only by the ear loops or ties



3

Fold the outside corners together



4

Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing

Type of Masks

Cloth Masks

- Can be made from a variety of fabrics, and many types of cloth masks are available
- Do not wear cloth masks with exhalation valves or vents, single layer or masks made of thin fabric that don't block light

Cloth Masks

Cloth Masks can be made from a variety of fabrics, and many types of cloth masks are available.



Look for

- Multiple layers of tightly woven, breathable fabric
- Nose wire
- Mask should block light when held up to bright light source



Do NOT wear

- Masks with exhalation valves or vents
- Single layer or masks made of thin fabric that don't block light



When to wear

- Anytime you are indoors or outdoors with people who don't live with you.

Type of Masks

- Disposable Masks

- Do not wear disposable masks with gaps around the sides of the face or nose, or if wet or dirty

Disposable Masks

Disposable face masks are widely available.



Look for:

- A description indicating multiple layers of non-woven material
- Nose wire



Do NOT wear

- Masks with gaps around the sides of the face or nose
- If wet or dirty



When to wear

- Anytime you are indoors or outdoors with people you don't live with.

Improve How Your Mask Protects You

When choosing a mask, look at how well it fits, how well it filters the air, and how many layers it has

Two important ways to make sure your mask works the best it can

1

Make sure your mask fits snugly against your face. Gaps can let air with respiratory droplets leak in and out around the edges of the mask

2

Pick a mask with layers to keep your respiratory droplets in and others' out. A mask with layers will stop more respiratory droplets getting inside your mask or escaping from your mask if you are sick.



Improve How Your Mask Protects You

Do



Choose a mask with a **Nose Wire**

- A nose wire is a metal strip along the top of the mask
- Nose wires prevent air from leaking out of the top of the mask.
- Bend the nose wire over your nose to fit close to your face.



Use a **Mask Fitter or Brace**

- Use a mask fitter or brace over a disposable mask or a cloth mask to prevent air from leaking around the edges of the mask.



Check that it **Fits Snugly** over your nose, mouth, and chin

- Check for gaps by cupping your hands around the outside edges of the mask.
- Make sure no air is flowing from the area near your eyes or from the sides of the mask.
- If the mask has a good fit, you will feel warm air come through the front of the mask and may be able to see the mask material move in and out with each breath.

Improve How Your Mask Protects You

Do



Add **Layers** of material

2 ways to layer

- Use a cloth mask that has multiple layers of fabric.
- Wear one disposable mask underneath a cloth mask.
 - The second mask should push the edges of the inner mask against your face.

Make sure you can see and breathe easily



Knot and Tuck ear loops of a 3-ply mask

- Knot the ear loops of a 3-ply face mask where they join the edge of the mask
- Fold and tuck the unneeded material under the edges

Improve How Your Mask Protects You

Do NOT



Combine two disposable masks

- Disposable masks are not designed to fit tightly and wearing more than one will not improve fit.



Combine a KN95 mask with any other mask.

- Only use one KN95 mask at a time.



Face shields and goggles should not be used in place of masks

**Masks alone will not
protect you from
Covid-19.**

**Remember to sanitize
your hands and
practice social
distancing.**

*A negative now can
be a positive later!*



It All MATTERS.