

### Who should not wear a mask?

- Children under age 2.
- Anyone needing help to remove the mask.
- People who have trouble breathing.

## DO:

# Tips for Wearing a Mask



Clean your hands before and after touching your mask.



Continue to stay 6 feet away from others.



Use the mask ties or ear straps to put it on and take it off.



Make sure your mask covers your nose and fits close under your chin.



Encourage others to wear a mask.



Wash your cloth mask each time you use it.

## DO NOT:



Wear a dirty or damaged mask.



Wear your mask below your nose.



Leave your chin uncovered.



Pull the mask down to under your chin.



Touch the front of your mask.



Share your mask with other people.

# 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.

## How can I safely re-use an N95, KN95, or other approved high-filtration mask?

CDC experts tell us that a coronavirus has an expected survival time of 72 hours, so you can re-use your high-filtration mask with proper care. Storing high-filtration masks in a paper bag for 5 days allows any humidity trapped within the mask to dry out and time for any virus that may have come in contact with the mask to die.



Follow these instructions to ensure the safety and integrity of your mask.

1. Obtain 5 paper bags. Number them 1-5.
2. Place 1 mask in each bag.
3. Rotate use of each mask in order. (*You may want to run a tally, putting a mark on the bag when you return the mask to the bag, to help you keep track of which mask you are on.*)
4. Handle your masks with care. Wash your hands before putting it on or taking it off. Touch only the mask strings.
5. Do not attempt to wash or disinfect your mask. Do not put your mask in a dryer. These practices will degrade the materials in the mask.
6. Discard your mask if it gets wet, dirty, or damaged, if the elastic bands no longer provide a secure fit, or if the material has thinned or become hard to breathe through.
7. Throw the mask away if you have been in a place where high exposure is expected, like interacting with a COVID-19 positive person.

The CDC recommends discarding a disposable high-filtration mask after five uses.



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