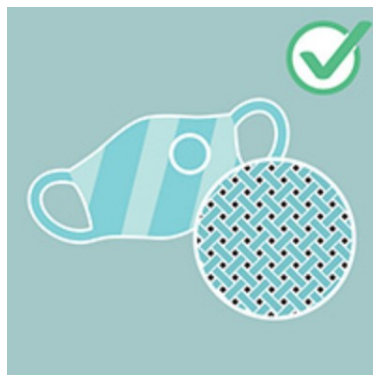


What Kind of Face Mask Do I Need?

Many types of masks — but not all — will protect you and your family from getting and spreading COVID-19.

Cloth Masks should fit snugly and can be made from a variety of fabrics.



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
- "Sheer" or "mesh" masks



2 ways to get better fit and extra protection

- Wear two masks (cloth mask over disposable mask)
- Combine a cloth mask with a fitter or brace



When to wear

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

Disposable Masks are also widely available.



Look for

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



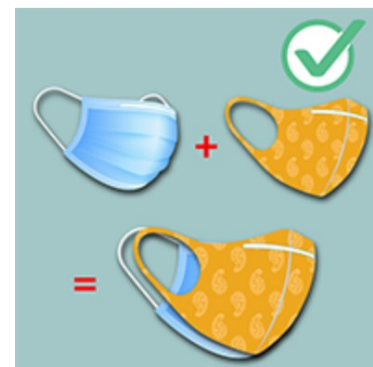
Do NOT wear

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



When to wear

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



For better fit + protection

- Wear two masks (cloth mask over disposable mask)
- Knot and tuck method: Knot ear loops of a 3-ply mask at edges of mask, tuck in excess material