

# Your Guide to Masks

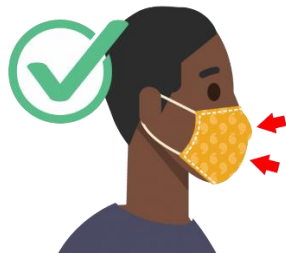
## How to Select

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 prioritized for healthcare workers, including N95 respirators

## Special Considerations



Wear a gaiter with two layers, or fold it to make two layers



Not recommended: Evaluation of face shields is ongoing, but effectiveness is unknown at this time.

## Children



Find a mask that is made for children to help ensure proper fit.



Check to be sure the mask fits snugly over the nose and mouth and under the chin and that there are no gaps around the sides.



Do NOT put on children younger than 2 years old.

## People with beards

Certain types of facial hair, like beards, can make mask fitting difficult. Masks that fit well protect you better. To have a better fit, people with beards can shave their beards or trim their beards close to the face.

## Other ways to improve fit



Use a mask fitter or brace.



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

Wearing a mask does not raise the carbon dioxide (CO<sub>2</sub>) level in the air you breathe. Cloth masks and surgical masks do not provide an airtight fit across the face. CO<sub>2</sub> escapes into the air through the mask when you breathe out or talk. CO<sub>2</sub> molecules are small enough to easily pass through mask material. In contrast, respiratory droplets that carry the COVID-19 virus are much larger than CO<sub>2</sub>, so they cannot pass as easily through a properly designed and properly worn mask.

## How to Wear

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



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



Under your nose