

# MASKS REQUIRED

## Your Mask Should...



Have two or three layers of washable, breathable, and tightly woven fabric



Completely cover your nose and mouth and secure under your chin



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



## How to Improve Mask Fit:

A mask brace to improve fit around edges. Knot the ear loops of the mask where they join the edge of the mask, then fold and tuck the unneeded material under the edges. "Double mask" by wearing a surgical mask under a cloth mask.

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

## Your Mask Should NOT



Be made of fabric that makes it hard to breathe like vinyl



Have exhalation valves, vents, or made from a loosely woven or knitted fabric allowing virus particles to escape



Be intended for healthcare workers, including N95 respirators



Be too loose, too tight, or have any gapping



Be a scarf/ski mask



**Face shields and goggles are NOT a mask substitute**

Face shields and goggles may be worn **in addition** to a mask. Goggles do not cover the nose and mouth. Face shields have large gaps below and alongside the face.

## How NOT to Wear a Mask



Dangling from one ear



Around your neck



On your forehead



Under your nose



On your arm



On your chin



Only on your nose

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