

# MASKS REQUIRED

## 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

## 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 or surgical masks

**Be sure to wash your hands before putting on a mask**  
**Do NOT touch the mask when wearing it**

**Your mask should:**  
Cover your nose and mouth, secure under your chin  
Fit snugly against the sides of your face



## How NOT to wear a mask



Around your neck



On your forehead



Under your nose



Only on your nose



On your chin



Dangling from one ear



On your arm



## Face shields: **NOT a mask substitution**

Face shields and goggles may be worn **only** in addition to a mask and are not a mask replacement. Goggles do not cover the nose and mouth. Face shields have large gaps below and alongside the face, where respiratory droplets may escape and reach others around you.

Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases