**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

### 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

### 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.

### 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