



## COVID-19

# ACT NOW!



WEAR A MASK



STAY 6 FEET APART



AVOID CROWDS

## Types of Masks

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There are many types of masks you can use to protect yourself and others from getting and spreading COVID-19. When choosing a mask, choose one that fits snugly. Learn more about how to choose a mask that fits well and offers the best protection.

### Cloth Masks

**Cloth Masks** can be made from a variety of fabrics, and many types of cloth masks are available.



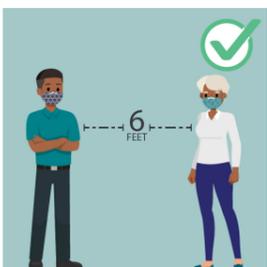
#### Look for

- 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



#### When to wear

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



#### 2 Ways to have better fit and extra protection

- Wear two masks (disposable mask underneath **AND** cloth mask on top)
- Combine a cloth mask with a fitter or brace

### Disposable Masks

**Disposable** face masks are widely available.



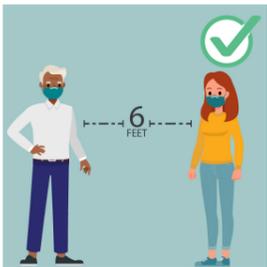
### Look for:

- 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 or outdoors with people you don't live with.



### Ways to have better fit and extra protection

- Wear two masks (disposable mask underneath **AND** cloth mask on top)
- A cloth mask can be combined with a fitter or brace
- Knot and tuck ear loops of a 3-ply mask where they join the edge of the mask
  - Fold and tuck the unneeded material under the edges (See: <https://youtu.be/UANi8Cc71A0>  ).



## KN95 Masks

**KN95** masks are a type of filtering facepiece respirator that are commonly made in China and similar to N95 masks commonly used in the United States.



### Look for

KN95 masks that meet [requirements](#) similar to those set by CDC's National Institute for Occupational Safety and Health (NIOSH) for respirators



### Do NOT wear

- If you have certain types of facial hair
- [Counterfeit \(fake\)](#) KN95 masks
- If hard to breathe
- With other masks; wear KN95 alone only

**BE AWARE:** About 60% KN95 masks in the United States are [counterfeit \(fake\)](#) and **DO NOT** meet NIOSH [requirements](#).

For a better fit and additional protection

## For a better fit and additional protection

Sometimes, you may need more protection to prevent getting and spreading COVID-19.

- Riding on planes, buses, trains, or other forms of public transportation, especially when you can't keep **at least 6 feet away** from people who don't live with you
- **Taking care of someone** who is sick with COVID-19
- **Working at a job** where you interact with large numbers of the public. Examples of jobs might include bus drivers and grocery store workers
- If you are **at increased risk for severe illness**, for example, older adults or people with certain underlying medical conditions



For more information on science behind improving how your mask protects you, see [Improve the Fit and Filtration of Your Mask to Reduce the Spread of COVID-19](#).

## Reserve N95 respirators for healthcare workers

CDC does not recommend the use of N95 respirators for protection against COVID-19 in non-healthcare settings because N95 respirators should be reserved for health care workers.



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