



Public Health Brief

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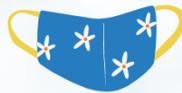
What Mask Should I Wear?

Along with getting vaccinated and boosted, experts recommend upgrading your mask if you want optimal protection.

No Protection

Some Protection

Most Protection



No Mask or Improper Use

- Mask should fit over your nose and mouth and be snug against your face with no gaps
- Don't use masks that are damp, dirty or damaged
- Don't wear masks with exhalation valves, which allow virus particles to escape

Cloth Masks

- Washable and reusable. Masks should be washed at least once a day or as soon as they become dirty
- Multiple layers of woven, breathable fabric

Surgical Masks

- Disposable, intended for one time use
- Multiple layers of non-woven material
- Provides protection against large droplets

High Filtration Masks

(Respirators - N95, KN95, KF94)

- Varies by mask type, but reusable up to 5 times with proper care
- Filters up to 95% of particles in the air
- Seals tightly to the face when fitted properly (some facial hair can interfere with this seal)
- Designed and regulated to meet international standards. Check lists of trusted manufacturers from CDC and Project N95 to avoid counterfeit masks



If you don't have access to a high filtration respirator mask, double up. Single layer masks, such as bandanas and gaiters, are less effective, so wear a cloth mask with multiple layers or wear a cloth mask over a surgical mask. Be sure your mask fits properly—nose wires improve fit.



Public Health
Prevent. Promote. Protect.

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